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DEVELOPMENT OF PHYSICAL QUALITIES

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STRENGTH

- Squats
- Squats against the wall (chair without a chair)
- Squats on one leg (with support)
- Slow squats
- Forward lunges
- Back lunges
- Side lunges



- Push-ups, classic
- Push-ups with a narrow grip (for triceps)
- Push-ups with a wide grip (for chest)
- Slow push-ups

- Plank (classic)
- Side plank (left/right)
- Lying leg raise
- Side twists
- Superman arm raise
- Superman arm and leg raise +
- Slow leg raises
- Slow twists
- Slow pelvic lift



SPEED AT HOME, WITHOUT RUNNING

- Jump squat
- Squat + side jump
- Squat + overhead clap
- Squat + knee lift



- Jump rope simulation
- Double jumps (double jump simulation)
- Running in place with high knee lifts
- Running in place with heel-to-buttock touch

- Double jumps (two quick jumps in a row)
- Micro jumps on toes (very quick)
- Jumps with a 180° turn
- Jumps with a 90° turn
- Side jumps (left-right)
- Jumps forward-backward



- Explosive floor raises
- Explosive knee raises
- Explosive arm swings
- Explosive forward lunges
- Explosive toe jumps
- Explosive shoulder movements

ENDURANCE

- Classic plank
- Elbow plank
- Shoulder touch plank
- Leg lift plank
- Arm lift plank



- Zigzag push-ups (arms forward and backward)
- Push-ups with a pause at the bottom
- Push-ups with arm lift
- Push-ups with leg lift
- Explosive push-ups

- Slow push-ups
- Slow squats
- Slow lunges



- Twists
- Reverse twists
- Knee-touch twists
- Bicycle
- Scissors
- Lying leg raises
- Hands-behind-head twists

FLEXIBILITY

- Smooth head tilts forward and backward
- Head turns left and right
- Circular rotations of hands forward
- Circular rotations of hands backward
- Pulls of hands above the head
- Pulls of hands over the shoulder
- Left-right tilts while standing
- Sitting tilts with straight legs
- Reaching to the toes while standing
- Reaching to the toes while sitting
- "Butterfly" – feet together, knees to the sides
- Tilts with straight legs
- Standing heel pulls
- Lying heel pulls
- Tire pulls (heel to the floor)
- Standing back of the leg
- Circular foot movements
- Toes pulled towards you
- Toes pulled away from you
- Heel-to-toe rolls



COORDINATION



- Standing on one leg
- Standing on one leg with eyes closed
- Standing on one leg + arms up
- Standing on one leg + arms to the sides
- Touching the right hand to the left leg
- Touching the left hand to the right leg
- Touching both hands to the knees alternately
- Touching the hands to the feet alternately
- Walking on toes
- Walking on heels
- Walking sideways
- Walking in a "line" (one foot in front of the other)
- Walking with a forward tilt
- Walking with knees raised
- Walking with arms up
- Walking with arms to the sides
- Plank + touching the right shoulder
- Plank + touching the left shoulder
- Plank + raising the leg
- Plank + raising the arm