## SPECIAL STRENGTH EXERCISES 2004-05

### Warm-up Exercises

- 5-10' Walk/Run/Legs
- Active Isolated 1: Front/Back, Leg Lifts
- Multi-muscle Dynamic 1: Linear/Lateral Leg Swing
- Egels/Scorpions

### Multiple Throw Exercises

- Standing Chest Pass
- Standing Overhead Throw
- Overhead Pick & Show
- Roll Back - Seated Push Press Pass
- Straight-leg March w/ a twist
- Facet/roll back - seated Shot Put
- Single-leg V-cut
- Front Back Hyper
- Kneeling Pull Arch
- Standing Overhead Throw
- Beat-leg Crunch
- Lunges w/ a twist

### General Strength Exercises

- Bismarck
- Trenton
- Paul Hartman

### Core Strength Exercises

- Reiman
- McKeen
- Kilimanjaro

### Multiple Jump Exercises

- Power Skip for height
- Power Skip for distance
- Double-leg Forward
- Double-legSideways
- Double-leg Backwards
- Single-leg Forward
- Single-leg Sideways

### Warm-up for Track

- Single Broad-jump
- Double Broad-jump
- Double-single
- Double-single-single

### Single-leg

- Single-leg to Box
- Box 2 Box
- Alternate Running Steps

### Pancake

- Forward hop w/ forward heave
- Forward hop w/ backward heave
- Forward hop w/ press
- Hop from box w/ forward heave
- Hop from box w/ backward heave
- Hop from box w/ press

### Mount Rainier

- Rocket Jumps
- Knee Tuck Jumps
- Box Jumps
- Lunges Jumps

### Lake Tahoe

- Split Jumps
- Box Jumps
- Burpees
- Burpees Staggered Jumps

### Snow Peak

- Power Skip for height
- Power Skip for distance
- Soccer Bound
- Double-leg Forward

### Mount Adams

- Linear/Lateral Leg Swing
- Prone Back Hyper w/ a twist
- Device
- Seated Two-hand Woodchopper

### Mt. St. Helens

- Standing Overhead Throw - straight arms
- Standing Flip Up
- Extended Good Morning
- Bent-leg Crunch w/ past off
- Prone Forehead Pass
- Kneeling Pull Arch
- Standing Push Press Pass
- Seated Shot Put

### Under & Over

- Active Isolated 1: Feet up - Seated Side Oblique Pass
- Supine Piriformis - 3 Position SUPINE
- Side-laying Hip-flexor Roll Back - Seated Chest Pass
- Muhi-muscle Dynamic 2: Lunge Walk w/ a twist
- Rocket Jumps/Clap Push-ups
- Over & Out

### Mount Rainier

- Standing Overhead Throw - straight arms
- Standing Flip Up
- Extended Good Morning
- Bent-leg Crunch w/ past off
- Prone Forehead Pass
- Kneeling Pull Arch
- Standing Push Press Pass
- Seated Shot Put