

Otago Hockey Daily Body Weight Challenge

Day 1 Burpees



Day 2 Burpees



Day 3 Inchworm



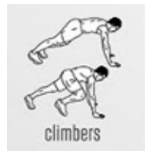
Day 4 Push Ups



Sit-Ups



Climbers



Leg Raises



Donkey Kicks



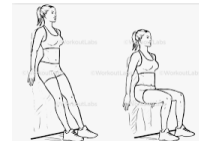
High Knees



Toe Taps



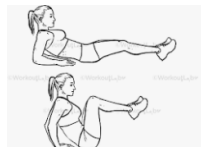
Wall Sit



Bridges



Leg Pull Ins



V-Ups



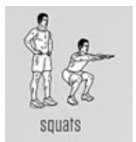
Plank



Leg raises



Squats



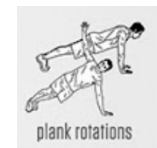
Lunges



High Knees

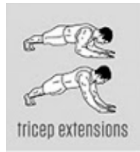


Plank Rotations

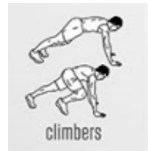


Day 5

Tricep Extensions



Climbers



High Knees



Squats



V-Ups



Day 6

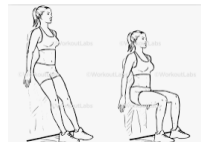
Tricep Dips



High Knees



Wall Sit



Plank



Inchworm



Day 7

Lunges



Sit Ups



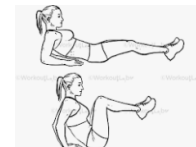
Burpees



Push Ups



Leg Pull Ins



Body Weight Numbers

- Each exercise is done for 30-45 seconds for a total of 2.5 - 3.45 minutes of exercise. Look to have no rest in between each exercise.
- Have a 1-2 minute rest in between each completed set of exercise
- Your goal is to attempt to complete each days set of exercises 3-4 times
- The more you do this and the better you become the more sets of exercises you will be able to complete.

Focus on the quality of the movement not the number. Initially slow and precise and as you get better at the exercises you can start to do them faster