Pre Employment Planting Exercises

Take one minute rest between each exercise.
The entire program should take no more than 25 minutes to complete.

Exercise			Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
1 Walking Lunge	Steps	40													
	Time	2 min													
	Weight	40 lbs													
2 Bar Roll Up	Reps	2													
	Time	1 min													
	Weight	8 lbs													
3 Prone Bridge	Time (L)	1.5 min													
	Time (R)	1.5 min													
4 Static Bend	Time	1 min													
5 Step Ups	Reps	40													
	Time	2 min													
	Weight	40 lbs													
6 Side Plank with Leg Lift	Time (L)	30 sec													
	Time (R)	30 sec													
7 One Leg Stand (eyes open)	Time (L)	30 sec													
	Time (R)	30 sec													
One Leg Stand (eyes closed)	Time (L)	10 sec													
	Time (R)	10 sec													
8 Bar Hang	Time	1 min													
9 Jump Downs	Reps	12													
	Time	1 min													
0 Duck Walk	Distance	20 m													
	Time	1 min													
11 Arms Out Static Hold	Time	30 sec													
	Weight	8 lbs													