

JUMPS CONDITIONING LEVEL 1

Squats:



Lungers:



Step Ups:



Ab Crunches:



Horizontal Pull Ups:



Push Ups:

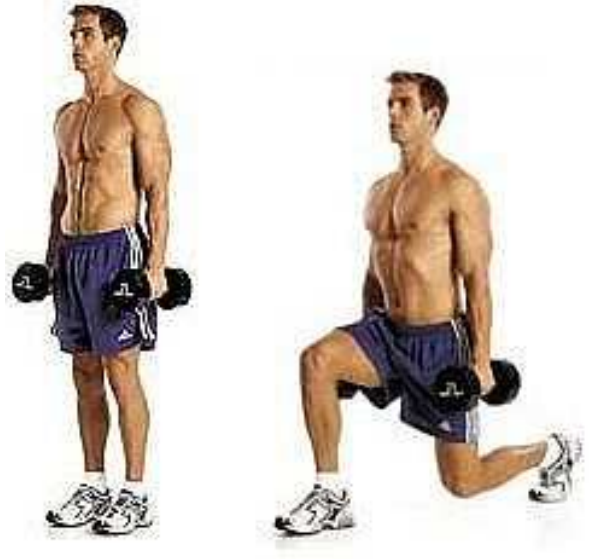


JUMPS CONDITIONING LEVEL 2

Dumbbell Squats:



Dumbbell Lunges:



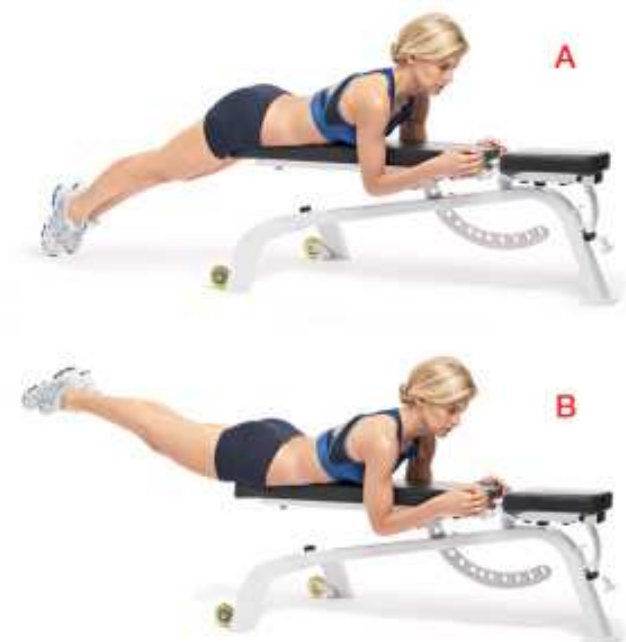
Hamstring Curls with Dumbbell:



Push Ups:



Hip Extensions:

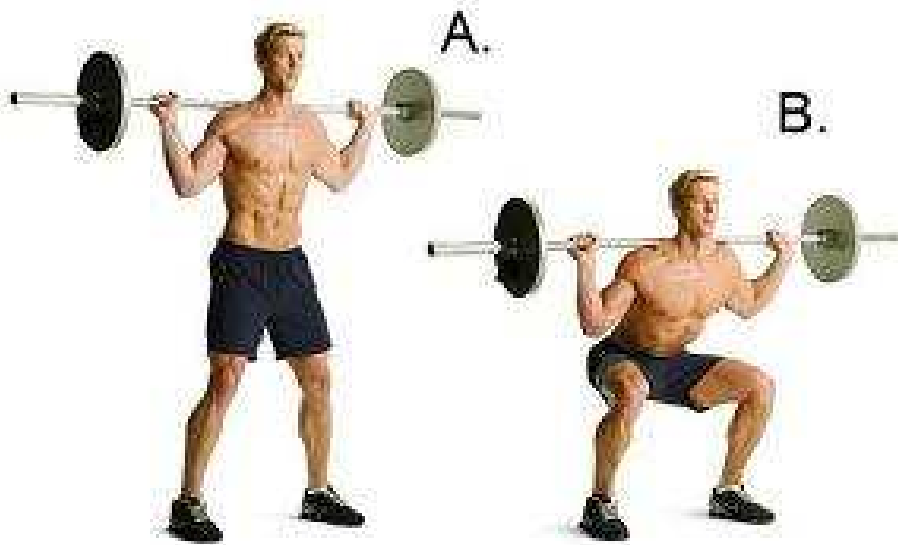


Oblique Crunches:



JUMPS CONDITIONING LEVEL 3

Barbell Squats:



Chin Ups:



Hamstring Curls:



Leg Curls:



Dips:



Sit Ups:



JUMPS CONDITIONING LEVEL 4

Barbell Lunges:



Barbell Jump Squats:



Barbell Step Ups:



Knee Raises:



Back Extensions:



Bench Press:

