

CALISTHENIC DRILL 1

- 1 The Bend and Reach
- 2 The Rear Lunge and Reach
- 3 The High Jumper
- 4 The Rower
- 5 The Power Squat
- 6 The Windmill
- 7 The Forward Lunge and Reach
- 8 The Prone Row
- 9 The Bent Leg Body Twist
- 10 The Almighty Push-Up

GUERRILLA DRILL 1

- 1 Verticals
- 2 Laterals
- 3 Crossovers
- 4 The Power Skip
- 5 The Shuttle Sprint

CLIMBING DRILL 1

- 1 The Straight-Arm Pull
- 2 The Heel Hook
- 3 The Pull-Up
- 4 The Leg Tuck
- 5 The Alternating Grip Pull-Up

CALISTHENIC DRILL 2

- 1 The Woodchopper
- 2 The Mountain Climber
- 3 The Squat Jumper
- 4 The V-Up
- 5 The Power Jump
- 6 The One-leg Push-up
- 7 The Diagonal Lunge and Bend
- 8 The Body Arch
- 9 The Leg Tuck and Twist
- 10 The 8-Count Push-Up

RECOVERY DRILL A

- 1 The Groin Stretch
- 2 The Hamstring Stretch
- 3 The Calf Stretch
- 4 The Thigh Stretch
- 5 The Hip Stretch

RECOVERY DRILL B

- 1 The Overhead Arm Pull
- 2 The Turn and Reach
- 3 The Rear Lunge and Reach
- 4 The Flex and Extend
- 5 The Single Leg Over

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