



## Super Set “Partner Up”

**Dynamic Warm Up:** All 24 participants will complete the following exercises while moving forward approximately 10 yards. Repeat sequence for a total of 2 sets.

- Alternating Heel Tucks
- Walking Lunge
- Inch Worm
- Straight Leg Lift
- Jump Forward (Both Feet)
- Ankle Rotations

### Group #1

ENERGI Station 3 Push-Up & Balance, and Squat & Dip	
1	Triceps Push-Up (6 each leg)
2	Squat to V-Sit

### Group #2

Jump Rope Intervals	
1	Two Foot
2	“Rocky” Style - Alternating Right to Left Foot

### Group #3

ENERGI Station 3 Push-Up & Balance	
1	“T” Push-Up (6 each side)
2	Single Leg “T” (6 each side-tempo)

### Group #4

Jump Rope Intervals	
1	Two Foot – Front-to-Back
2	“Rocky” Style - Alternating Right to Left Foot

### Group #5

ENERGI Station 4 Agility & Power Steps	
1	Fast Toe Up (15 with right then switch to left foot)
2	Lateral Step-Up (10x right leg then switch 10x left leg)

### Group #6

Jump Rope Intervals	
1	Two Foot – Side-to-Side
2	“Rocky” Style – Alternating Right to Left Foot

### Group #7

ENERGI Station 5 Core & Torso, and Balance Disc	
1	V-Sit
2	Plank with Alternating Knee Tuck

### Group #8

Jump Rope Intervals	
1	Two Foot (quickly for 20 then slow down for 10 before repeating)
2	“Rocky” Style – Alternating Right to Left Foot

### Group #9

ENERGI Station 2 Pulling & Back, and Angle Bar & Hurdle	
1	Parallel Bar, Horizontal Pull-Up
2	Hurdle Dips with Knee Up (holding medicine ball)

### Group #10

Jump Rope Intervals	
1	Two Foot – side-to-side quickly 20 then slow down for 10 then repeat
2	“Rocky” Style – alternating right to left foot

### Group #11

ENERGI Station 2 Angle Bar & Hurdle	
1	Travel Push-Up
2	Lateral Walk Over (holding medicine ball)

### Group #12

Jump Rope Intervals	
1	Two foot – front to back as quick as you can go for 20 then slow down for 10 then repeat
2	Rocky Style – alternating right to left foot

Cool down & stretch together.

#### Additional materials needed:



1  
Activity Cards  
(See pg. 4 for more information)



12 Jump Ropes



2 Medicine Balls