



STACK 52
-THE GAME OF FIT-

QUICK -SWEAT- DICE



INSTRUCTIONS BOOKLET

LINKED TABLE OF CONTENTS

CLICK ICONS TO NAVIGATE



GETTING STARTED



EXERCISE GUIDELINES



ACHIEVE YOUR GOALS



Light Blue: Beginner Cardio



Light Red: Beginner Core



Light Green: Beginner Chest



Light Yellow: Beginner Legs



Light Orange: Beginner Arms



Blue: Normal Cardio



Red: Normal Core



Green: Normal Chest



Yellow: Normal Legs



Orange: Normal Arms



Dark Blue: Advanced Cardio



Dark Red: Advanced Core



Dark Green: Advanced Chest



Dark Yellow: Advanced Legs



Dark Orange: Advanced Arms

GETTING STARTED

DISCLAIMER



OUR AGREEMENT

By using Stack 52, you are agreeing to accept all parts of this disclaimer.



TALK TO YOUR DOCTOR

We highly recommend talking to your doctor before beginning any diet or exercise program.



THIS IS NOT MEDICAL ADVICE

We provide our genuine opinions based on decades of our experience and research, but we are not doctors, and this is not medical advice.



THIS IS A SELF-COACHING AID

Stack 52 is a self-coaching aid. We are delighted to assist you, but you are the ultimate decision maker and are solely responsible for your actions and results.



KNOW AND OWN THE RISKS

There are risks associated with all physical exercise. You are responsible for understanding the risk, and you participate at your own risk.



EQUIPMENT NEEDED

- Exercise mat or soft surface



WATCH THE VIDEOS

[CLICK THE QR CODE](#) to watch Sergeant Volkin teach the exercise. Videos are also posted on stack52.com/dice.



LEARN THE EXERCISES

Touch each QR code, watch the video, and learn each exercise so you will be ready to roll the dice. If an exercise is too easy or difficult for you, please substitute another bodyweight exercise. Go to stack52.com/table for a Periodic Table of Bodyweight Exercises organized by muscle group and difficulty.



CREATE WORKOUTS

Roll the dice. Do the exercises on the colorful dice for the number of reps on the white dice, then roll the dice again. See how many total reps you can get in 5, 10, 15, etc minutes or go for 50, 100, 150, etc total reps. Beat your old record and be creative!

EXERCISE GUIDELINES



WARM UP FIRST

Start each workout with a few minutes of dynamic stretches and warm ups until your muscles and joints are loose and warm. Visit [Stack52.com/warmup](https://stack52.com/warmup) for an interactive table of options.



IT HURTS!

If you feel pain, STOP! Something is wrong!



I'M NEW TO FITNESS

Focus on mastering the exercise techniques. For the first 6-8 weeks, your nervous system will be learning to control your muscles efficiently. You will get much stronger, but you will not see a big difference in the mirror at first. Do not focus on high difficulty or intensity. You will increase your risk of injury and slow your progress.



IMPACT SAFETY

Do all impact exercises (jumping) on a soft surface like an exercise mat. Land softly. Avoid sharp impacts; they harm your bones, muscles, and connective tissues.



ADJUST EXERCISE DIFFICULTY

There are many ways to make an exercise easier or more difficult. **Speed:** perform the exercise slowly (hard) or do the return movement slowly and the main movement explosively (hard). Use a constant rhythm (easy).

Freeze: hold the final position for several seconds to increase difficulty.

Stability: reduce your stability (place your feet close together, use only one foot, etc) to increase difficulty.

Increase stability to decrease difficulty. **Lever Length:** example push-ups from toes (harder) vs push-ups from knees (easier).

Substitute: visit stack52.com/table for and interactive table of easier and more difficult exercise variations you can do.



HOW HARD DO I WORKOUT?

A workout should be challenging and uncomfortable, but NOT painful. The goal is to moderately stress your body so it adapts positively to the stress. Too much stress slows your progress and leads to injury.

ACHIEVE YOUR GOALS



HABITS ARE THE KEY

Your habits determine your success or failure. Visit stack52.com/habits to learn how to build good habits and break bad ones.



I WANT TO LOSE WEIGHT

Diet determines how much fat our body stores. Avoid processed foods, especially sugar and grains. Eat natural food with minimal processing (wash, cook, and eat). Please read stack52.com/badfood for more info.



GET LEAN AND TONED

Build good diet and exercise habits:
- Diet (stack52.com/badfood)
- Habits (stack52.com/habits)



EFFECTIVE SHORT WORKOUT

Do High Intensity Interval Training (HIIT). Visit stack52.com/interval to learn how to create very effective 4 minute workouts.



NEED HELP? CONTACT US!

- kurt.boyd@stack52.com (preferred)
- 707-847-6066



DISCLAIMER

There are inherent risks with physical exercise. We present our advice based on decades of experience and research, but it is not medical advice. You should consult a physician before starting any exercise program. This is a coaching aid only, you are ultimately responsible for your actions and results.

BOOKLET ORGANIZATION

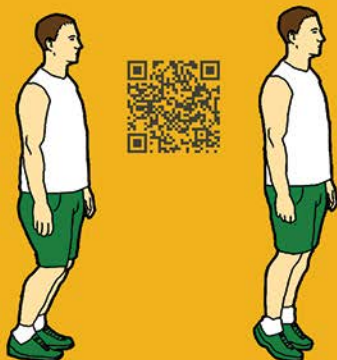
- The exercises in this booklet are arranged by difficulty: beginner, normal, advanced, then color: yellow, orange, red, green, blue, then alphabetically by name.

- Written instructions, an illustration, and a QR code are provided for each exercise. [CLICK THE QR CODE](#) for a video of Sergeant Volkin explaining and demonstrating the exercise.

LIGHT YELLOW: BEGINNER LEGS

CALF RAISE

2 ♠



STAND AND RISE UP ON YOUR TOES, KEEPING YOUR LEGS STRAIGHT. HOLD BRIEFLY THEN RETURN TO THE START. TO INCREASE THE DIFFICULTY, STAND ON SOMETHING ELEVATED (LIKE A STEP).

REPS **8** LEVEL **All**

LUNGE

5 ♠



STEP FORWARD WITH ONE LEG. LOWER YOUR KNEE TO THE FLOOR KEEPING YOUR BACK FLAT AND CHEST UP. STAND AND LUNGE WITH YOUR OPPOSITE LEG. DO 8 REPS FOR EACH LEG.

REPS **16** LEVEL **All**

LIGHT YELLOW: BEGINNER LEGS

POP UP

9♠



START ON YOUR KNEES AND POP UP TO A SQUAT AND STAND WITHOUT USING YOUR HANDS.

REPS **8** LEVEL **A**

SHOULDER BRIDGE

A♠



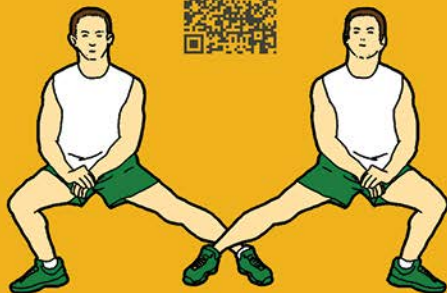
LIE WITH YOUR KNEES BENT AND FEET HIP-WIDTH APART. WITH YOUR ARMS AT YOUR SIDE, LIFT YOUR HIPS. HOLD FOR 3 SECONDS AND RETURN TO THE START.

REPS **8** LEVEL **B**

LIGHT YELLOW: BEGINNER LEGS

SIDE LUNGE

10♠



KEEP YOUR LEFT LEG STRAIGHT AND STEP TO THE RIGHT AS FAR AS YOU CAN. DRIVE BACK TO YOUR STARTING POSITION. REPEAT WITH YOUR OTHER LEG.

REPS **12** LEVEL **I-A**

WALL SIT

7♠



STAND ABOUT 2 FEET IN FRONT OF A WALL AND LEAN AGAINST IT. SLIDE DOWN UNTIL YOUR KNEES ARE BENT 90-DEGREES AND HOLD THE POSITION. ADD WEIGHT TO YOUR LAP TO INCREASE THE INTENSITY.

TIME **30** LEVEL **All**

LIGHT ORANGE: BEGINNER ARMS

◆ PUSH-UP (KNEES)



FORM A PLANK ON YOUR KNEES. PLACE YOUR HANDS TOGETHER IN THE SHAPE OF A DIAMOND. DO PUSH-UPS KEEPING YOUR ELBOWS IN AT YOUR SIDE.

REPS **10** LEVEL **All**

INCLINE TRICEP EXTEND



LEAN FORWARD AND REST YOUR HANDS AND FOREARMS ON AN ELEVATED SURFACE. MAINTAIN A BODY PLANK AND STRAIGHTEN YOUR ARMS, PRESSING YOURSELF UP WITH YOUR TRICEPS.

REPS **10** LEVEL **All**

LIGHT ORANGE: BEGINNER ARMS

SHOULDER TWIST-UP

3♣



ASSUME THE PLANK POSITION WITH YOUR FOREARMS ON THE GROUND. ROTATE UP OFF ONE ARM SO YOUR CHEST IS PERPENDICULAR TO THE GROUND. REPEAT FOR BOTH SIDES.

REPS **8** LEVEL **I-A**

STRONGMAN FLEX

6♣



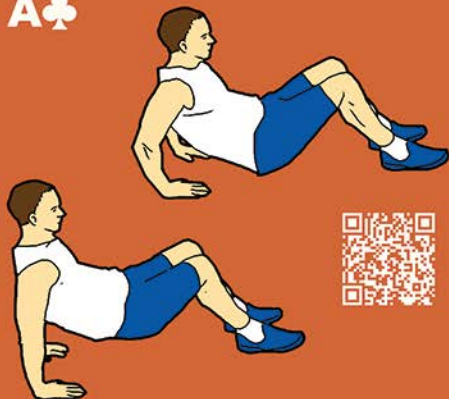
STAND WITH YOUR ARMS OVER YOUR HEAD AND ELBOWS BENT, PERPENDICULAR TO THE GROUND. BRING YOUR SHOULDER BLADES TOGETHER AND FLEX YOUR BICEPS. HOLDING FOR 8 SECONDS IS ONE REP.

REPS **3** LEVEL **All**

LIGHT ORANGE: BEGINNER ARMS

TRICEPS DIP

A♣



SIT ON THE GROUND WITH YOUR HANDS POINTED TOWARD YOUR TOES. BEND YOUR ELBOWS UNTIL YOUR BUTT ALMOST TOUCHES THE GROUND. RAISE YOUR BODY BACK UP.

REPS **10** LEVEL **B-I**

TRICEPS DIP (LEG UP)

5♣



SIT WITH YOUR HANDS POINTED TOWARD YOUR TOES. LIFT ONE LEG UP. BEND YOUR ELBOWS UNTIL YOUR BUTT ALMOST TOUCHES THE GROUND AND THEN PRESS YOUR BODY BACK UP.

REPS **8** LEVEL **All**

LIGHT RED: BEGINNER CORE

BIRD DOG

Q♦



GET ON YOUR HANDS AND KNEES WITH YOUR EYES FACING THE GROUND. RAISE ONE ARM AND THE OPPOSITE LEG IN LINE WITH YOUR BACK. HOLD FOR 3 SECONDS. EVERY LEG RAISE IS ONE REP.

REPS **8** LEVEL **All**

CROSS PLANK

9♥



ASSUME THE PUSH-UP POSITION. TOUCH YOUR LEFT KNEE TO YOUR RIGHT ELBOW AND RETURN TO THE START. REPEAT WITH YOUR OTHER LEG.

REPS **16** LEVEL **I-A**

LIGHT RED: BEGINNER CORE

HANGING KICK

7♥

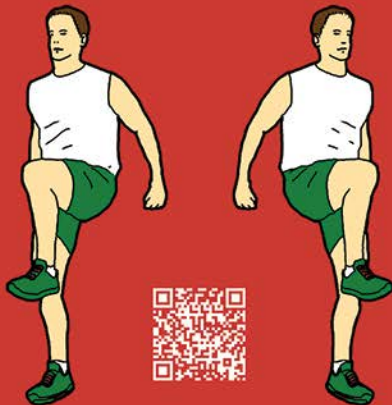


LIE WITH YOUR HANDS UNDER YOUR BUTT. EXTEND YOUR LEGS WITH A SLIGHT BEND IN YOUR KNEES. LIFT YOUR HEELS ABOUT 6 INCHES OFF THE FLOOR. MAKE SMALL, RAPID UP AND DOWN MOTIONS WITH YOUR LEGS TOGETHER.

TIME **30** LEVEL **I-A**

KNEE PUMP

4♥



THRUST YOUR KNEE HARD UP AND ACROSS YOUR BODY KEEPING YOUR ABS TIGHT. ALTERNATE KNEES. EVERY KNEE THRUST IS ONE REP.

REPS **24** LEVEL **B**

LIGHT RED: BEGINNER CORE

PLANK

10 ♥



ASSUME THE PLANK POSITION ON YOUR ELBOWS. KEEP YOUR BODY FLAT IN A STRAIGHT LINE FROM YOUR HEAD TO YOUR HEELS. HOLD THE POSITION.

TIME **20** LEVEL **B**

STANDING CROSS KNEE

6 ♥

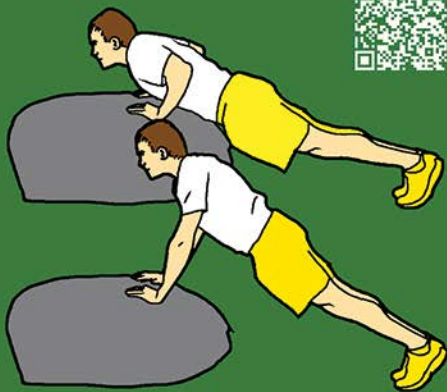


PLACE YOUR HANDS BEHIND YOUR HEAD. TOUCH YOUR RIGHT ELBOW TO YOUR LEFT KNEE. THEN TOUCH YOUR LEFT ELBOW TO YOUR RIGHT KNEE. EVERY TOUCH IS ONE REP.

REPS **24** LEVEL **All**

LIGHT GREEN: BEGINNER CHEST

INCLINE PUSH-UP

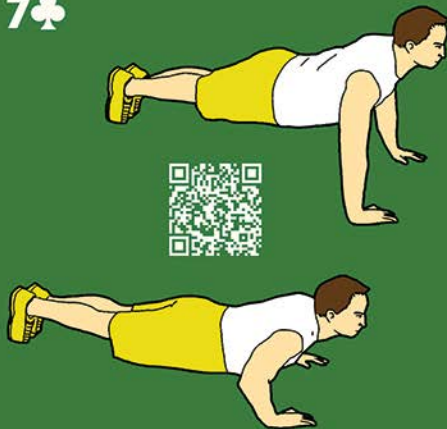


LEAN FORWARD AND REST YOUR HANDS ON AN ELEVATED STRUCTURE. MAINTAIN A BODY PLANK WHILE LOWERING YOUR CHEST NEAR THE STRUCTURE AND PRESSING YOURSELF BACK UP.

REPS **10** LEVEL **B**

PUSH-UP

7♣

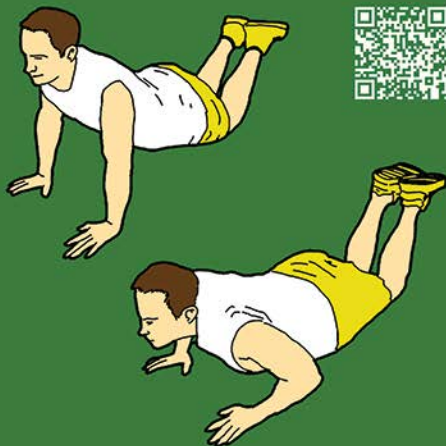


ASSUME A PLANK WITH YOUR HANDS SHOULDER WIDTH APART. LOWER YOUR CHEST TO THE FLOOR AND PRESS YOURSELF BACK UP. EASIER VARIATION: REST ON YOUR KNEES INSTEAD OF YOUR TOES.

REPS **15** LEVEL **All**

LIGHT GREEN: BEGINNER CHEST

PUSH-UP (KNEES)



ASSUME A PLANK ON YOUR KNEES WITH YOUR HANDS SHOULDER WIDTH APART. LOWER YOUR CHEST TO THE FLOOR AND PRESS YOURSELF BACK UP.

REPS **15** LEVEL **All**

SLOW PUSH-UP

7♣



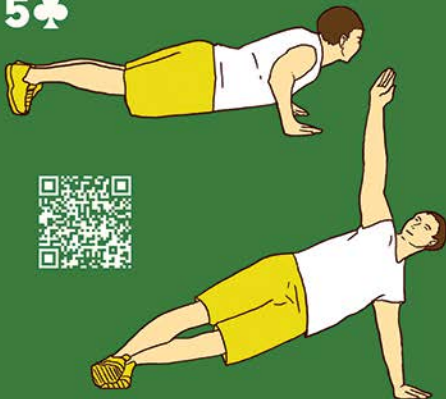
ASSUME A PLANK WITH YOUR HANDS SHOULDER WIDTH APART. SLOWLY LOWER YOUR CHEST TO THE FLOOR. PAUSE AND SLOWLY PRESS YOURSELF BACK UP.

REPS **10** LEVEL **All**

LIGHT GREEN: BEGINNER CHEST

TWIST UP

5♣



PERFORM PUSH-UPS WITH YOUR HANDS AT LEAST 6 INCHES FARTHER THAN SHOULDER WIDTH APART. ON THE WAY UP, TWIST YOUR BODY AND RAISE ONE ARM TO THE SKY. ALTERNATE ARMS WITH EACH REP.

REPS **16** LEVEL **I-A**

WIDE PUSH-UP (KNEES)



FORM A PLANK ON YOUR KNEES WITH YOUR HANDS WIDE APART. LOWER YOUR CHEST TO THE FLOOR AND PRESS YOURSELF BACK UP.

REPS **15** LEVEL **I-A**

LIGHT BLUE: BEGINNER CARDIO

FROG LUNGE

7♦



ASSUME THE PUSH-UP POSITION. JUMP YOUR FEET FORWARD SO THEY LAND OUTSIDE OF YOUR HANDS. JUMP BACK TO THE STARTING POSITION.

REPS **15** LEVEL **I-A**

HIGH KNEES

9♦



RUN IN PLACE RAISING YOUR KNEES AS HIGH AS YOU CAN.

TIME **30** LEVEL **All**

LIGHT BLUE: BEGINNER CARDIO

MOUNTAIN CLIMBER

10 ♦



ASSUME THE PUSH-UP POSITION. BRING ONE KNEE TO YOUR CHEST AND RETURN IT TO ITS ORIGINAL POSITION. REPEAT FOR THE OTHER KNEE. DO THIS QUICKLY, ALTERNATING LEGS WITH EACH REP.

TIME **10** LEVEL **All**

RUNNING JACKS

8 ♦



PERFORM JUMPING JACKS WHILE RUNNING IN PLACE.

TIME **30** LEVEL **All**

LIGHT BLUE: BEGINNER CARDIO

SWITCH BACK

2♦



PUT YOUR HANDS AND ONE FOOT ON THE GROUND ALIGNED WITH EACH OTHER. PUT ONE LEG BACK AND BEND YOUR KNEES. KEEPING YOUR HANDS ON THE GROUND, JUMP AND SWITCH LEGS. EACH JUMP IS ONE REP.

REPS **20** LEVEL **I-A**

SWITCH KICK

6♦



WITH ARMS EXTENDED, KICK ONE LEG IN FRONT OF YOU AND RETURN IT TO THE GROUND. IMMEDIATELY KICK THE OTHER LEG UP. REPEAT, KICKING EACH LEG UP AS QUICKLY AS POSSIBLE.

TIME **20** LEVEL **I-A**

YELLOW: NORMAL LEGS

CLOCK LUNGE

7♠

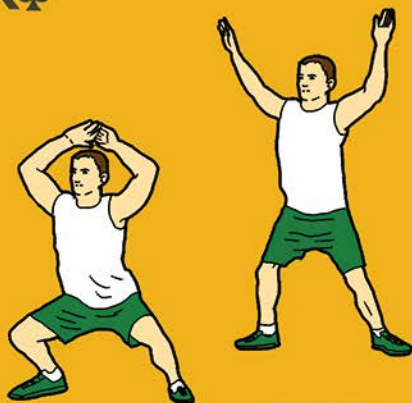


IMAGINE YOU ARE STANDING IN THE CENTER OF A CLOCK. LUNGE TO 12 O'CLOCK. RETURN TO THE START AND LUNGE TO 3, 6, AND 9 O'CLOCK. DO EACH POSITION 3 TIMES. REPEAT FOR BOTH LEGS.

REPS **12** LEVEL **I-A**

JACK SQUAT

K♠



PERFORM JUMPING JACKS, BUT LAND IN A DEEP SQUAT ON EACH REP.

REPS **12** LEVEL **B**

YELLOW: NORMAL LEGS

REVERSE LEG LIFT

J♠



LIE WITH YOUR ARMS EXTENDED OVER YOUR HEAD AND LIFT ONE LEG UP AS HIGH AS YOU CAN. RETURN TO THE START. DO 6 REPS FOR EACH LEG.

REPS **6** LEVEL **B**

ROCKET JUMP

8♠



STAND WITH YOUR FEET SHOULDER WIDTH APART AND YOUR HANDS TOGETHER POINTING DOWN BETWEEN YOUR LEGS. JUMP AS HIGH AS YOU CAN. LAND IN A DEEP SQUAT AND JUMP AGAIN.

REPS **10** LEVEL **A**

YELLOW: NORMAL LEGS

SQUAT

K♠



KEEPING YOUR BACK FLAT, HINGE FORWARD AT YOUR HIPS AND SIT BACK TO SQUAT AS LOW AS YOU CAN. KEEP YOUR WEIGHT ON YOUR HEELS AND YOUR CHEST UP.

REPS **10** LEVEL **All**

TWISTING LUNGE

10♠



STAND WITH YOUR ARMS EXTENDED AND HANDS TOGETHER. LUNGE FORWARD WHILE TWISTING YOUR UPPER BODY TO ONE SIDE. RETURN TO THE START. LUNGE WITH THE OTHER LEG AND TWIST TO THE OPPOSITE SIDE.

REPS **8** LEVEL **B-I**

ORANGE: NORMAL ARMS

DIAMOND PUSH-UP

Q♣



DO PUSH-UPS WITH YOUR HANDS TOGETHER IN A DIAMOND SHAPE. KEEP YOUR BACK FLAT. EASIER VARIATION: SUPPORT YOURSELF FROM YOUR KNEES INSTEAD OF YOUR TOES.

REPS **10** LEVEL **All**

PIKE PUSH-UP

4♣



ASSUME THE PUSH-UP POSITION BUT WITH YOUR BUTT HIGH IN THE AIR. SHIFT YOUR WEIGHT TO YOUR HANDS AND LOWER YOUR HEAD NEAR THE FLOOR. PRESS YOURSELF BACK UP.

REPS **8** LEVEL **I-A**

ORANGE: NORMAL ARMS

PIKE UP

K♣



START ON YOUR TOES WITH YOUR FOREARMS ON THE GROUND AND YOUR BUTT IN THE AIR. KEEP YOUR HANDS ON THE GROUND AND CONTRACT YOUR TRICEPS UNTIL YOUR ARMS ARE STRAIGHT.

REPS **10** LEVEL **I-A**

STRONGMAN FLEX

6♣



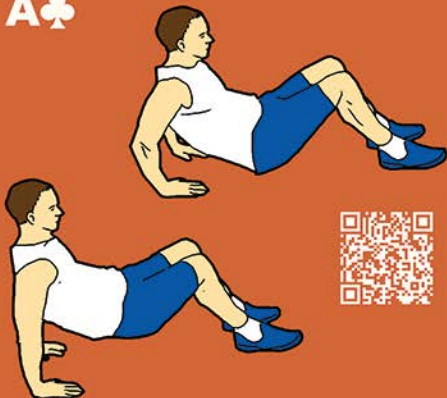
STAND WITH YOUR ARMS OVER YOUR HEAD AND ELBOWS BENT, PERPENDICULAR TO THE GROUND. BRING YOUR SHOULDER BLADES TOGETHER AND FLEX YOUR BICEPS. HOLDING FOR 8 SECONDS IS ONE REP.

REPS **3** LEVEL **All**

ORANGE: NORMAL ARMS

TRICEPS DIP

A♣



SIT ON THE GROUND WITH YOUR HANDS POINTED TOWARD YOUR TOES. BEND YOUR ELBOWS UNTIL YOUR BUTT ALMOST TOUCHES THE GROUND. RAISE YOUR BODY BACK UP.

REPS **10** LEVEL **B-I**

TRICEPS EXTENSION

J♣



ASSUME THE PUSH-UP POSITION. PLACE YOUR FOREARMS AND HANDS ON THE GROUND. PUSH WITH YOUR HANDS UNTIL YOUR ARMS ARE STRAIGHT. EASIER VARIATION: REST ON YOUR KNEES INSTEAD OF YOUR TOES.

REPS **10** LEVEL **I-A**

RED: NORMAL CORE

BICYCLE

J ♥



LIE WITH YOUR HANDS BEHIND YOUR HEAD. ALTERNATELY TOUCH YOUR ELBOW TO THE OPPOSITE KNEE AS YOU TWIST BACK AND FORTH. EVERY TOUCH IS ONE REP.

REPS **20** LEVEL **All**

BODY ROCK

Q ♥



LIE ON YOUR BACK WITH YOUR LEGS ANGLED UP AND YOUR ARMS OVER YOUR HEAD. USE YOUR ABS TO ROCK YOUR BODY UP TO ALMOST A SEATED POSITION. ROCK BACK DOWN.

REPS **10** LEVEL **All**

RED: NORMAL CORE

CRUNCH

K♥



LIE WITH YOUR KNEES BENT AND ARMS CROSSED OVER YOUR CHEST. RAISE YOUR UPPER BODY A FEW INCHES OFF THE GROUND. HOLD AND THEN RETURN TO THE START.

REPS **10** LEVEL **B**

FLUTTER KICK

Q♥



LIE WITH YOUR HANDS UNDER YOUR BUTT. EXTEND YOUR LEGS WITH A SLIGHT BEND IN YOUR KNEES. LIFT YOUR HEELS ABOUT 6 INCHES OFF THE GROUND. MAKE SMALL, RAPID UP AND DOWN MOVEMENTS WITH YOUR LEGS.

TIME **20** LEVEL **All**

RED: NORMAL CORE

MASON TWIST

K♦



SIT WITH YOUR FEET OFF THE GROUND. TWIST YOUR UPPER BODY FROM SIDE TO SIDE, TOUCHING THE GROUND WITH YOUR CLASPED HANDS. EVERY TOUCH IS ONE REP.

REPS **30** LEVEL **All**

REVERSE CRUNCH

J♦



LIE DOWN AND PLACE YOUR HANDS ON THE GROUND. BRING YOUR KNEES TOWARD YOUR CHEST UNTIL THEY'RE BENT 90 DEGREES. CONTRACT YOUR ABS TO CURL YOUR HIPS OFF THE GROUND. LOWER YOUR HIPS BACK TO THE START.

TIME **10** LEVEL **I-A**

GREEN: NORMAL CHEST

CHEST PRESS

A♣

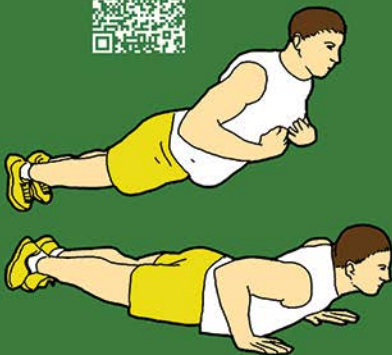


PRESS YOUR HANDS TOGETHER IN FRONT OF YOUR BODY. KEEP YOUR ARMS PARALLEL TO THE GROUND. PUSH BOTH HANDS AGAINST EACH OTHER WITH FULL FORCE. HOLDING FOR 8 SECONDS IS ONE REP.

REPS **3** LEVEL **All**

CHEST TAP

Q♣



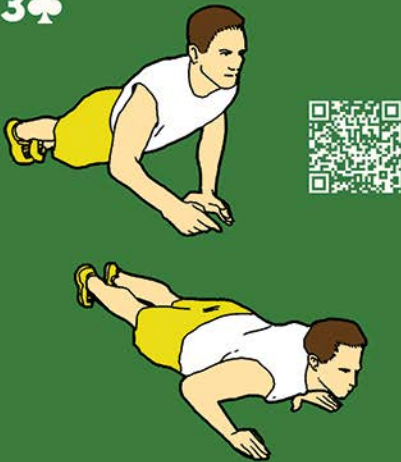
ASSUME THE PUSH-UP POSITION. LOWER YOUR CHEST TO THE FLOOR, THEN PUSH UP EXPLOSIVELY TO TAP YOUR CHEST WITH YOUR HANDS.

REPS **12** LEVEL **A**

GREEN: NORMAL CHEST

CLAP PUSH-UP

3♣



PERFORM PUSH-UPS EXPLOSIVELY CLAPPING YOUR HANDS TOGETHER AS THEY LEAVE THE GROUND.

REPS **10** LEVEL **I-A**

DRAGON WALK

4♣



FROM THE PUSH-UP POSITION, TOUCH YOUR RIGHT ELBOW TO YOUR RIGHT KNEE. PUSH UP AND STEP FORWARD WITH YOUR LEFT HAND AND LEFT KNEE. DROP DOWN SO THAT YOUR LEFT KNEE TOUCHES YOUR LEFT ELBOW AND PUSH UP. REPEAT, CRAWLING FORWARD LIKE A DRAGON.

REPS **10** LEVEL **I-A**

GREEN: NORMAL CHEST

JUMP BACK PUSH-UP

8♣



SQUAT DOWN AND PLACE YOUR HANDS ON THE GROUND. WITH YOUR WEIGHT ON YOUR HANDS, JUMP YOUR FEET BACK. DO A PUSH-UP AND JUMP YOUR FEET FORWARD TO THE STARTING POSITION.

REPS **8** LEVEL **All**

WIDE ARM PUSH-UP

6♣



ASSUME A PLANK WITH YOUR HANDS WIDE APART. LOWER YOUR CHEST TO THE FLOOR AND PRESS YOURSELF BACK UP. EASIER VARIATION: REST ON YOUR KNEES INSTEAD OF YOUR TOES.

REPS **15** LEVEL **I-A**

BLUE: NORMAL CARDIO

BURPEE

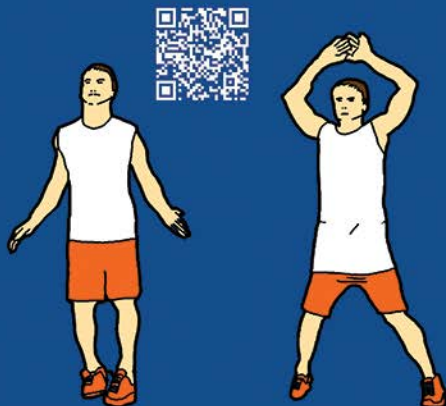
J♦



JUMP AS HIGH AS YOU CAN. AS YOU LAND, PLACE YOUR HANDS DOWN AND DO A PUSH-UP. JUMP YOUR FEET TO YOUR HANDS, STAND, AND JUMP AGAIN.

REPS **10** LEVEL **All**

JUMPING JACKS



START WITH FEET TOGETHER AND HANDS AT YOUR SIDE. JUMP AND SWING YOUR ARMS OVERHEAD. LAND WITH YOUR FEET WIDE. JUMP AGAIN AND LAND WITH FEET TOGETHER AND HANDS AT YOUR SIDE.

REPS **20** LEVEL **All**

BLUE: NORMAL CARDIO

POWER JACKS

4♦

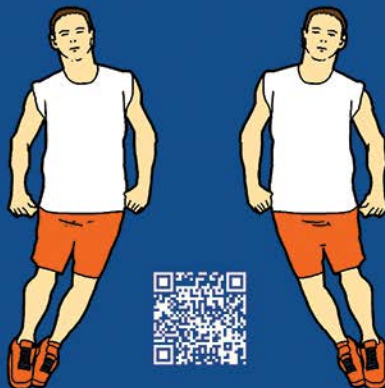


**PERFORM JUMPING JACKS BUT
JUMP AS HIGH AS YOU CAN FOR
EACH REP.**

REPS **20** LEVEL **All**

SKI JUMPER

3♦



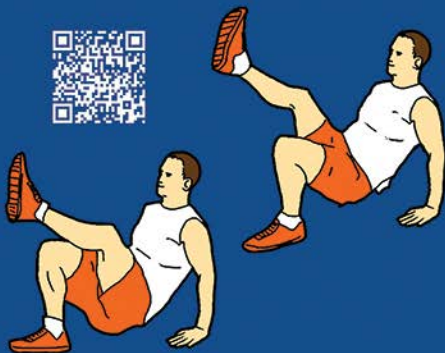
**PICK A SPOT ON THE GROUND
AND QUICKLY JUMP FROM SIDE
TO SIDE OVER THE SPOT. EVERY
TWO TIMES YOU LAND IS ONE REP.**

REPS **10** LEVEL **All**

BLUE: NORMAL CARDIO

SKY KICK

8♦



SIT WITH YOUR HANDS POINTED TOWARD YOUR TOES AND YOUR ARMS EXTENDED. ALTERNATELY KICK YOUR FEET UP AND DOWN.

TIME **16** LEVEL **I-A**

TUCK JUMP

9♦



STAND WITH YOUR FEET SHOULDER WIDTH APART. JUMP AS HIGH AS YOU CAN, LIFTING YOUR KNEES TO YOUR CHEST. KEEP YOUR BACK FLAT.

REPS **10** LEVEL **All**

DARK YELLOW: ADVANCED LEGS

FLAMINGO SQUAT

A♥



STAND WITH FEET SHOULDER WIDTH APART. RAISE YOUR RIGHT LEG 3 INCHES OFF THE FLOOR AND SQUAT DOWN WITH YOUR LEFT LEG, BENDING YOUR KNEE ABOUT 45 DEGREES. DO 6 REPS AND SWITCH LEGS.

REPS **6** LEVEL **A**

ONE LEG TRIPLE JUMP

4♠



STAND ON ONE FOOT AND LEAP FORWARD AS FAR AS YOU CAN. LAND AND IMMEDIATELY TAKE THREE FAST HOPS BACK TO WHERE YOU STARTED. DO 4 LEAPS FOR EACH LEG.

REPS **4** LEVEL **I-A**

DARK YELLOW: ADVANCED LEGS

SCISSOR SQUAT

6♠



START IN A LUNGE WITH YOUR HANDS ON YOUR HIPS AND RIGHT LEG FORWARD. JUMP, SWITCH LEGS IN THE AIR, AND LAND WITH YOUR LEFT LEG FORWARD. EACH JUMP IS ONE REP.

REPS **12** LEVEL **I-A**

SINGLE LEG CALF RAISE

Q♠



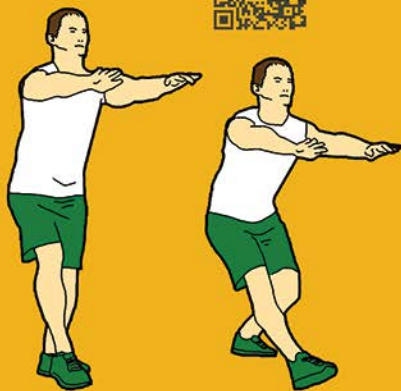
STAND ON ONE FOOT AND RISE UP ON YOUR TOES, KEEPING YOUR LEG STRAIGHT. HOLD BRIEFLY THEN RETURN. TO INCREASE THE DIFFICULTY, STAND ON SOMETHING ELEVATED (LIKE A STEP). REPEAT WITH BOTH LEGS.

REPS **10** LEVEL **All**

DARK YELLOW: ADVANCED LEGS

SINGLE LEG SQUAT

6♠



LIFT ONE LEG OFF THE FLOOR. KEEPING YOUR BACK FLAT, SQUAT DOWN ON YOUR SUPPORTING LEG AS LOW AS YOU CAN. DO 6 REPS FOR EACH LEG.

REPS **6** LEVEL **A**

SQUAT JUMP

9♠

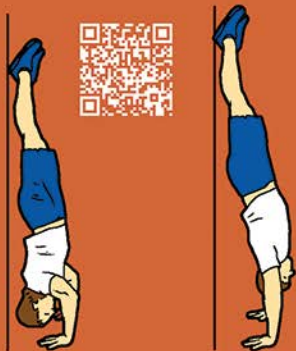


HINGE FORWARD AT YOUR HIPS AND SIT BACK UNTIL YOUR THIGHS ARE PARALLEL TO THE GROUND. JUMP UP AS HIGH AS YOU CAN. LAND IN A SQUAT AND JUMP AGAIN.

REPS **8** LEVEL **All**

DARK ORANGE: ADVANCED ARMS

HAND STAND PUSH-UP



FACE A WALL AND DO A HAND-
STAND ON YOUR HEAD, SWINGING
YOUR FEET FORWARD SO THEY
REST AGAINST THE WALL. PRESS
UP UNTIL YOUR ARMS ARE
STRAIGHT. LOWER YOUR HEAD
NEAR THE FLOOR AND PRESS IT
BACK UP.

REPS **6** LEVEL **A**

ONE ARM LEG PUSH-UP



ASSUME THE PUSH-UP POSITION.
USE ONE ARM AND THE OPPOSITE
LEG TO LOWER YOUR CHEST TO
THE FLOOR AND THEN PRESS
YOURSELF BACK UP. DO 5 REPS
PER ARM.

REPS **5** LEVEL **A**

DARK ORANGE: ADVANCED ARMS

PIKE UP (FEET UP)



PLACE YOUR FOREARMS ON THE GROUND, YOUR FEET ON AN ELEVATED SURFACE, AND BEND FORWARD AT YOUR HIPS. STRAIGHTEN YOUR ARMS TO PRESS YOURSELF OFF THE GROUND, KEEPING YOUR ELBOWS IN.

REPS **6** LEVEL **A**

◆ PUSH-UP (FEET UP)



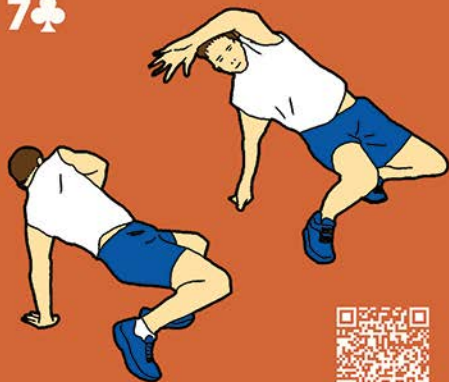
REST YOUR FEET ON AN ELEVATED SURFACE AND PUT YOUR HANDS TOGETHER IN THE SHAPE OF A DIAMOND. MAINTAIN A BODY PLANK AND DO PUSH-UPS KEEPING YOUR ELBOWS CLOSE TO YOUR SIDE.

REPS **10** LEVEL **A**

DARK ORANGE: ADVANCED ARMS

SPRINGING TRIPOD

7♣



BEND BOTH LEGS AND LEAN BACK TOUCHING ONE HAND TO THE GROUND. KEEPING BOTH LEGS ON THE GROUND, SPRING AROUND AND TOUCH THE OTHER HAND TO THE GROUND, LIFTING YOUR BODY WITH YOUR LEGS.

REPS **12** LEVEL **A**

X ARM EXTENSION

2♣



ASSUME THE PUSH-UP POSITION BUT CROSS YOUR ARMS WITH YOUR FINGERS POINTING OUT TO THE SIDE. MAINTAIN A BODY PLANK AND LOWER YOUR FORE-ARMS TO THE GROUND AND THEN PRESS YOURSELF BACK UP.

REPS **8** LEVEL **A**

DARK RED: ADVANCED CORE

AIRPLANE ABS

3♥



SIT WITH YOUR HEELS ON THE GROUND. LEAN BACK AS FAR AS YOU CAN. EXTEND YOUR ARMS AND ROTATE THEM FROM SIDE TO SIDE. EACH ROTATION IS ONE REP.

REPS **20** LEVEL **All**

EXTENDED PLANK

A♦



ASSUME A PUSH-UP POSITION BUT EXTEND YOUR HANDS 6 TO 8 INCHES IN FRONT OF YOUR SHOULDERS. YOUR BODY SHOULD FORM A STRAIGHT LINE. BREATHE AND HOLD THE POSITION.

TIME **10** LEVEL **A**

DARK RED: ADVANCED CORE

FROZEN V-SIT

10♦



LIE DOWN WITH YOUR ARMS STRAIGHT ABOVE YOUR HEAD AND YOUR LEGS STRAIGHT. RAISE YOUR UPPER AND LOWER BODY TO FORM A "V." KEEP YOUR BACK AS FLAT AS YOU CAN AND HOLD THE POSITION.

TIME **30** LEVEL **A**

"L" SIT

Q♦



SIT WITH YOUR LEGS STRAIGHT IN FRONT OF YOU. STRAIGHTEN YOUR ARMS TO PUSH YOURSELF OFF THE FLOOR. HOLD THE POSITION.

TIME **10** LEVEL **A**

DARK RED: ADVANCED CORE

SIDE RAISE

J♥



LIE WITH YOUR BODY SUPPORTED ON YOUR ELBOW AND THE SIDE OF ONE FOOT. LOWER YOUR HIPS AND THEN RAISE THEM AS HIGH AS YOU CAN. REPEAT FOR YOUR OTHER SIDE.

REPS **12** LEVEL **All**

X SCISSOR KICK

6♥



LIE DOWN AND EXTEND YOUR LIMBS. CRUNCH UP AND TOUCH YOUR RIGHT ARM TO YOUR LEFT LEG KEEPING BOTH STRAIGHT. RETURN TO THE START AND REPEAT WITH YOUR LEFT ARM AND RIGHT LEG.

REPS **20** LEVEL **A**

DARK GREEN: ADVANCED CHEST

CRUCIFIX PUSH-UP

2♦

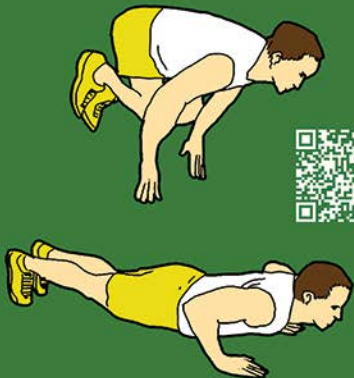


LIE ON YOUR STOMACH WITH YOUR ARMS FULLY EXTENDED IN A "T." PUSH YOUR BODY UP SO THAT YOUR CHEST RISES SEVERAL INCHES OFF THE GROUND.

REPS **6** LEVEL **A**

KNEE SLAP PUSH UP

10♣



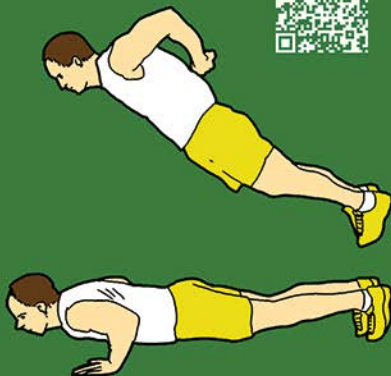
ASSUME THE PUSH-UP POSITION. EXPLODE UP, BEND, AND TOUCH YOUR KNEES. QUICKLY RETURN TO THE STARTING POSITION BEFORE YOU LAND.

REPS **8** LEVEL **A**

DARK GREEN: ADVANCED CHEST

MUAY THAI PUSH-UP

9♣



ASSUME THE PUSH-UP POSITION.
EXPLODE UP AND CLAP YOUR
HANDS BEHIND YOUR BACK.
QUICKLY RETURN TO THE START-
ING POSITION BEFORE YOU LAND.

REPS **8** LEVEL **A**

JUMPING JACK PUSH UP

10♣



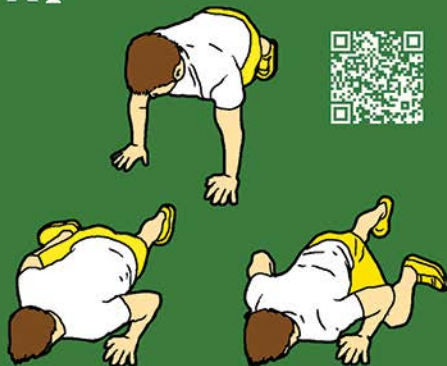
ASSUME THE PUSH-UP POSITION.
PUSH UP EXPLOSIVELY AND
SPREAD YOUR ARMS AND LEGS
WIDE. PUSH UP AGAIN, MOVING
YOUR HANDS AND FEET CLOSE
TOGETHER.

REPS **10** LEVEL **I-A**

DARK GREEN: ADVANCED CHEST

SPIDERMAN PUSH-UP

K♣

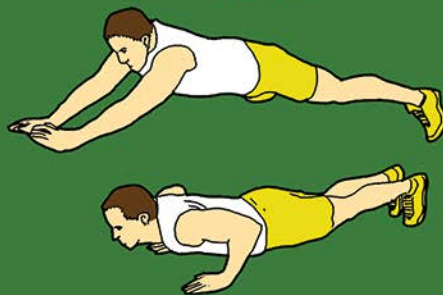


ASSUME THE PUSH-UP POSITION. MAINTAINING THE PLANK, BRING YOUR RIGHT KNEE TO YOUR RIGHT ELBOW. DO A PUSH-UP. BRING YOUR LEFT KNEE TO YOUR LEFT ELBOW AND DO ANOTHER PUSH-UP.

REPS **12** LEVEL **I-A**

SUPERMAN PUSH-UP

4♦



ASSUME THE PUSH-UP POSITION. EXPLODE UP AND EXTEND YOUR ARMS OVER YOUR HEAD AND STRAIGHTEN YOUR TOES. QUICKLY RETURN TO THE STARTING POSITION BEFORE YOU LAND.

REPS **8** LEVEL **A**

DARK BLUE: ADVANCED CARDIO

BURPEE

J♦



JUMP AS HIGH AS YOU CAN. AS YOU LAND, PLACE YOUR HANDS DOWN AND DO A PUSH-UP. JUMP YOUR FEET TO YOUR HANDS, STAND, AND JUMP AGAIN.

REPS **10** LEVEL **All**

DONKEY KICK

5♦



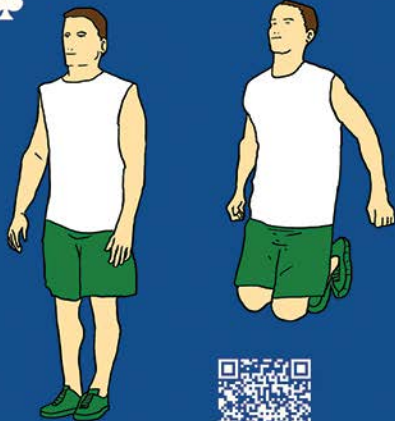
ASSUME THE PUSH-UP POSITION. KEEP YOUR HANDS ON THE GROUND AND JUMP AND KICK YOUR LEGS OUT AND UP.

REPS **10** LEVEL **I-A**

DARK BLUE: ADVANCED CARDIO

KICK YOUR BUTT

A♠

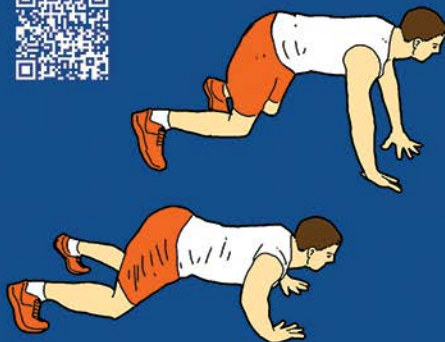


JUMP FROM THE BALLS OF YOUR FEET AND KICK YOUR HEELS TO YOUR BUTT. LAND ON THE BALLS OF YOUR FEET AND JUMP AGAIN AS FAST AS YOU CAN.

REPS **10** LEVEL **All**

QUAD HOP

7♦



GET DOWN ONE ALL FOURS WITH YOUR TOES AND PALMS FACING EACH OTHER AND YOUR BACK PARALLEL TO THE GROUND. USE ALL FOUR LIMBS TO HOP OFF THE GROUND.

REPS **15** LEVEL **I-A**

DARK BLUE: ADVANCED CARDIO

SINGLE LEG BURPEE

6♦



STAND ON ONE LEG, JUMP AS HIGH AS YOU CAN, AND TUCK YOUR KNEES TO YOUR CHEST. LAND, PLACE YOUR HANDS DOWN, AND DO A PUSH-UP. JUMP YOUR FEET TO YOUR HANDS, STAND, AND JUMP AGAIN.

REPS **10** LEVEL **A**

TWISTING SQUAT JUMP

4♠



SQUAT AND JUMP, TWISTING YOUR ENTIRE BODY TO LAND IN THE OPPOSITE DIRECTION. JUMP AT LEAST 4 FEET FOR EVERY REP.

REPS **8** LEVEL **I-A**