

DISTANCE CORE/CIRCUITS

Mobile Eight

- 1) Wind Shield Wipers (bring hips forward)
- 2) 5 Part Pretzel
(shin, knee, hip & over top, Z-up)
**Keep back flat – no roll
- 3) 3pt Rock & T-Spine
- 4) Sphinx (breath, look, rock) (up, RT, LT)
- 5) Kneeling Hip Flexor – Rock & reach
- 6) Corkscrew Sky Diver/Neck Opener
- 7) Kick-Outs x8 (Grind down, Squeeze)
- 8) Flying Push-ups x8 (eyes on the prize)

STATIC HURDLE MOBILITY

(6-10H, 3x each)

Continuous Hurdle walkover
Over-Over-Back
Backwards walkovers
Over-Under (rt. over, lt. under)
Same-leg Hurdle walkover
Lateral Alternating Straight Leg Skip
Lateral Alternating Bent Knee Leg Skip
Alt. Lead Leg Skip-overs *space = 3 foot

PLATE COMPLEX

- 1) Rotary Lunge Fwd/Bwd
(plate or med ball – holding above head or at chest)
 - 2) Yanzi Twist
(using plate)
 - 3) Russian Twist (Gaze, squeeze oranges juice)
– feet on the ground using med ball or plate
- *3x 3 Strong Side/6 Weak Side

LUNGE COMPLEX

- 1) Rotary Lunge x10 (wheel up, in-the-box)
- 2) Lunge Forward/Backward x5 each leg
- 3) Rotary Lunge into Split Squat x5 each leg

CORRECTIVE CIRCUIT

Band Walks Front – 12x each way
Band Walk Side – 12x each way
Band Double Leg Glute Bridge – 15x
Band Corkscrew Squats – 15x
Band Pull-Apart – 20x
Band Clams – 20x each way
Dorsiflexion – 25x

**Compete entire circuit in order 2-3x with no rest between exercises and 1-2' between sets

CORE SERIES #1

- 1) Belly Ups
(one knee bent other leg straight on ground) – 3x8"
- 2) Russian Twists (pinch the orange)– 3x 25
- 3) Heal Slides
(with towel, band or rope) – 3x 25
- 4) Sky Divers
- 5) (on stomach, arms corkscrewed at side) – 3x 25

CORE SERIES #4

(Do in a stage (complete all on exercise before moving on))

- 1) Belly Up's – 3x 5-8"
- 2) Heel Slides w/band - 3x 25
- 3) Hip Trust
(legs straight in air, push feet into ceiling) – 3x 25

MEDICINE BALL #1

Standing Soccer Throw (arms straight)
V-Sit Chest Pass (feet off ground)
Good Morning (med ball behind head)
Shotgun Hike
Kneeling 1-Arm Throw – RT
Kneeling 1 Arm Throw - LT
Seated Hip Toss – RT (feet on ground)
Seated Hip Toss – LT (feet on ground)
Straight Leg Sit-ups
Knee Toss Medial – LT
Knee Toss Lateral – RT
Knee Toss Medial – LT
Knee Toss Lateral – RT
Single Leg Smash (smash, standing on 1-leg)
Bounce Toss
Perform each 2-3x 10-20 reps

MED BALL COMPLEX

- 1) Scoop (shuffle or standing)
 - 2) Chop (1/2 kneeling)
 - 3) Smash (hip-over opposite)
 - 4) Knee Pops
- *3x 3 Strong Side/6 Weak Side

PARTNER CORE – MED BALL

- 1) Tic-Tac-Toss
(feet on ground – touch both sides –chest pass)
 - 2) Seated Leg Locked Sit-ups
(throw from behind your head)
 - 3) Nose 2 Toes
(bring MB to nose the extend to touch toes)
 - 4) V-Sit Chest Pass (feet on ground)
 - 5) Seated Hip Toss – RT (feet on ground)
 - 6) Seated Hip Toss – LT (feet on ground)
- Perform. Each 2-3x 10-20 reps