

At Home Training

Focus on multiple sets with fewer reps while you build up strength. Try to complete the 4-day cycle weekly. For more fun, grab a parent and do them together!

Day 1: Lower Body & Core:

Squats, lunges, planks

Day 2: Upper Body & Agility:

Push-ups, pull-ups and ladder drills

Day 3: Plyometrics & Core:

Box jumps, jump squats, burpees and planks

Day 4: Full Body:

Combine a mix of upper body, lower body, and core exercises to work the entire body

Lower Body

Squats and jump squats: Build explosive power for jumping.

Lunges: Improve stability and work your legs, with options like lateral lunges for side-to-side movement.

Box jumps: Develop vertical leap and lower body strength.

Calf raises: Strengthen the muscles needed for jumping.

Upper Body

Push-ups: Build chest and shoulder strength.

Pull-ups: Strengthen your back and biceps (if you have a bar at home)

Core and Agility

Planks: Build core stability and endurance.

Leg raises: Strengthen your lower abs.

Agility drills: Use ladder drills or lateral hops to improve footwork and speed.

Burpees: A full-body exercise that also builds cardiovascular fitness.