

## CORE EXERCISE STATIONS

Do each of the following exercises for 1 mins., 45 seconds, then 30 seconds in stations. In other words do each of the exercises for 1 min. Then do each one for 45 seconds. Then do each one for 30 seconds. Please make sure you do these 2-3 times a week until try-outs in Aug. We will be doing these the first week of tryouts!

1. Wall sits (lean your back against a wall with knees bent at 90 degree angle)
2. Squats (keep back straight - don't lean over your knees)
3. Jump lunges (alternate legs as you jump)
4. Sit ups
5. Push ups
6. Jumping jacks
7. Supermans (lie on stomach and lift arms and legs off ground and hold for 3 secs.)
8. V-sits (sit with legs in a V toes up and hold)
9. Mountain Climbers (use your imagination! Climb a mountain in place!)
10. Russian Twists (sit with ankles crossed and twist from side to side without touching ground)

These will NOT be easy so if you cannot do them for a whole minute just do 45 and 30 seconds. Work your way up to a minute. If you are unsure you can google or ask me for help! Good luck!