

TRACK WARM UPS

NOTE: Perform on a track over 20 meter using an out/back pattern

WARM UP A

Mobility Lap (Jog/Skip/Shuffle/Jog)
Static Flexibility A and B

WARM UP B

Forward Skip
Backward Skip
Sideskip Right
Sideskip Left
Carioca Right
Carioca Left
Side Shuffle Left
Side Shuffle Right
3-Step Butt Kick
3-Step High Knee
Cross Over Low Recovery Left
Cross Over Low Recovery Right
3-Step High Knee to Side
3-Step Hip Mobility
Cross Over High Recovery Left
Cross Over High Recovery Right
5-Step 5 High Knee
5-Step 5 Butt Kick
Hamstring Flick
Active Isolated A and B
Dynamic A

WARM UP C

Forward Skip
Backward Skip
Sideskip Right
Sideskip Left
Carioca Right
Carioca Left
3-Step Butt Kick
3-Step High Knee
3-Step Hip Mobility
Active Isolated A and B
Dynamic A

WARM UP D

Mobility Lap (Jog/Skip/Shuffle/Jog)
Forward Creep Hands In
Alternating Sumo Squat
Forward Creep Hands Out
High Knee Step/Jog Back
High Knee Skip/Jog Back
High Knee Continuous/Jog Back
MB Chest Pass x 20
MB Seated Oblique x 20
MB Underhand Pass x 12
Active Isolated A and B
Dynamic A

DBELL / BARBELL CIRCUITS

DBELL A

Single Arm Snatch Sumo Stance
Single Arm Offset Lunge
Single Arm Shoulder Press
Single Arm Bent Over Row
Single Arm Split Jerk
Incline Power Raise

DBELL B

Single Arm Squat to Push Press
Single Arm/Single Leg Straight Leg Dead Lift
Single Arm Offset Step Up to Push Press
Single Arm Dbell Dead Lift
Bent Over Trap 3

DBELL C

Single Arm Split Clean
Single Arm Overhead Single Leg Squat
Powell Raise
Single Arm Full Snatch
Alternating Bent Over Row
Standing W-Shoulder Press

BARBELL A

Hang Snatch (Clean Grip)
Back Squat
Bent Over Row
Lunge
Shoulder Press

FLEXIBILITY AND MOBILITY

ACTIVE ISOLATED STRETCH

Hold 2" repeat 10-15x/stretch.
Low Back/Abdominal Stretch
Four Point Kneeling Cat/Dog
5xSupine Hamstring w/ Rope Toes Neutral
5xSupine Hamstring w/ Rope Toes Out
5xSupine Hamstring w/ Rope Toes In
Kneeling Hip Flexor Stretch Palm Up
Supine Alternating Knee to Chest
Side Lying Quadricep
Supine Pretzel Stretch
Back Roll w/ Modified Hurdle Stretch
Back Roll Straddle Stretch
Scorpion
Eagle

STATIC STRETCH

Perform 2x. Hold each stretch 45-60".
Supine Hamstring w/ Rope Leg Neutral
Supine Hamstring w/ Rope Leg Abd. Toes in
Supine Hamstring w/ Rope Leg Adducted
V-Sit Against Wall
Supine Pretzel Stretch
Quad Hip Flexor Foot Against Wall
Standing Calf Stretch
Prone Hip Flexor w/ Band
Pigeon

HURDLE MOBILITY

5 Hurdles Rail to Rail
Forward Walk Over
Backward Walk Over
5 Hurdles 1 Foot Apart
Over-Under (Alternate heights)
Forward Walk Over
Sideways Skip

FASCIAL

Mid Back Mobilization
Crescent
Horizontal Squat/Cobra
Supine Pretzel
Modified Eagle
Front Line Chest
Pigeon
Pigeon w/ Upper Body Twist
EO Hip Flexor
Posterior Line Hamstring
Adductor Shake
Pendulum

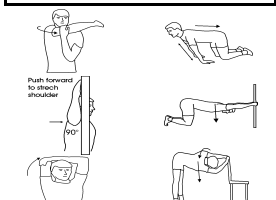
DYNAMIC STRETCH

Perform 10-15x. Build stretch w/ each rep.
Forward Leg Swing w/ Knee Partially Bent
Forward Leg Swing w/ Knee Straight
Sideways Leg Swing
Leg Swing w/ Quadricep Stretch

LOWER BODY STATIC



UPPER BODY STATIC



HIP A

Mini Band Hip Rotation x 20
Forward /Backward March x 20m
Side Step x 20m
Forward/Backward March (Ankle) x 20m

HIP B

Mini Band Mummy Walk (All Directions)
Hip Mobility (Abd/Flex/Ext/Rotation)

CORE

Prone Plank
Side Plank

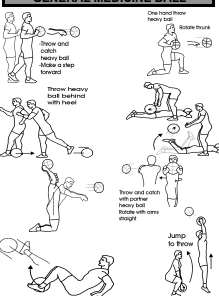
MULTIFIDUS

Standing Multifidus x 45s
Alternate Arm/Leg Raise x 45s
Pendulum or Shoulder Bridge w/ Hip Ext

SHOULDER

Mini Band Ext Rot w/ Scap Retr (Double)
Mini Band Ext Rot Arm Abducted

GENERAL MEDICINE BALL

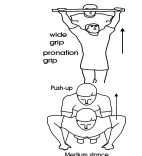
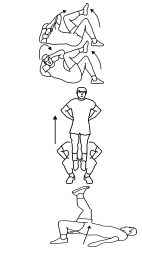
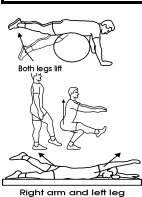


TRIDUMP

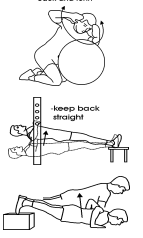
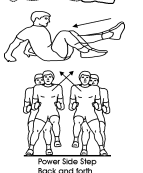
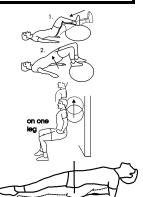
NOTE: Perform 20 reps/exercise
Forward Jump
Sideways Jump
Backward Jump
Power Skip for Distance

GENERAL STRENGTH CIRCUITS

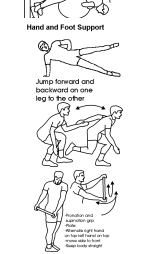
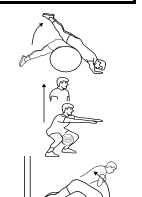
G/S A



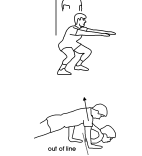
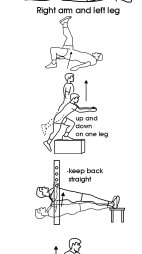
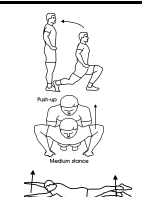
G/S B



G/S C



G/S D



G/S E

Walking Push Up
Rocket Jumps
Mountain Climber
Twist Crunch
Pull Up
Alternating Lunge
Shoulder Bridge w/ Hip Extension
Jump Rope (Skipping)

G/S F

Push Up
Hindu Squat
Alternate Arm/Leg Raise
Horizontal Row w/ Partner
Side Plank
In and Out Jump
Twisting Mountain Climber
Prone Plank
Bike Sprint

G/S G

Single Arm Dbell Snatch in Sumo Stance
Lean Away Suitcase Dead Lift (S.L.Squat)
Single Arm Shoulder Press
Thick Bar Reverse Curl
Dube Skull Crusher

G/S H

Single Arm Dbell Clean
Offset Step Up
Single Arm Flat Dbell Press
Single Arm Bent Over Row
Side Lying Power Raise

MED BALL A

Forward Heave
Sideways Facing Oblique Pass
Single Arm Shot Put
Squat to Push Press

MED BALL B

Lateral Jump w/ Sidesays Facing Oblique
Kneeling Single Arm Shot Put
Overhead Pass Bent Elbow
Roll Back w/ Chest Pass

MED BALL C

Forward Hop w/ Push Press
Backward Facing Oblique Pass
Chest Pass
Squat w/ Sidesays Facing Oblique Pass
Overhead Pass Straight Elbow
Lunge w/ Chest Pass

MED BALL D

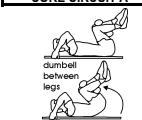
Overhead Walking Lunge
Backward Facing Oblique Pass
Lying Chest Press
Hamstring Flick
Partner Crunch (Pass/Release)
Kneeling Overhead Bent Elbow

MED BALL E

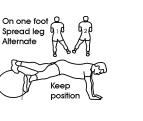
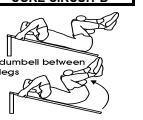
Alternating Sumo Squat
Push Up w/ Hand Switch
Overhead Side Shuffle
Seated Sideways Facing Oblique Pass
Kneeling Chest Pass
Backward Facing Oblique (Low to High)
Crunch w/ Arms Straight

CORE CIRCUITS

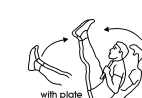
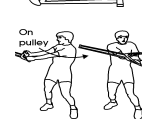
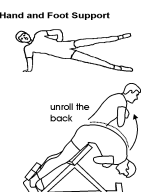
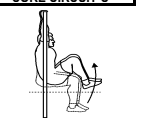
CORE CIRCUIT A



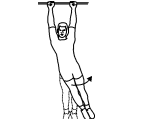
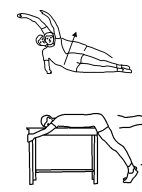
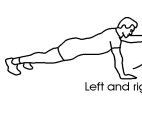
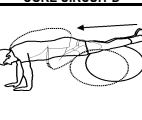
CORE CIRCUIT B



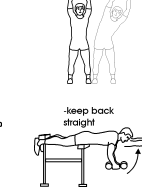
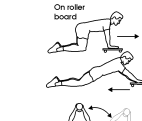
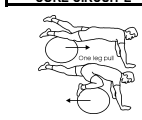
CORE CIRCUIT C



CORE CIRCUIT D



CORE CIRCUIT E



CORE CIRCUIT F

Reverse Crunch
Side Plank
Swiss Ball Prayer
Alternate Arm/Leg Raise on S. Ball
Twist Crunch

CORE CIRCUIT G

Incline Reverse Crunch
Side Plank on Bosu
Prone Plank on S. Ball
Partial Range Reverse Hyper
Side Flexion on S. Ball

CORE CIRCUIT H

Hanging Reverse Crunch
Side Plank w/ Hip Abduction
Prone Plank on S. Ball w/ Hip Ext.
Reverse Hyper
Horizontal Woodchopper

CORE CIRCUIT I

Hanging Twisting Reverse Crunch
Barbell Roll Out
Upper Back Extension on S. Ball
Weighted Crunch on S. Ball
Rev. Woodchopper in S. Leg Stance

CORE CIRCUIT J

Hanging Reverse Crunch
Alternate Arm/Leg Raise on S. Ball
Suspended Prone Plank
Woodchopper
Reverse Hyper
Prone Lower Body Twist on S. Ball
Suspended Side Plank
Plate Crunch on S. Ball
Upper Back Ext. on S. Ball

MB CORE A

