

SquashRocs – Fitness

- 1) quick split steps – right forward, side apart, left forward, side apart
- 2) jumping lunges, switching legs
- 3) jump with full body twist – left, right, with arms out wide
- 4) running on the spot, with high knees
- 5) quick 2 step forward with side twist – one foot only for set, then switch feet
- 6) jumping one foot over the other
- 7) jumping half squats – center, left, center, right
- 8) running on the spot – small steps, very fast feet
- 9) jumping on the spot – high knee lift
- 10) sit-ups – bicycling legs, crossing elbows to knees (left and right is 1 sit-up)
- 11) plank – front / left / right, in 10 second turns
- 12) standing forward lunges, switching legs
- 13) star jumps
- 14) skipping
- 15) push-ups
- 16) pull/chin-ups
- 17) backward lunge, with weight in hands – twisting left, right
- 18) deep squat / jump – hands to floor / jump up
- 19) figure 8 movements around 2 cones – always facing front wall
- 20) forward V runs
- 21) backwards V runs
- 22) cross-court service box lunges, with racket
- 23) around service box lunges, with racket
- 24) standing ‘power’ jump – eg. over service box