

## December - January (Opposing Muscle Groups & General Strength)

### Movement Warm-Up (15-20 meter)

- High knees
- High knees with kick
- forward - backward skip
- lateral shuffle + low-high arm-swings
- forward - backward cross-skip
- lateral quick-step carioca
- fwd - bkwd small zig-zag bounds
- side-skip (no cross-over)
- fwd - bkwd zig-zag skip
- HIGH-skip

### Jump rope 5 minutes

#### LOWER BODY: (Weeks 1&3 = 1 set, Weeks 2&4 = 2 sets)

- 20 - Squats
- 10 – Front Lunge, each leg
- 10 – Side Lunge, each leg
- 10 - Side Pull Bungee, each leg

#### UPPER BODY: (Weeks 1&3 = 1 set of 20, Weeks 2&4 = 2 sets of 10)

- Pull-ups
- Rings Reverse or Reverse Flies
- Bench Dips
- Push ups

#### Ski Erg:

- Weeks 1&3 = 1 set of 2min
- Weeks 2&4 = 2 sets of 1min