Day 1 Gym Session (Parkour)

Warm-Up

- Neck
  - Ear to shoulder – right side
  - Ear to shoulder – left side
  - ½ circles to the right
  - ½ circles to the left
  - Chin to the overhead (hold 5 sec.)
  - Chin to chest (hold 5 sec.)
- Shoulders
  - Forward shoulder rolls
  - Rear shoulder rolls
  - Forward shoulder rolls – high elbows
  - Rear shoulder rolls – high elbows
  - Front shoulder raise – arm extended
  - Arms across chest – flap
  - Arms across chest – flex
- Wrist
  - Hands clasped – roll to right
  - Hands clasped – roll to left
- Hips
  - Lean forward / back
  - Lean side to side
  - Rotate hips
  - Rotate hips – add arm flap
  - Side stretch – arm extended
  - Stand on one leg – rotate hips in
  - Stand on one leg – rotate hips out
  - Stand on one leg – extend leg forward and back
  - Stand on one leg – extend leg side to side
  - Stand on one leg – calf raises (1, 3, & 5 reps)
- Knees
  - Knee circles – to the right
  - Knee circles – to the left
- Feet / Ankles
  - Calf jumps – in place
  - Calf jumps – front to back
  - Calf jumps – side to side
  - One-leg calf jumps – right leg
  - One-leg calf jumps – left leg
  - Low sit w/ bounce (hold 30 sec.)

Strength & Conditioning

- V-sit (hold 2 min.)
- Front plank (hold 2 min.)
- Right side plank (hold 1 min.)
- Left side plank (hold 1 min.)
- Glute bridge (hold 2 min.)
- Quadrupedal position (30 sec. hold x 4)
- One-leg crab stance – right side (hold 1 min.)
- One-leg crab stance – left side (hold 1 min.)
- Wall squat (hold 2 min.)
- Front foot up / back heel down lunge – right leg forward (15 sec. hold x 4)
- Front foot up / back heel down lunge – left leg forward (15 sec. hold x 4)
- 1-rep push-up (15 sec. hold x 8)
- Quadrupedal position –lift each limb (15 sec. hold)
- Quadrupedal position – rock forward and back (5 reps)
- Quadrupedal position – walk out, walk back (5 reps)
- Quadrupedal position – walk out, push-up, walk back (5 reps)
- Quadrupedal position – drop to elbows & return (5 reps)
- Turkish get-up (5 reps each side)

Cool-Down & Stretches

- Chest stretch
- Posterior shoulder stretch
- Triceps stretch
- Outer hip / low back stretch
- Abdominal stretch
- Low back stretch
- Piriformis stretch
- Hip flexor stretch
- Quadriceps stretch
- Modified hurdler stretch
- Groin (Butterfly) stretch
- Calf stretch

Reference Photos

Quadrupedal position

One-leg crab stance

Turkish get-up

V-sit