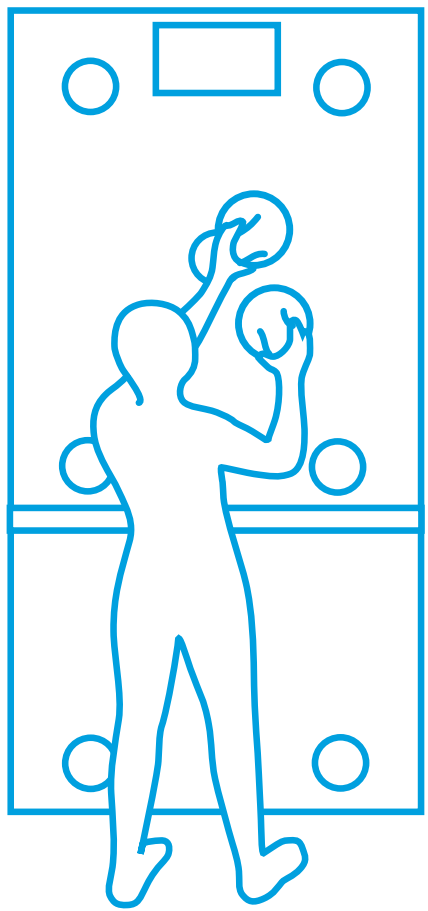


INDIVIDUAL *ADVANCED* WORKOUT

Try 1, 2, or 3 sets of each exercise
System will auto-reset after time expires

STATION



← Warm-up: Flexibility, 2 lb. Power Balls

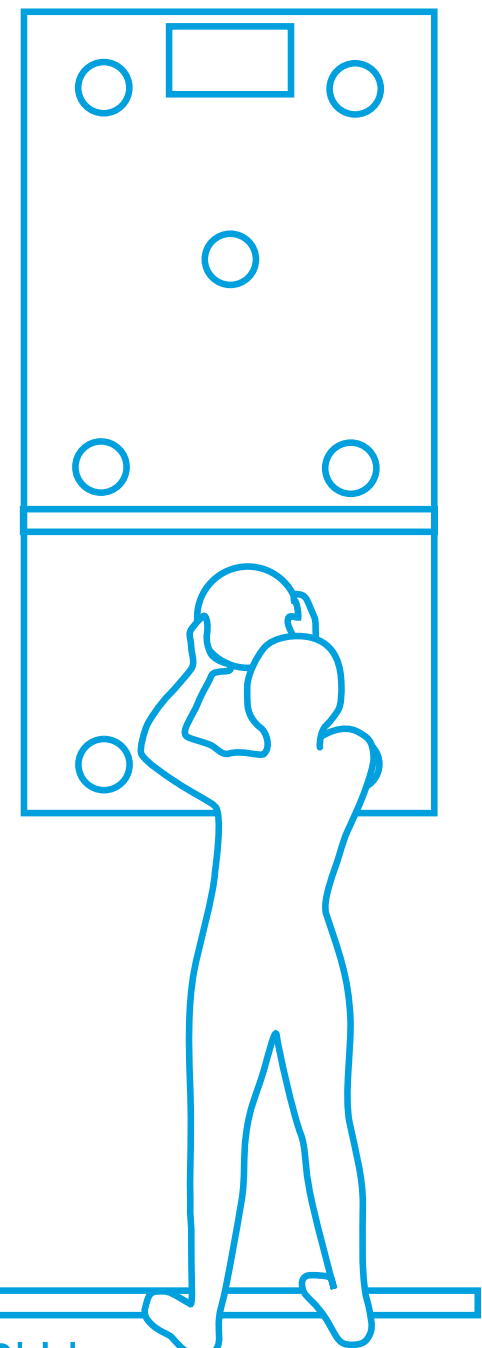
- Stand in front of station holding a power ball in each hand
- Reach to selected target and put out light
- Right hand to left-side target, left hand to right-side target
- Use both hands to put center light out
- Check your score after each set

PUSH TO SELECT

→ Cardio: 2 lb. Medicine Ball

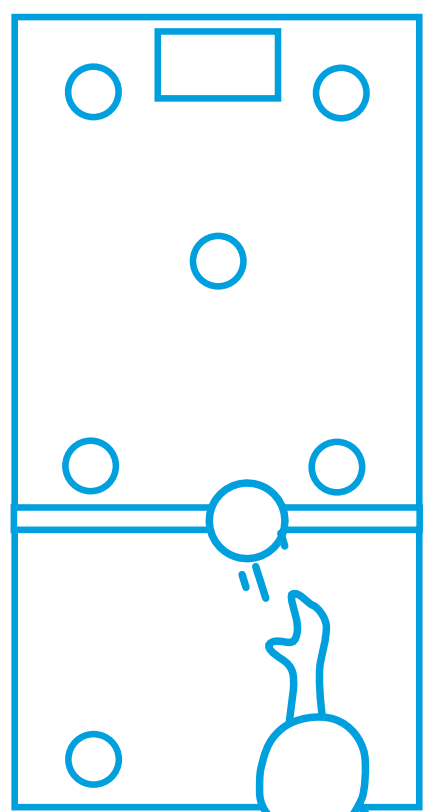
- Stand at 12' line with medicine ball in both hands
- Chest pass medicine ball at any selected target
- Catch rebound, return to 12' line
- Chest pass medicine ball at another selected target
- Repeat for sixty seconds
- Check your score after each set

PUSH TO SELECT



12' Line

PUSH TO SELECT



← Skill: 5" Ball

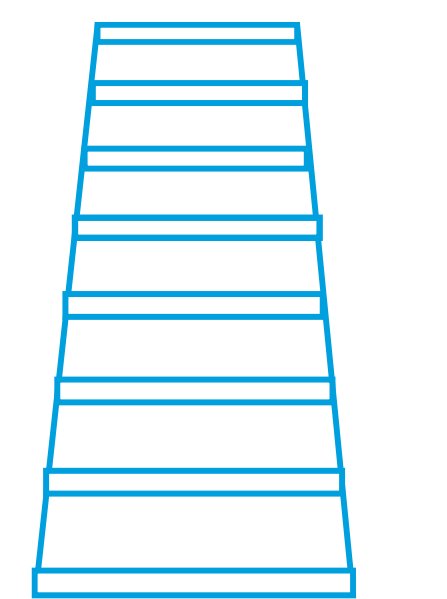
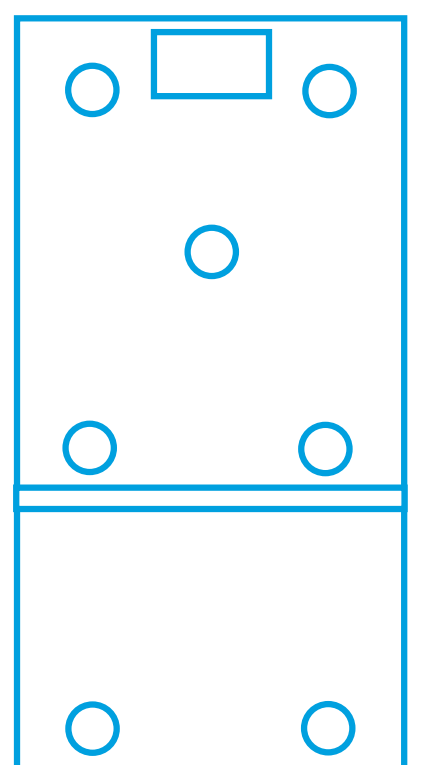
- Stand at 20' line with ball in hand
- With right hand, throw ball at selected target for 5 points
- Catch rebound with left hand and throw ball with left hand
- Catch rebound with right hand and throw ball with right hand
- Repeat for sixty seconds
- Check your score after each set

20' Line

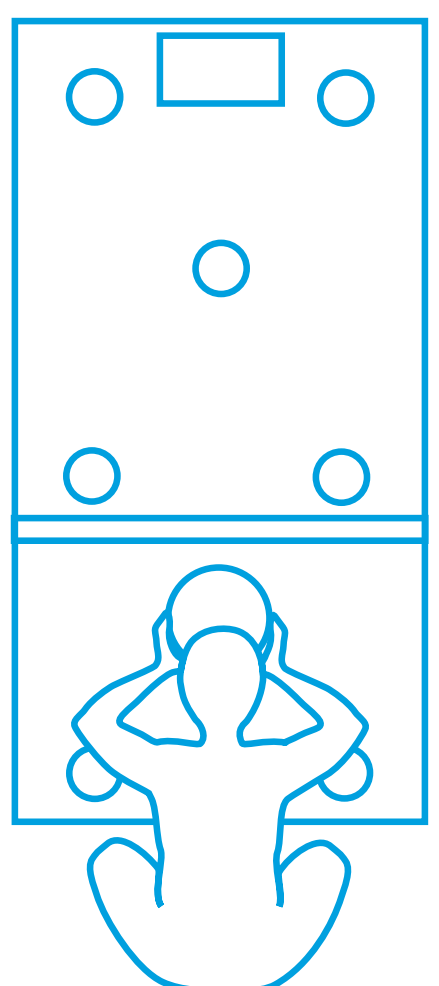
→ Speed/Agility: Speed ladder

- Place speed ladder in front of station
- Navigate ladder to station and strike selected target with hand to put out light
- Navigate ladder back to start line
- Repeat for sixty seconds
- Variation: navigate ladder, leaping with feet together
- Variation: use cross-over steps to navigate ladder
- Check your score after each set

PUSH TO SELECT



Start Here



← Core Strength: 2 lb. Medicine Ball

- Start position: lie on back with knees bent
- Position medicine ball above head with both hands
- Keeping feet on floor, curl upper body towards station
- Pass medicine ball at selected target
- Catch rebound and return to start position
- Repeat for sixty seconds
- Check your score after each set

PUSH TO SELECT

PUSH TO SELECT

→ Cool-down: Noodle

- Stand on BOSU ball - 2' from station with noodle in hand
- Strike selected target to play first part of tune
- Strike next selected target for the next part of tune
- After tune is complete, switch noodle to left hand
- Play complete tune 2 or 3 times
- Try to perfect timing and rhythm
- Check your score after each set

