

NEW JERSEY WAVE: CALISTHENICS PROGRESSIONS

Step 1:

1. Med Ball Squats (wide stance/toes out): 3x10 @ :15 rest
2. Lunges – each leg: 2x10 (body weight) @ no rest – alternate legs
3. Frog Hops: 1x8
4. Squat Jump (preferably to bleacher): 1x5
5. Stretch Legs: 2 minutes
6. Reg. Pushups: Pyramid up to 5 (ex. 1-2-3-4-5) - :15rest
7. Wide Pushups: Pyramid up to 5 (ex. 1-2-3-4-5) - :15rest
8. Chair Dips (bench to bench): 2x5
9. Regular Pull-ups: Pyramid down from 5 (ex 5-4-3-2-1) :15rest
10. 2x:
[15 LA Sit-ups/25 Regular Crunches/10 Reverse Crunches/10 Side Crunches-ea side]
11. 2x[1:00 Bridge / :30 rest] OR 2x[1:00 Wheels / :30 rest]

Step 2:

1. Med Ball Squat Pass w/ partner: 3x12 (12 passes each-24 total) @ :15 rest
2. Frog Hops: 2x8 @ :30 rest
3. Ankle Stretches: 1:30 minutes each: Brst Frog sits + Free – sit on ankles/rock back
4. Overhead Med Ball Pass w/ partner: 3x10 @ :15 rest
5. Heel Raises-each leg: 2x10 @ no rest-alternate legs
6. **Super Set:** Repeat 4x: (2:00 to complete ea. set; may rest if you do it in less time)
 - a. 5 Regular Push-ups.
 - b. 10 Regular Crunches (feet up).
 - c. 5 Wide-Push-ups.
 - d. 10 LA Sit-ups.
 - e. 5 Tricep (diamond) Push-ups OR 5 Dive-Bomber Push-ups.
 - f. 10x ½ Sit-ups (feet flat on ground)
7. 3x[1:00 Ab Roller / :30 rest] OR 3x[1:00 Bridge / :30 rest] OR 3x[1:00 Wheels / :30 rest]
8. Arm Circles 1:00 + 1:00 Horizontal Swings or Speed Skater.

Step 3:

1. Med Ball Squats (wide stance/toes out): 4x10 @ :15 rest
2. Lunges: 3x10 (ea. leg-bodyweight) @ no rest; alternate legs
3. Frog Hops: 2x10 @ :30 rest
4. Squat Jump to bleacher 1x10
5. Stretch Legs: 2 minutes
6. Reg. Push-up Pyramid: 2x[1-2-3-4-5-5-4-3-2-1] :15r
7. Chair Dip Pyramid: 5-4-3-2-1 @ :15r
8. Pull-up Pyramid: 1-2-3-4-5-5-4-3-2-1 @ :15r
9. LA Sit-ups – Pyramid: 10-9-8-7-6-5-4-3-2-1 @ :10r
10. Med Ball Full Sit-ups: 10-9-8-7-6-5-4-3-2-1 @ :10r
11. Repeat 3x[alternate 5x ½ Sit-ups w/ 5x suitcases]
12. Med Ball: 3x10 Forward Hikes to Partner + 3x10 Reverse Hikes to Partner @ :15r

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Step 4:

1. Med Ball Squat Pass w/ partner: 3x15 (15 passes each-30 total) @ :15 rest
2. Frog Hops: 3x8 @ :30 rest
3. Ankle Stretches: 1:30 minutes each: Brst Frog sits + Free – sit on ankles/rock back
4. Overhead Med Ball Pass w/ partner: 4x10 @ :15 rest
5. Super Set: Repeat 5x: (2:00 to complete ea. set; may rest if you do it in less time)
 - a. 5 Med Ball Push-ups – Right Hand.
 - b. 10 LA Sit-ups.
 - c. 5 Med Ball Push-ups – Left Hand.
 - d. 10 Full Sit-ups
 - e. 5 Wide Push-ups
 - f. 5x Pelvic Thrusts – roll med ball under hips
6. 4x[1:00 Ab Roller / :30 rest] OR 4x[1:00 Wheels / :30 rest] OR 4x[1:00 Bridge/:30r]
7. Shoulder Stretch: 3 minutes.

Step 5:

1. Med Ball Squats (wide stance/toes out): 5x10 @ :15 rest
2. Lunges 4x10 (ea leg-bodyweight) @ no rest; alternate legs
3. Squat Jump to bleacher: 2x10
4. Stretch legs: 2 minutes.
5. Reg. Push-ups: Pyramid down: 10-9-8-7-6-5-4-3-2-1 @ :15r
6. ABS: Do 2 rds:
 - a. LA Sit-ups
 - b. ½ Sit-ups (feet flat on ground)
 - i. Rd 1: Pyramid down: 10-9-8-7-6-5-4-3-2-1 @ :15r
 - ii. Rd 2: Pyramid: 1-2-3-4-5-5-4-3-2-1 @ :15r
7. Triceps (diamond) Push-ups: 5-4-3-2-1 @ :15r
8. 5x[1:00 Ab Roller / :30 rest] OR 5x[1:00 Wheels / :30 rest] OR 5x[1:00 Bridge/:30r]
9. Stretch Arms / Shoulders: 2 minutes.

Step 6:

1. Med Ball Squat Pass w/ partner: 4x15 (15 passes each-30 total) @ :15 rest
2. Frog Hops 3x10 @ :30 rest
3. Ankle Stretches: 1:30 minutes each: Brst Frog Sits + Free – sit on ankles / rock back
4. Pull-up Pyramid: 1-2-3-4-5-5-4-3-2-1 @ :15r
5. Super Set: Repeat 6x: (2:00 to complete ea. set; may rest if you do it in less time)
 - a. 5 Regular Push-ups
 - b. 10 LA Sit-ups
 - c. 5 Wide Push-ups
 - d. 10 Regular Crunches (feet up).
 - e. 5 Dive Bomber Push-ups
 - f. 10 Med. Ball Full Sit-ups
6. Med Ball: 4x10 Forward Hikes to Partner + 4x10 Reverse Hikes to Partner @ :15r
7. Stretch Choice: 3 minutes.