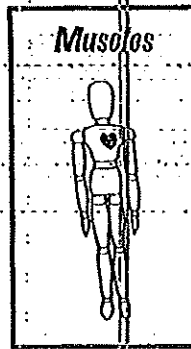
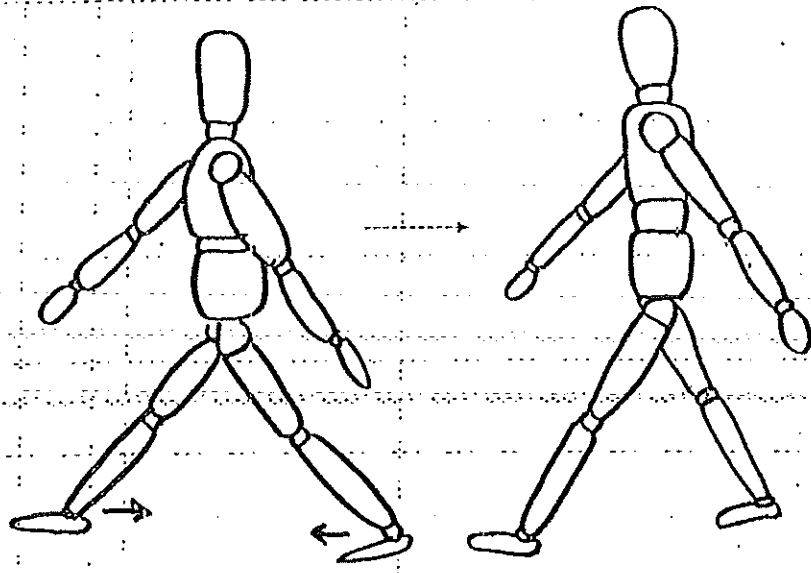


# Spotty Dogs



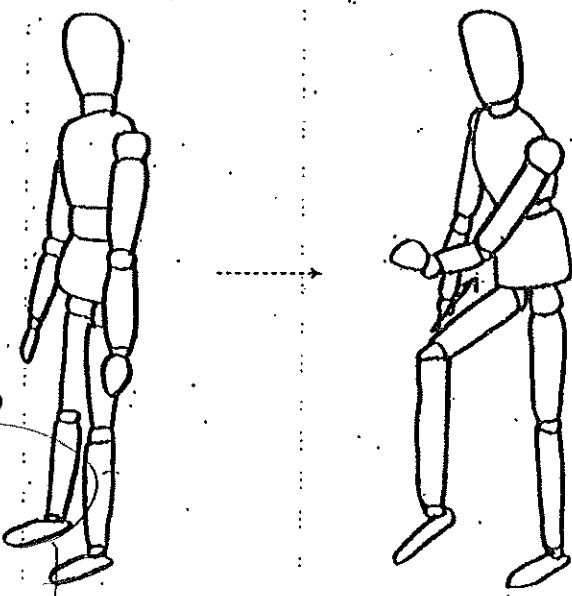
**A79**

**Equipment**  
Mat (optional)

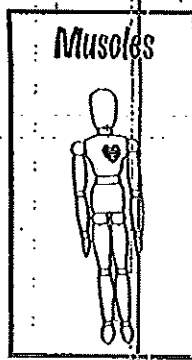
**Action**

Stand with right leg forward and left leg back. Hold left arm forward and right arm back. Jump and change positions of hands and feet. Repeat for duration.

# Crossovers



PEP  
P-3



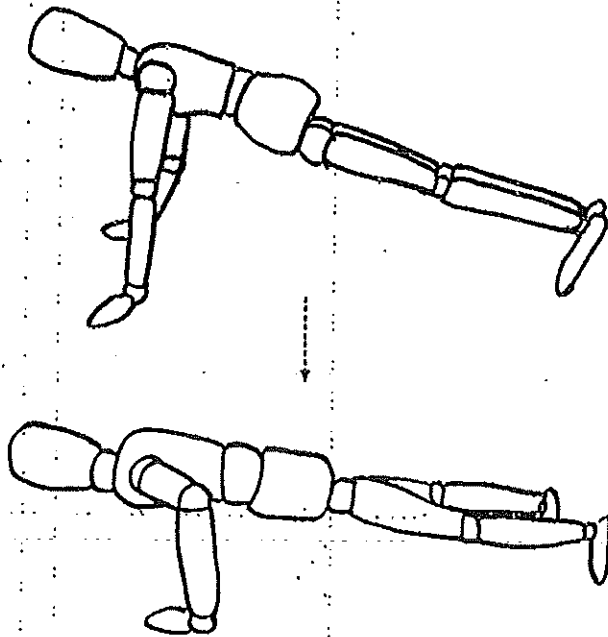
**A75**

**Equipment**  
Mat (optional)

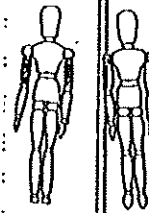
**Action**

Stand with feet shoulder width apart. Raise right knee whilst touching with left elbow. Repeat on alternate sides for duration.

# Press Ups



## Muscles



A32

## Equipment

Mat (optional)

## Action

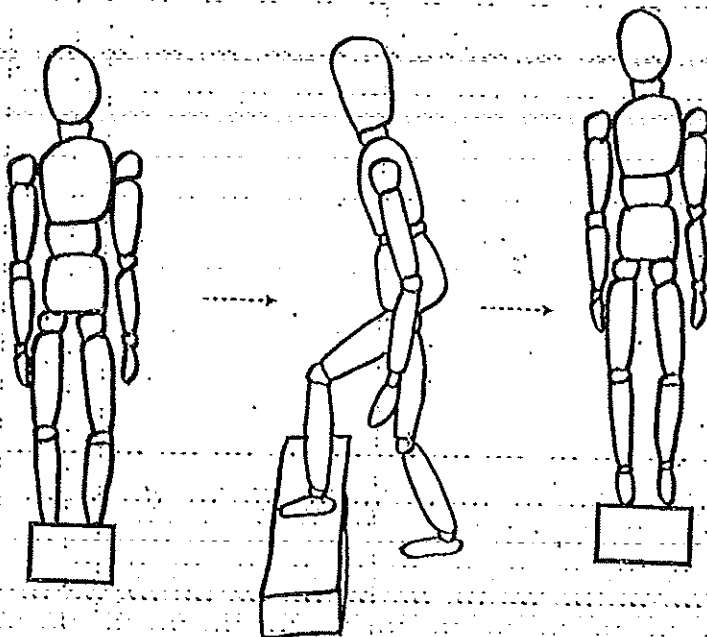
Support your body on hands and toes, with body & arms straight. Lower body to floor by bending arms. Straighten arms to raise. Repeat.

## Variation

Easier: box position  
Easier: extended box  
Harder: raised foot

©David and Elizabeth Lee

# Step Ups



## Muscles



A82

## Equipment

Free weights  
Bench

## Action

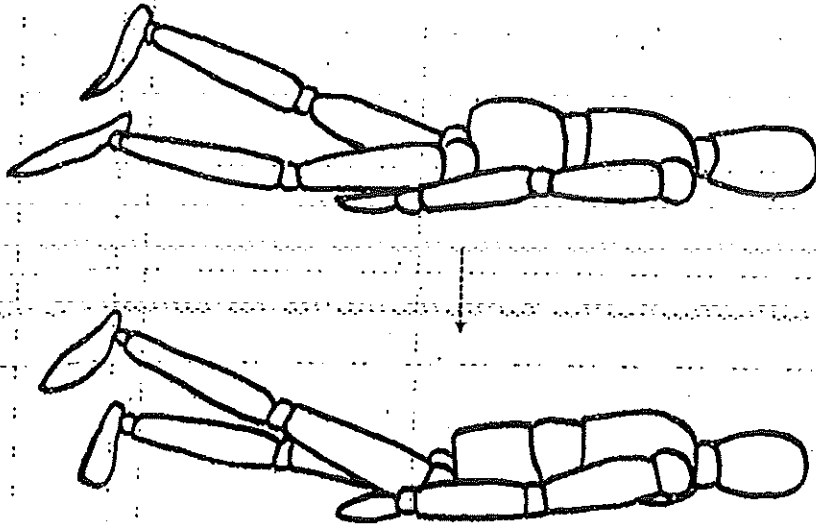
Stand in front of bench. Step up with right foot onto bench. Lift up left foot onto bench, step down to floor with right foot, then left. Repeat for duration.

## Variation

Hold a weight in each hand to make harder.

©David and Elizabeth Lee

# Front Lying Leg Raises



## Muscles



**A16**

**Equipment**  
Mat (optional)  
Ankle weights (optional)

## Action

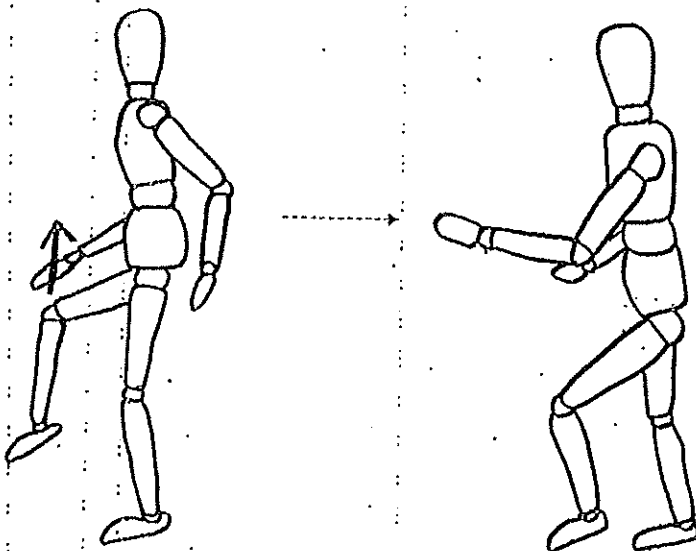
Lie face down on floor. Raise alternate legs as high as possible.

## Variation

To make harder, wear ankle weights during the exercise.

©David and Elizabeth Lee

# High Knee Sprints



## Muscles



**A69**

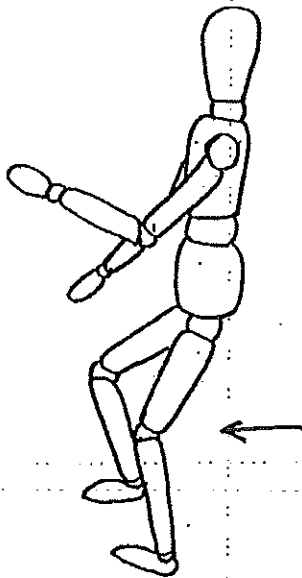
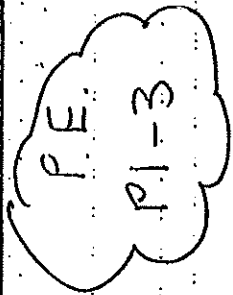
**Equipment**  
Mat (optional)

## Action

Jog on the spot, raising alternate knees up as high as possible, while swinging the arms.

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# Shuttles



## Muscles



A76

## Equipment

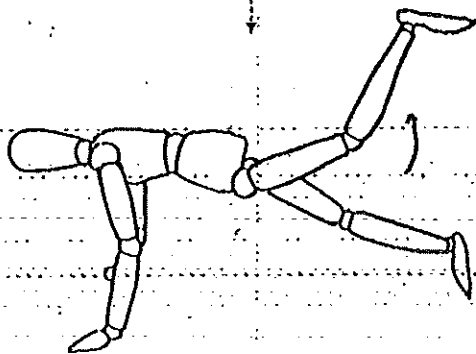
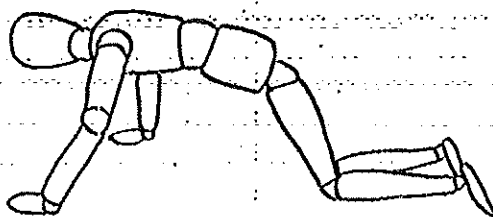
None

## Action

Run from one side of the training hall to the other. Turn and run back. Repeat for duration.

©David and Elizabeth Lee

# Kickbacks



## Muscles



A19

## Equipment

Mat (optional)  
Ankle weights (optional)

## Action

Rest on all fours. Lift one leg off ground. Pull knee into chest and then push leg backwards and upwards. Return and repeat. Perform exercise on both legs.

## Variation

Harder: perform exercise using ankle weights

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