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| (1) Burpees | (14) Squats |
| (2) 10 Count Core Builders | (15) Side Straddle Hops (Jumping Jacks) |
| (3) Crunches | (16) Wall Sits |
| (4) Run in Place | (17) Grippers |
| (5) High Knees | (18) Arm Circles |
| (6) Lunges | (19) Planks / Side Planks |
| (7) Reverse Lunges | (20) Spiderman’s |
| (8) Leg Lifts | (21) Bicycle Crunches |
| (9) Push-ups (Wide, Narrow, Medium) | (22) Swimmers |
| (10) Push-ups (Diamond) | (23) Superman’s |
| (11) Running Plank | (24) \*Grass Drills – See Below |
| (12) V-Ups | (25) \*\* Rifle PT – See Below |
| (13) Star Jumpers | (26) \*\*\* Max Sets – See Below |

(1) \*Grass Drills: Grass Drills are cardio-vascular in nature, typically authorized to be conducted on the track or field.

(2) \*\*Rifle PT: Authorized Rifle PT includes the following exercises: Squats, V-Ups, Push-ups, Wall Squats, Chest Press Shoulder Press, and Crab Claw Remediation.

(3) \*\*\*Max Sets: Typically conducted at the end of a PT session, usually max push-ups and curl-ups, each in a 2 minute timeframe.