



Scorpions Strength & Conditioning

Joint strength & stability

Warm up

5 minutes skipping

Joint strength & stability

Exercise	Sets	Reps	Rest
Press-ups	3	15	30 secs
Shoulder taps	3	16	30 secs
Dips	2	10	30 secs
Alternate arm/leg raise	3	16	30 secs
Single-legged gluteal raise hold	2	30 seconds	30 secs
Body weight squat	4	15	30 secs
Wall sit	2	30 seconds	30 secs
Ankle jumps	2	20 seconds	30 secs
Calf raises	2	15	30 secs

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, weather negligent or otherwise, undertaken in connection with this information.