

# Setting Up Drills- Daily Seven

## 1. Side Straddle Hops



## 2. Bend and Reach



## 3. Windmills



## 4. Quarter Squats



## 5. Calf Raises

## 6. Steam Engine, standing



## 7. Front Toe Raises



<u>Exercise</u>	<u>0 Week</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
<b>Side Straddle Hop</b>	20	30	30	40	40	50	50
<b>Bend and Reach</b>	20	20	25	25	30	30	30
<b>Windmills</b>	20	20	25	25	30	30	30
<b>Quarter Squats</b>	20	20	25	25	30	30	35
<b>Calf Raises</b>	20	20	25	25	30	30	30
<b>Steam Engines</b>	20	20	20	25	25	30	30
<b>Front Toe Raises</b>	20	20	25	25	30	30	30