

LEGS

Step Overs- With foot 1 on the platform and foot 2 on the ground, move foot two up and cross the platform until it is firmly on the ground of the otherside. Keeping foot 1 firmly on the platform take foot 2 back to its original position. Both movements should be done without touch foot 2 to the platform. This is one Rep. Repeat 16 times on each leg.

Step Ups- With foot 1 on the platform and foot 2 on the ground, move foot one up until it is next to foot 1. Lift foot 2 up and bring it back down to its original position. This is one rep. Repeat 16 times on each leg.

Step Up Hops- Repeat Step ups adding a hop as soon as the leg 2 leaves the ground. Repeat 16 Times on each leg.

16/32: Step Overs

16/32: Step Ups

16/32: Step Up Hops