

Korfbal Workout (4 Weeks)

This is a 4 week body weight workout focusing on muscles used in korfbal. The workout can be done at home or in the gym. Level 1 works on the basic exercises, this is done for 2 weeks. Level 2 progresses the exercises, using more explosive movements. It is advisable to do the workout 2 to 3 times a week. Please print this sheet and place a tick in the grid below on completion.



Level 1

Exercise	Intensity	
Static Lunges	20 Reps	
Press Ups	20 Reps	
Cycling Sit-ups	40 Reps	
Deep Squats	20 Reps	
Dips	20 Reps	
Plank	1 minute	

Level 2

Exercise	Intensity	
Jumping Lunges	20 Reps	
Press Ups with Claps	20 Reps	
Cycling Sit-ups	40 Reps +10 fast	
Squat Jumps	20 Reps	
Explosive Dips (3 sec hold)	20 Reps	
Walking Plank	20 Reps	

	Week 1 (level 1)	Week 2 (level 1)	Week 3 (level 2)	Week 4 (level 2)
Warm up	Skip/Step ups 1 min	Skip/Step ups 2 mins	Jog 10 mins	Interval jog/sprint 10 mins
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				