

STAR WARS WARMUPS



Plank



30 SECONDS

Bridge



15 TIMES

Abdominal Crunches



10 TIMES

Wall Sits



15 SECONDS

Superman



**15 TIMES BOTH SIDES
OF BODY**

Quadriceps Stretch
(keep pelvis on floor)



15 SECONDS BOTH LEGS

MAY THE FITNESS BE WITH YOU!

STAR WARS

STAR WARS WARMUPS



Flutter Kicks



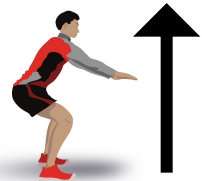
30 SECONDS

Wide Grip Push Ups



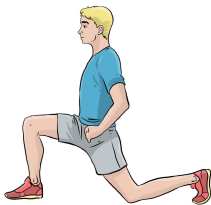
10 TIMES

Squat Jumps



15 TIMES

Hip Flexor Stretch



Kneel with one knee on the floor and the other foot in front with the knee bent
Push your hips forwards and keep the back upright
Hold for between 10 and 30 seconds

Jumping Ts



25 TIMES

Wall Sits



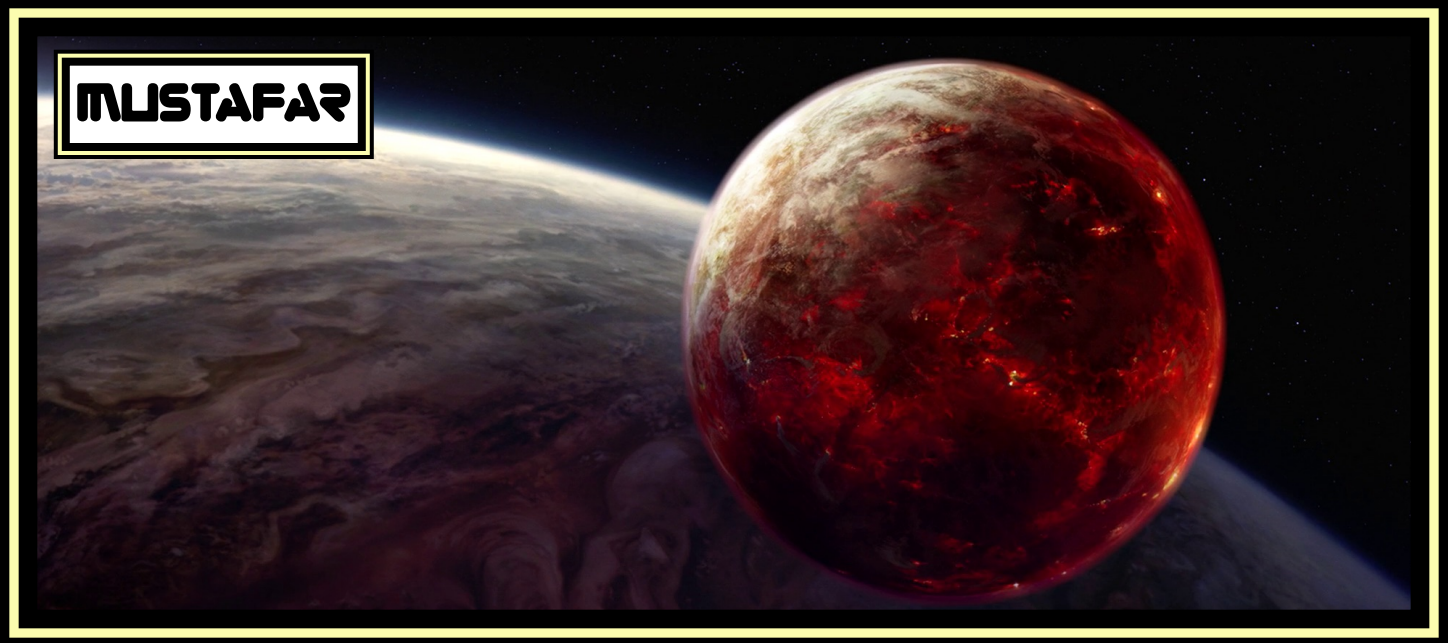
15 SECONDS

MAY THE FITNESS BE WITH YOU!

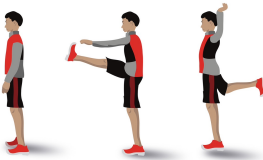
STAR WARS

STAR WARS WARMUPS

MUSTAFAR



Leg Lifts



20 TIMES BOTH LEGS

Squat



20 TIMES

High Knee Sprints



30 SECONDS

Quadriceps Stretch
(keep pelvis on floor)



15 SECONDS BOTH SIDES

Obliques



10 TIMES

Wall Sits



15 SECONDS

MAY THE FITNESS BE WITH YOU!

**STAR
WARS**

STAR WARS WARMUPS

DAGOBAH



Reverse Abdominal Curl



15 TIMES

Side Plank



15 SECONDS BOTH SIDES

Wall Sits



20 SECONDS

Adductor Stretch

(push down with elbows on knees very gently, keep back straight)



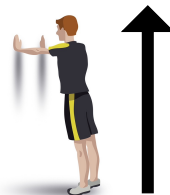
20 SECONDS

Leg Lifts



20 TIMES BOTH LEGS

Calf Raises

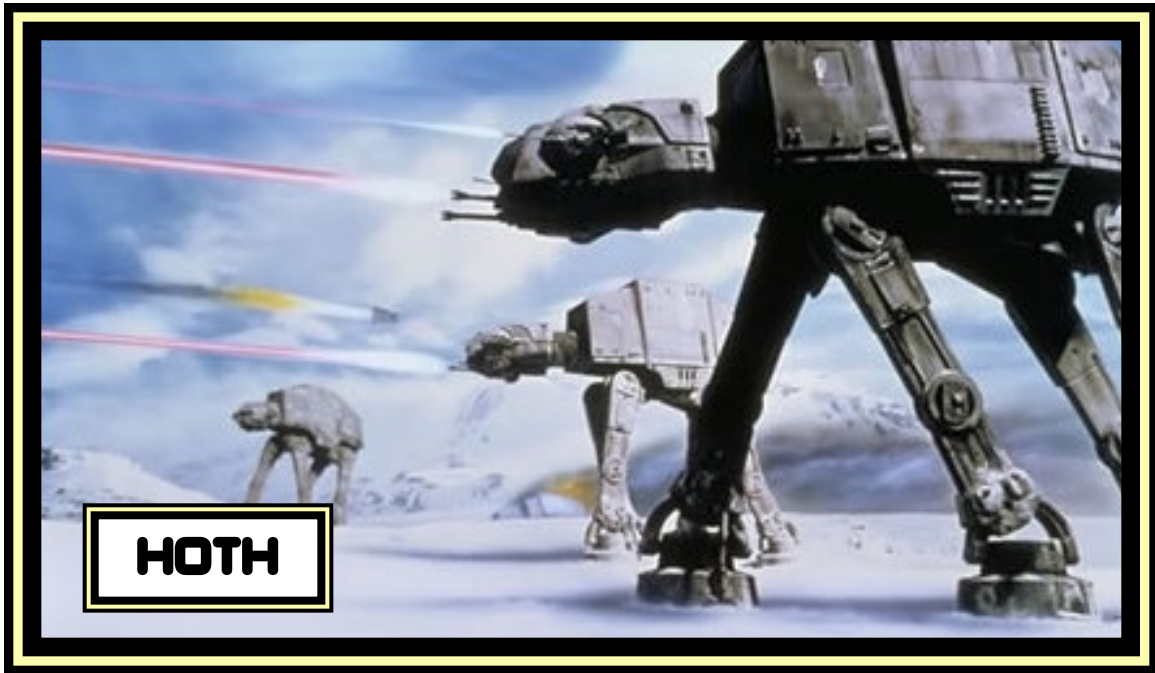


15 TIMES

MAY THE FITNESS BE WITH YOU!

STAR WARS

STAR WARS WARMUPS

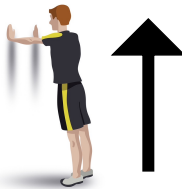


Lying Abductors



15 TIMES BOTH SIDES

Calf Raises



20 TIMES

Wall Sits



20 SECONDS

Obliques

**20
TIMES
BOTH
SIDES**

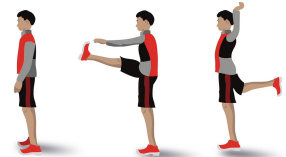


Scissors



30 SECONDS

Leg Lifts



20 TIMES BOTH LEGS

MAY THE FITNESS BE WITH YOU!

STAR WARS

STAR WARS WARMUPS

CORUSANT



Lying Abductors



15 TIMES BOTH SIDES

Calf Raises



20 TIMES

Star Plank



15 TIMES BOTH SIDES

Alternate V Sits



15 TIMES BOTH SIDES

Lying Abductors



15 TIMES BOTH SIDES

Kick Backs

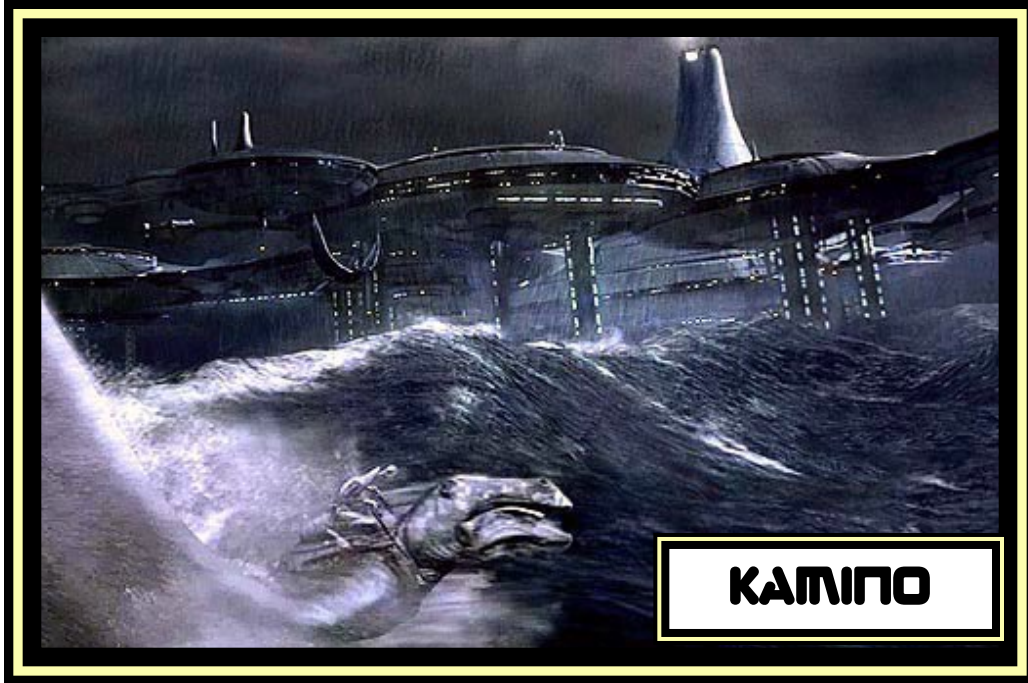
**30
TIMES
BOTH
SIDES**



MAY THE FITNESS BE WITH YOU!

STAR WARS

STAR WARS WARMUPS

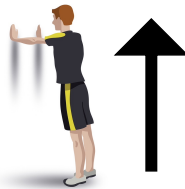


Lying Abductors



15 TIMES BOTH SIDES

Calf Raises



20 TIMES

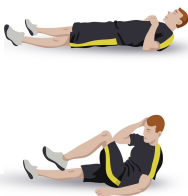
Wall Sits



20 SECONDS

Obliques

**20
TIMES
BOTH
SIDES**

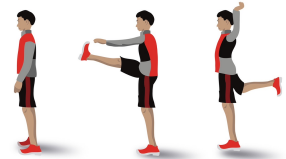


Scissors



30 SECONDS

Leg Lifts



20 TIMES BOTH LEGS

MAY THE FITNESS BE WITH YOU!

STAR WARS

STAR WARS WARMUPS



KASHYYYK

Scissors



30 SECONDS

Squat Jumps



15 JUMPS

Turning Kicks



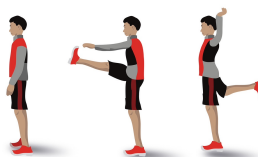
20 TIMES BOTH LEGS

Side To Side Lounges



20 TIMES BOTH LEGS

Leg Lifts



20 TIMES BOTH LEGS

Reverse Abdominal Curl



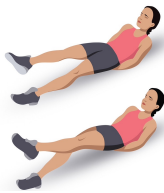
MAY THE FITNESS BE WITH YOU!

**STAR
WARS**

STAR WARS WARMUPS



Scissors



30 SECONDS

Squat Jumps



15 JUMPS

Turning Kicks



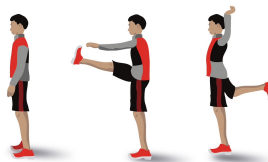
20 TIMES BOTH LEGS

Side To Side Lounges



20 TIMES BOTH LEGS

Leg Lifts



20 TIMES BOTH LEGS

Reverse Abdominal Curl



MAY THE FITNESS BE WITH YOU!

**STAR
WARS**

STAR WARS WARMUPS

GEONOSIS



Abdominal Crunches



10 TIMES

Wide Grip Push Ups



10 TIMES

Squat Jumps



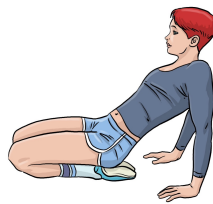
20 JUMPS

Side To Side Lounges



20 TIMES BOTH LEGS

Advanced Shin Stretch



Kneel with your shins flat on the ground
Place your hands on the floor next to your knees
Raise your knees of the floor, keep your heels and knees
together and feet on the floor
Hold for between 10 and 30 seconds

Jumping Ts



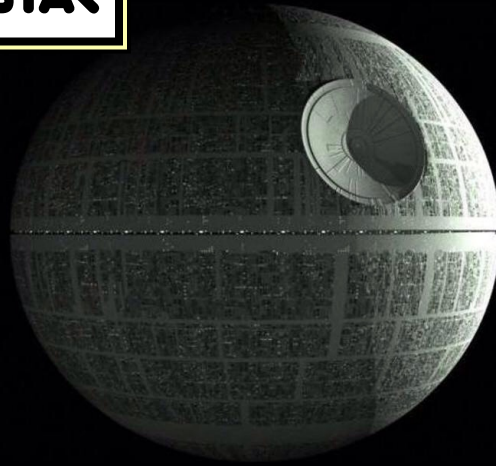
15 JUMPS

MAY THE FITNESS BE WITH YOU!

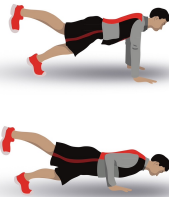
STAR WARS

STAR WARS WARMUPS

DEATH STAR



Raised Legs Push Ups



10 TIMES

Kick Backs

**20
KICKS
EACH
LEG**

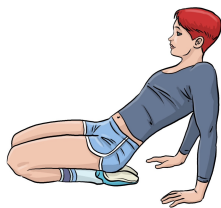


Abdominal Crunches



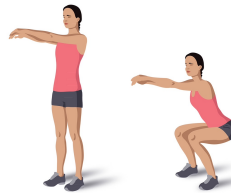
10 TIMES

Advanced Shin Stretch



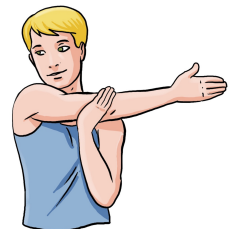
Kneel with your shins flat on the ground
Place your hands on the floor next to your knees
Raise your knees off the floor, keep your heels and knees
together and feet on the floor
Hold for between 10 and 30 seconds

Squat



25 TIMES

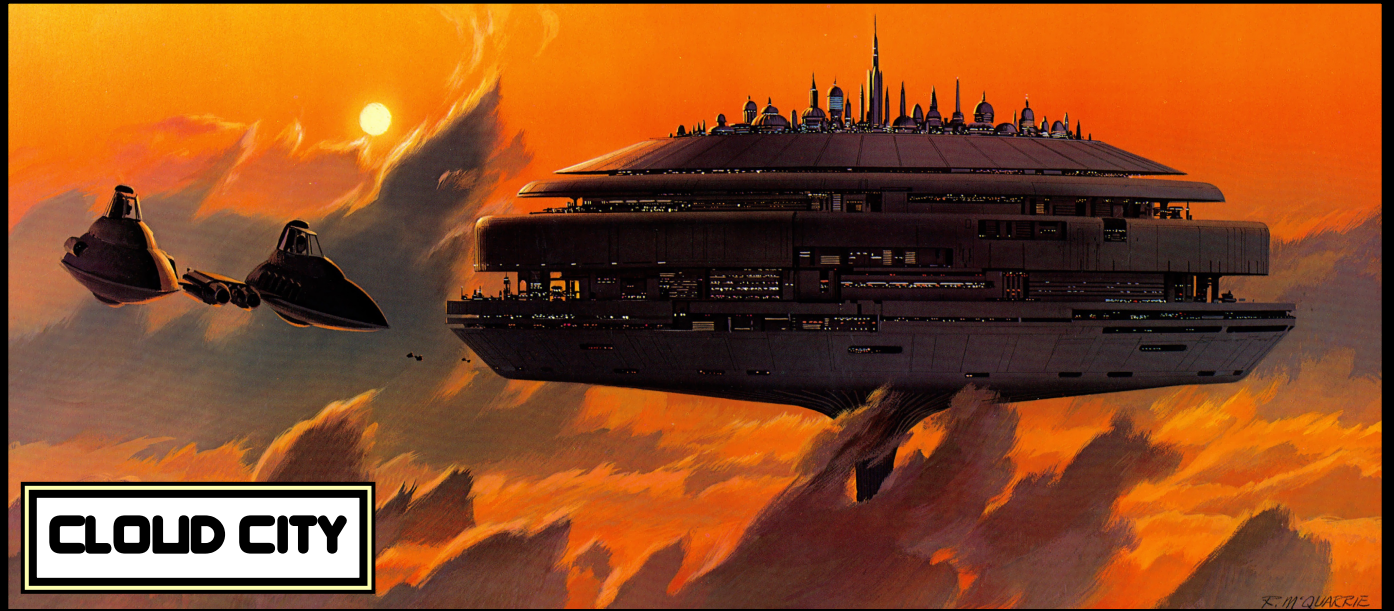
15 SECONDS EACH ARM



MAY THE FITNESS BE WITH YOU!

STAR WARS

STAR WARS WARMUPS



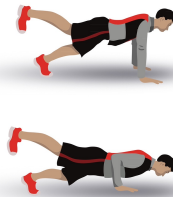
CLOUD CITY

Iron Cross

10
TIMES
BOTH
SIDES

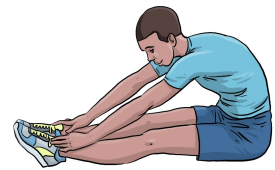


Raised Legs Push Ups



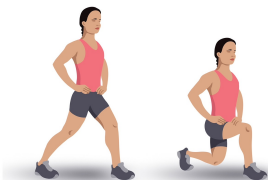
10 TIMES

Sitting Hamstring Stretch



Sit on the floor with both legs straight
Keep your back straight as you lean
forwards through the hips
Hold for between 10 and 30 seconds

Split Squats



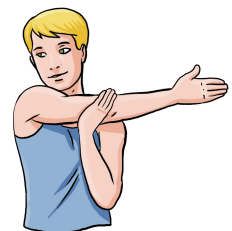
20 TIMES EACH LEG

Side Plank



15 SECONDS EACH ARM

15 SECONDS EACH ARM



MAY THE FITNESS BE WITH YOU!

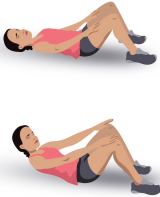
STAR WARS

STAR WARS WARMUPS



YAVIN 4

Abdominal Crunches



10 TIMES

Superman



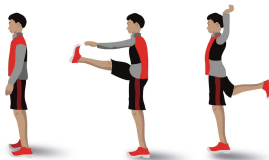
20 TIMES BOTH SIDES

Sitting Twists



20 TIMES

Leg Lifts



20 LIFTS EACH LEG

Straight Leg Raise



20 TIMES

Long Adductor Stretch



Sit on the floor with your legs as far apart as possible and knee straight
Keep the back straight and lean forwards from the hips
Hold for between 10 and 30 seconds

MAY THE FITNESS BE WITH YOU!

STAR WARS

STAR WARS WARMUPS



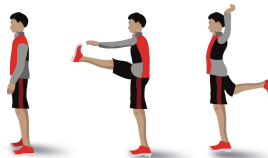
YAVIΠ

Calf Raises



25 RAISES

Leg Lifts



20 LIFTS EACH LEG

High Knee Sprints



30 SECONDS

Plank



30 SECONDS

Flutter Kicks

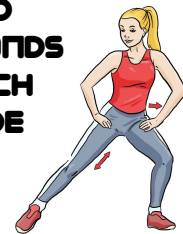


30 SECONDS

Adductor Stretch

(keep foot pointing forward, lunge sideways on bent knee, keep back straight)

**30
SECONDS
EACH
SIDE**



MAY THE FITNESS BE WITH YOU!

STAR WARS