

After Weightlifting

Hurdle walkovers:

4x single step 5 hurdles each leg

4x full step 5 hurdles each leg

2x down/back sunrise straight leg 5 hurdles

2x down/back sunrise bent leg 5 hurdles

10x (each direction) groinners

5x (each direction) iron cross

5x (each direction) scorpions

10x forward leg swings each leg - bent leg

10x forward leg swings each leg - straight leg

10x side leg swings each leg

5x quick leg cycle each leg

Tuesdays

8 x 10 squats (new set every 30 seconds)

Hallelujahs (start with 6 push ups)

Right leg, then left leg raise:

4x toe horizontal (neutral)

4x toe up (out)

4x toe down (in)

20x bridges

15x (each side) side crunch

20 seconds high bike

10x each leg lower body crawl (knee to hip height)

10x (each leg/arm) opposite arm/leg swimmers

10x fire hydrants each leg

10x backward knee circles each leg

10x forward knee circles each leg

10x (each direction) groinners

5x (each direction) iron cross

5x (each direction) scorpions

10x forward leg swings each leg - bent leg

10x forward leg swings each leg - straight leg

10x side leg swings each leg

5x quick leg cycle each leg

Thursdays

Lunge matrix (5 each leg, movement)

10x single-leg squats each leg

20 seconds back plank (aka supine)

20 seconds right side plank (aka lateral)

20 seconds front plank (aka prone)

20 seconds left side plank (aka lateral)

10x (each leg) single leg bridge

10x hurdle seat exchange

10x mule kicks each leg

5x mule whips each leg

20 seconds low bike

20 seconds fast kick swimmers

30x bent leg crunch

10 clams each side

10x (each direction) groinners

5x (each direction) iron cross

5x (each direction) scorpions

10x forward leg swings each leg - bent leg

10x forward leg swings each leg - straight leg

10x side leg swings each leg

5x quick leg cycle each leg