

PART A - 2 MINUTES

SNAKE RUN

2 X 15 METRES



- Alternate swerve from left to right
- Drive outside leg across body to initiate swerve
- Keep facing forwards

Key Activate 8:

- Head neutral
- Chest Up
- Hip, knee and ankle inline
- Knee over toes

EFFORT
50-70%

WALKING CRUNCH

2 X 15 METRES



- Shuffle two steps then raise one leg
- Opposite elbow and knee touch
- Keep raised leg straight

Key Activate 8:

- Head neutral
- Engage Core
- Knee over toes

PLANT AND CUT

4
(2 EACH SIDE)



- Run diagonal line
- After 2-3m plant outmost foot close to body midline, knee bent
- Emphasise plant and cut, repeat on other foot

Key Activate 8:

- Head neutral
- Chest Up
- Hip, knee and ankle inline (planting foot)
- Knee over toes (planting foot)

EFFORT
50-70%

ACTIVATE 

UNDER 15 - PHASE 1

PART B - 4 MINUTES

SINGLE LEG BALANCE

12
(6 EACH
SIDE)



- Feet shoulder width apart
- Raise one leg off floor and hold for 10 seconds
- Return to start position
- Alternate legs

Key Activate 8:

- Chest Up
- Hip, knee and ankle inline
- Knee over toes



SINGLE LEG HOP FORWARDS INTO DOUBLE LEG LANDING

12
(6 EACH
SIDE)



- Raise one leg off floor
- Hop forwards and land on both feet shoulder-width apart
- Land squarely on both feet
- Balance & hold for 2-3 seconds
- Lift other leg and repeat

Key Activate 8:

- Engage core
- Hip knee and ankle inline
- Soft knees
- Knee over toes



PART C - 6 MINUTES

ZOMBIE SQUAT

8



- Feet a little wider than shoulder-width apart
- Arms raised out in front
- Bend at knees and hips, squat down until thighs parallel with the floor
- Return to the start position
- Heels in contact with the ground throughout

Key Activate 8:

- Head Lift (look through eyebrows)
- Chest up
- Engage Core

DOUBLE LEG BRIDGE

8



- Lie face-up with hips and knees flexed
- Feet planted close to buttocks
- Raise hips and back off floor forming a straight line from the shoulders to the knees
- Lower down to start position

Key Activate 8:

- Engage Core

PLANK

30
SECONDS



- Lie face-down
- Elbows underneath the shoulders, forearms in front
- Feet resting on the balls
- Raise thighs, hips, trunk from the floor
- Take weight through forearms and feet

Key Activate 8:

- Head neutral
- Shoulder pinch
- Shoulder and hips level
- Engage core

PART C (CONT.) - 6 MINUTES

STATIC PRESS UP WITH PUSH TO UNBALANCE

30
SECONDS



- One partner in press-up position with other partner standing beside
- Standing partner applies force to various body parts attempting to off-balance prone partner
- Prone partner attempts to maintain rigid body position throughout

Key Activate 8:

- Head neutral
- Shoulder pinch
- Shoulder and hips level
- Engage core

STATIC NECK CONTRACTIONS

10
SECONDS
EACH
DIRECTION



- Use hand to apply force
- Direction of forces applied:
 - Flexion (look to down)
 - Extension (look to up)
 - Lateral Flexion Left and Right (ear towards shoulder)
 - Rotation Left and Right (look over shoulder)

Key Activate 8:

- Head neutral
- Chest up
- Engage core

PART D - 3 MINUTES

SKI JUMPS

10
(5 EACH
SIDE)



- Feet together, cross arms and rest hands in opposite shoulders
- Perform one sideways jump to the left or right, landing with feet together with minimal bend in knees
- Keep arms in the original position
- Jump sideways in opposite direction and return to starting point

Key Activate 8:

- Head neutral
- Hip, knee and ankle inline
- Soft knees

POGO JUMPS

16



- Feet shoulder-width apart
- Jump on the spot continuously, landing squarely on the feet with minimal knee bend
- Minimise time on ground between jumps
- Focus on keeping legs slightly bent and jumping by extending through the ankles only

Key Activate 8:

- Head neutral
- Hip, knee and ankle inline
- Soft knees