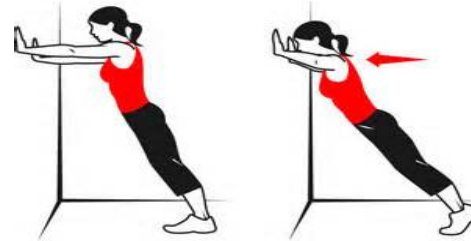


# Station 1

**Wall push ups**



**Sit ups**



**Chair push ups**



**(10 times each)**

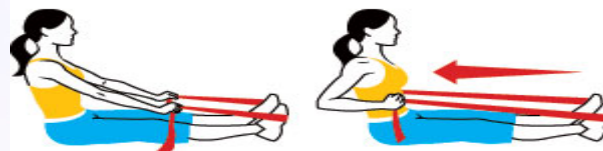
# Station 2

**Step up and down with weighted ball one foot at a time.(10 times each)**



## Station 3

**Stretchy bands in  
standing and  
sitting(10 times each)**



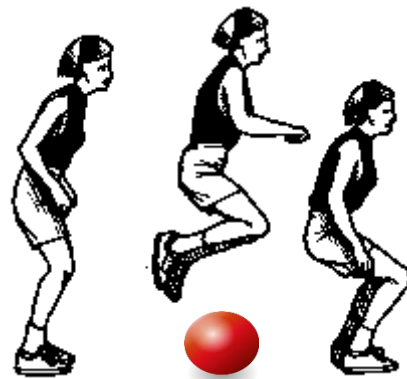
# Station 4

**Sit (squat) onto a yoga ball then stand up while holding the weighted ball (10 times)**



# Station 5

**Place ball on floor. Stand with 2 feet in front of the ball and then jump over and land on 2 feet. Turn and repeat (10 times)**



# Station 6

## **Inch worm push up:**

**From standing place hands on ground, walk hands out to plank position, push up, walk hands back in and stand up.**

**(repeat 5-10 times)**



# Station 7

## Half Burpees:

**Start standing, crouch down to floor hands flat. Jump legs back out into extension. Then jump legs back to hands. (Repeat 5 times before standing up)**

