



# Academy Style Home Session



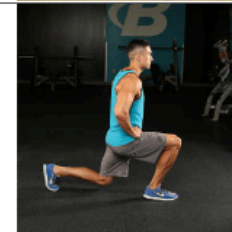
Planks

30 seconds front, 30 seconds left,  
30 seconds right.



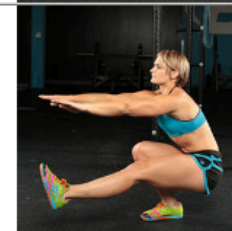
Walking Lunge

6 each side, repeat twice.



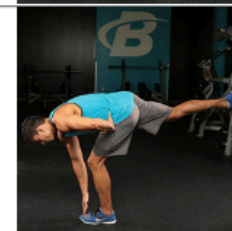
Single Leg Squat

6 each side, repeat twice. Only go as  
low as you are comfortable with.  
Ensure your back is straight and  
your knees do not buckle inwards.



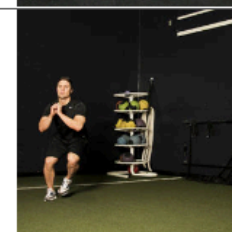
Single Leg Romanian Dead Lift

6 each side, repeat twice



Forward and Lateral Jumps

6 each side, repeat twice. Control  
("stick") the landing.



Total Session Time: ca. 15 minutes





**2 x 20 Minutes Ball Mastery Workout | Ball Mastery Training At Home**

**<https://www.youtube.com/watch?v=G3jDh37hELo>**

