



Ballinacoola, Glenealy, Co. Wicklow.

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AEROBIC:

3-Minute Run

Flexability:

1. Shoulder
2. Arm
3. Quad
4. Quad Reverse
5. Hamstring
6. Hamstring Reverse
7. Calf
8. Calf Reverse

Speed:

1. Skipping
2. Shuttle Run
3. Shuttle-Sides
4. Tram-Line Jump
5. Power Jump
6. Split-Step
7. Diagonal Run
8. Star-Jump

Muscular:

1. Press-Up
2. Sit-Up
3. Squat
4. Calf-Raise
5. Alternate Leg Lunge
6. Plank
7. Superman One-Side
8. Superman reverse Side

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