

General Strength Circuits

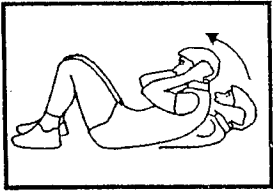
BLOOD

SWEAT

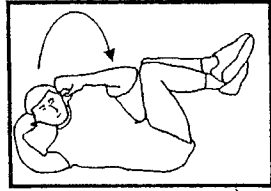
TEARS

FEARS

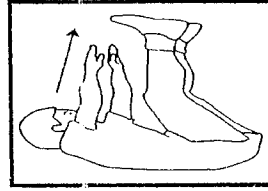
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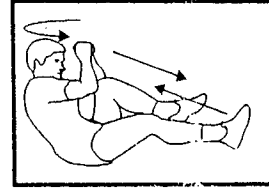
Crunch



Twist & Crunch

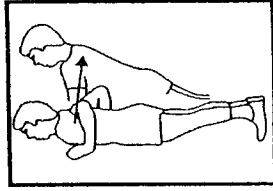


Toe Touch Crunch

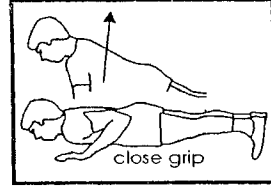


Bicycle V-Crunch

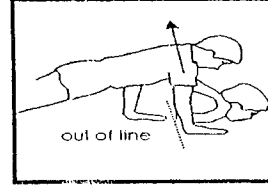
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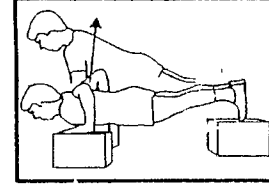
Push Up



Close Grip Push Up

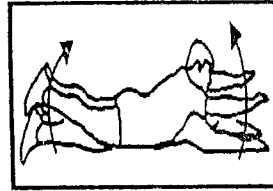


Walking Push-Ups

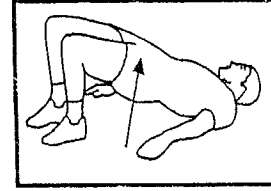


Ex. Range Push-Ups

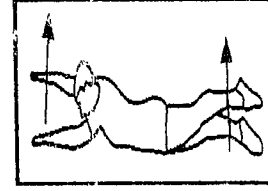
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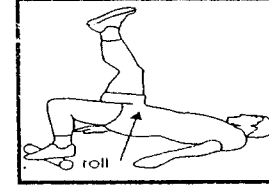
Superman



Hip Thrust

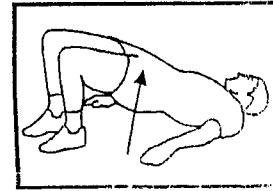


Alternating Superman

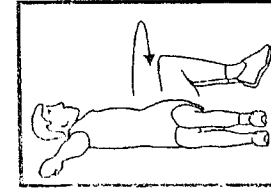


SL Hip Thrust on Roller

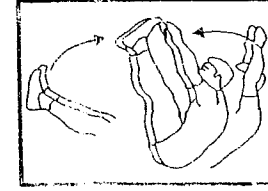
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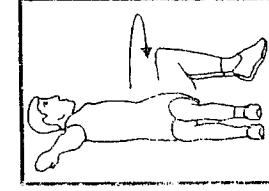
Hip Thrust



Windshield Wipers

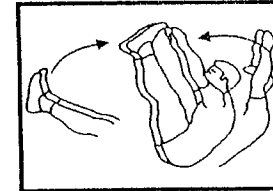


V-Up

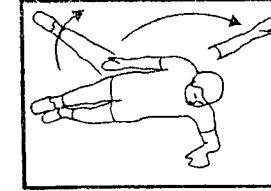


Windshield Wipers

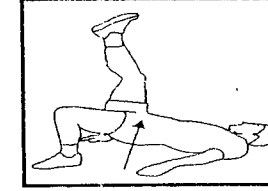
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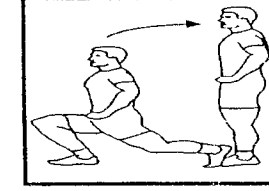
V-Ups



Elbow X Bridge

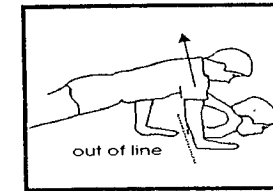


Single Leg Hip Thrust

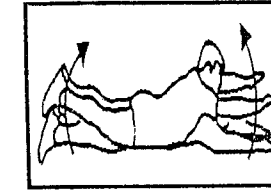


Backward Lunge Walk

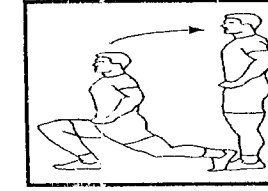
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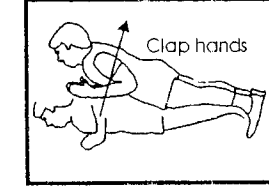
Walking Push-Ups



Superman



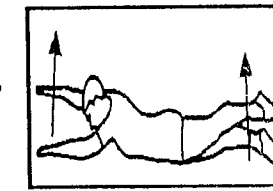
Lunge Walk



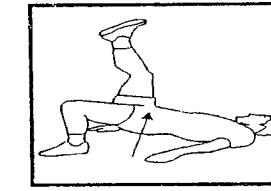
Clap hands

Clap Push-Ups

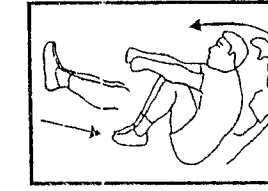
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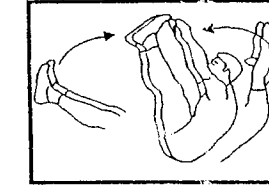
Alternating Superman



Single Leg Hip Thrust

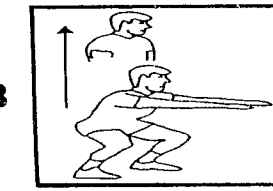


V-Crunch

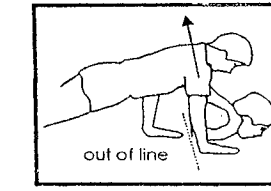


V-Up

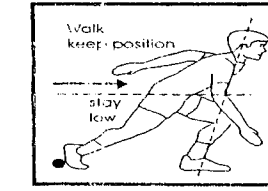
8



Squat

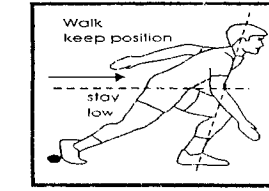


Walking Push-Ups



Walk keep position
stay low

Lateral Low Walk



Walk keep position
stay low

Linear Low Walk

SPECIAL STRENGTH EXERCISES 2004-05

Warm-up Protocols

Hawaiian

8-10' Bike/Row/Jog
 Active Isolated 1:
 Supine straight-leg hamstring
 Supine bent-leg hamstring
 Kneeling hip-flexor
 Prone Erector
 Multi-muscle Dynamic 1:
 Linear/Lateral Leg Swing
 Eagles/Scorpions

Virgin

Toe Walk/Heel Walk
 Outside/Inside Creep
 Knee/Trunk Circles
 Outside/Inside Squat Thrusts
 Lateral/Linear Jumping Jacks
 Double/Single Donkey Kicks
 Up-Down Sumo Walk
 Prone/Supine Single-leg Lifts
 Hindu Squats
 Lateral Speedskater Walk
 Roll-back Squats

Cooke

Forward Skip
 Side-shuffle
 Backward Skip (low recovery)
 Hamstring Flicks
 Tapioca
 Backward Jog
 Active Isolated 1
 Prisoner Squats/Push-ups
 Jack-knife/Back Hypers
 Butt Kicks
 High Knee Cross-overs
 Backward Skip (high recovery)
 Straight-leg March
 Lateral Step-overs
 Backward Run
 Multi-muscle Dynamic 1
 Rocket Jumps/Clap Push-ups
 V-Sits/Prone-double Limb Raise
 2 Strides @ 70-75%
 5 Step-double bounce
 Cross-overs w/ cross-lunge
 High Knee Triple
 Power Skip or Scissor Bound
 Active Isolated 2:
 Supine Piriformis
 Side-lying Hip-flexor
 Multi-muscle Dynamic 2:
 Inverted Leg Swings
 Over & Backs
 2 strides @ 80-85%

Multiple Throw Exercises

Barnes

Standing Chest Pass
 Seated Overhead Throw
 Overhead Pike & Shoot
 Roll Back - Seated Push Press Pass
 Straight-leg March w/ a twist
 Feetup/Roll Back - Seated Shot Put
 Single-leg V-sit
 Prone Back Hyper
 Kneeling Allah Arch
 Standing Overhead Throw
 Bent-leg Crunch
 Lunge Walk w/ a twist

Reidel

Seated Overhead Throw - straight arms
 Feet up - Seated Square Oblique Pass
 Standing Flick Up
 Roll Back - Seated Shot Put
 Extended Good Morning Walk
 Vertical Leg Crunch w/ pass off
 Prone Back Hyper w/ a twist
 Kneeling Allah Arch w/ a twist
 Standing Overhead Throw - straight arms
 Seated Square Oblique Pass
 Roll Back - Seated Overhead Throw
 Feet up - Seated Overhead Back Pass

Zelezny

Feet up - Seated Push Press Pass
 Standing Flip Up
 Extended Good Morning
 Bent-leg Crunch w/ pass off
 Prone Forehead Pass
 Kneeling Extended Allah Arch
 Standing Push Press Pass
 Seated Shot Put
 Roll Back - Seated Two-hand Woodchopper
 Straight-leg March w/ a twist
 Prone Double-limb Raise
 Lunge Walk w/ overhead twist

Schult

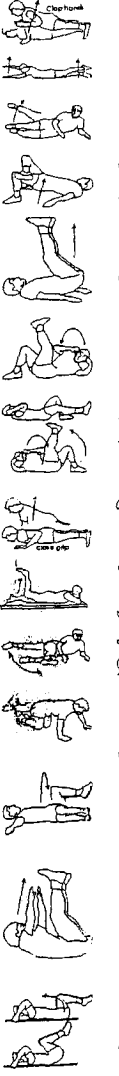
Feet up/Roll Back - Seated Chest Pass
 45 Degree Crunch w/ pass off
 3 Position Prone
 Kneeling Allah Arch
 Standing Shot Put
 Feet up - Seated Side Oblique Pass
 3 Position Supine
 Roll Back - Seated Chest Pass
 Lunge Walk w/ a twist
 Feet up/Roll Back - Seated Overhead Throw
 Vertical Leg Crunch

General Strength Exercises

Bismarck



Taranto



Pearl Harbour

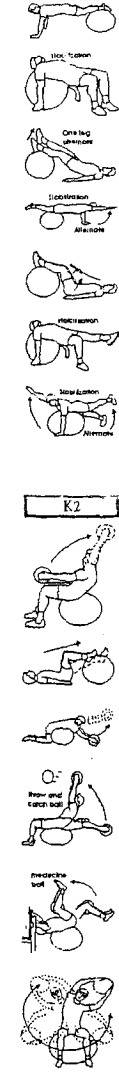


Core Strength Exercises

Everest



McKinley



Kilimanjaro



Multiple Jump Exercises

Rudiment

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

Vesuvius

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

Pelee

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

Paricutin

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

St. Helens

Rocket Jumps
 Knee Tuck Jumps
 Butt Kick Jumps
 Lunge Jumps

Mauna Loa

Split Jumps
 Star Jumps
 Burpy
 Borzov Staggered Jumps

Stomboli

Power Skip for height
 Power Skip for distance
 Scissor Bound
 Double-leg Bound

Fumace Peak

Scissor Bound
 LLRR
 Single-leg Bound
 Alternate-leg Bound