

# 2019 JUNIOR LIFEGUARD CADET PROGRAM CADET FITNESS ASSESSMENT PREPARATION GUIDE



Program Written by:

Charlie Pogue - Ocean Lifeguard, CPT-NASM, CSAC-NSPA, FMS-L1

## **Junior Lifeguard Program Administration**

Patrick O'Neill, Captain – Program Captain

Micah Carlson, Ocean Lifeguard Specialist – Program Administrator

Coral Kemp, Ocean Lifeguard – JG Advanced Programs Coordinator

Lindsey Bennett, Ocean Lifeguard – Administrative Coordinator

## **Cadet Exercise Prescription:**

### PT Standard Goals:

- 500m Ocean Swim under 13 min
- 1 Mile Sand Run under 12 min
- 20 Push Ups in 2 min (Minimum)
- 45 Sit Ups in 2 min (Minimum)
- 30 second Plank (Minimum)

## **Weeks 1 & 2**

### **Day 1:**

*Concentric Phase // Sprint Work*

*90 – 180 second Rest Intervals*

### Warm Up:

#### Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

#### Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

#### Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation)x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

### Strength Block:

- Straight Leg Sit Up x30 seconds
- Walk Out Plank x 60 seconds
- Elevated Push Up x 60 seconds
- ALT SL Leg Lowers x 30 seconds
- Modified Push Up x 60 seconds
- Side Plank x 20 seconds
- Push Up x 60 seconds
- Hollow Holds x 20 seconds
- Box/ Chair / Bench Dips x 30 seconds
- Shoulder Taps x 30 seconds
- Plyo Push Up x 30 seconds

X2 Rounds

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Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes

8 x 50 Build on 1:00

10 x 100 on 1:30

6 x 75 (Sprint/EZ/ Sprint) on 1:30

8 x 25 (Sprint) on 40 sec

300 Warm Down

Run Block:

400m run (50-60% capacity)

2 min Rest

5 x 20 yard Sprint (70-80% capacity)

- 90 Second Rest Interval

400m run (50-60% capacity)

2 min Rest

10 x 10 yard Sprint (85- 100% capacity)

- 60 Second Rest Intervals

400m run (50-60% capacity)

**Day 2:**

*Eccentric Phase // Mid Distance*

*30 – 90 second Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation) x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

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Strength Block:

- Straight Leg Sit Up x 30 seconds
- Walk Out Plank x 60 seconds
- Elevated Push Up (Negative) x 60 seconds
- ALT SL Leg Lowers (Negative) x 30 seconds
- Modified Push Up (Negative) x 60 seconds
- Side Plank x 20 seconds
- Push Up (Negative) x 60 seconds
- Shoulder Taps x 30 seconds
- Close Grip Push Up (Negative) x 30 seconds
- Hollow Holds x 20 seconds
- Box/ Chair / Bench Dips (Negative) x 30 seconds

X2 Rounds

Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes (8-3-8)

8 x 50 Build on 1:00

6 x 300 on 4:45

4 x 200 on 3:00

300 Warm Down

Run Block:

400m run (50-60% capacity)

90 sec Rest

8 x 100 yard Run (60-70% capacity)

45 sec Rest Intervals

800m Run (50-60% capacity)

2 min Rest

5 x 50 yard Run (70-75% capacity)

30 sec Rest Intervals

400m run (50-60% capacity)

### **Day 3:**

*Maximal Phase // Long Distance*

*2-4 min Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation) x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

Strength Block:

- Straight Leg Sit Up (Max Reps)
- Walk Out Plank x 60 seconds
- Elevated Push Up (Max Reps)
- Leg Lowers (Max Reps)
- Modified Push Up (Max Reps)
- Side Plank (Max Time)
- Push Up (Max Reps)
- Shoulder Taps x 30 seconds
- Box/ Chair / Bench Dips (Max Reps)
- Hollow Holds (Max Time)

X2 Rounds

Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes

8 x 50 Build on 1:00

4 x Max Yardage Swim in 5 min

3 min Rest Interval

3 x 500 on 9:00

300 Warm Down

Run Block:

Maximal Run Effort @ 50-60% capacity

## **Weeks 3 & 4**

### **Day 1:**

*Concentric Phase // Sprint Work*

*90 – 180 second Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation)x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

Strength Block:

- Straight Leg Sit Up x45 seconds
- Walk Out Plank x 75 seconds
- Elevated Push Up x 75 seconds
- ALT SL Leg Lowers x 45 seconds
- Modified Push Up x 75 seconds
- Side Plank x 30 seconds
- Push Up x 75 seconds
- Hollow Holds x 30 seconds
- Box/ Chair / Bench Dips x 45 seconds
- Shoulder Taps x 45 seconds
- Plyo Push Up x 30 seconds

### **X3 Rounds**

Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes

8 x 50 Build on 1:00

10 x 100 on 1:25

6 x75 (Sprint/EZ/ Sprint) on 1:25

8 x 25 (Sprint) on 40 sec

300 Warm Down

*Continued on next page*

Run Block:

400m run (70-75% capacity)

2 min Rest

5 x 20 yard Sprint (80-90% capacity)

- 90 Second Rest Interval

400m run (70-75% capacity)

2 min Rest

10 x 10 yard Sprint (85- 100% capacity)

- 60 Second Rest Intervals

400m run (50-60% capacity)

**Day 2:**

*Eccentric Phase // Mid Distance*

*30 – 90 second Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation) x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

Strength Block:

- Straight Leg Sit Up x 60 seconds
- Walk Out Plank x 75 seconds
- Elevated Push Up (Negative) x 75 seconds
- ALT SL Leg Lowers (Negative) x 60 seconds
- Modified Push Up (Negative) x 75 seconds
- Side Plank x 40 seconds
- Push Up (Negative) x 75 seconds
- Shoulder Taps x 60 seconds
- Close Grip Push Up (Negative) x 60 seconds
- Hollow Holds x 40 seconds
- Box/ Chair / Bench Dips (Negative) x 45 seconds

**X3 Rounds**

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Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes (8-3-8)

8 x 50 Build on 1:00

6 x 300 on 4:40

4 x 200 on 3:00

300 Warm Down

Run Block:

400m run (70-75% capacity)

90 sec Rest

8 x 100 yard Run (75-80% capacity)

45 sec Rest Intervals

800m Run (70-80% capacity)

2 min Rest

5 x 50 yard Run (80-90% capacity)

30 sec Rest Intervals

400m run (50-60% capacity)

**Day 3:**

*Maximal Phase // Long Distance*

*2-4 min Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation) x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

*Continued on next page*



Strength Block:

- Straight Leg Sit Up (Max Reps)
- Walk Out Plank x 75 seconds
- Elevated Push Up (Max Reps)
- Leg Lowers (Max Reps)
- Modified Push Up (Max Reps)
- Side Plank (Max Time)
- Push Up (Max Reps)
- Shoulder Taps x 60 seconds
- Box/ Chair / Bench Dips (Max Reps)
- Hollow Holds (Max Time)

**X3 Rounds**

Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes

8 x 50 Build on 1:00

4 x Max Yardage Swim in 5 min

3 min Rest Interval

3 x 500 on 9:00

300 Warm Down

Run Block:

Maximal Run Effort @ 50-60% capacity

## **Weeks 5 & 6**

### **Day 1:**

*Concentric Phase // Sprint Work*

*90 – 180 second Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation)x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

Strength Block:

- Straight Leg Sit Up x60 seconds
- Walk Out Plank x 75 seconds
- Elevated Push Up x 75 seconds
- ALT SL Leg Lowers x 60 seconds
- Modified Push Up x 75 seconds
- Side Plank x 40 seconds
- Push Up x 75 seconds
- Hollow Holds x 40 seconds
- Box/ Chair / Bench Dips x 45 seconds
- Shoulder Taps x 60 seconds
- Plyo Push Up x 30 seconds

**X4 Rounds**

Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes

8 x 50 Build on 1:00

10 x 100 on 1:20

6 x75 (Sprint/EZ/ Sprint) on 1:20

8 x 25 (Sprint) on 40 sec

300 Warm Down

*Continued on next page*

Run Block:

400m run (70-80% capacity)

2 min Rest

5 x 20 yard Sprint (70-85% capacity)

- 90 Second Rest Interval

400m run (60-70% capacity)

2 min Rest

10 x 10 yard Sprint (85- 100% capacity)

- 60 Second Rest Intervals

400m run (50-60% capacity)

**Day 2:**

*Eccentric Phase // Mid Distance*

*30 – 90 second Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation) x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

Strength Block:

- Straight Leg Sit Up x 45 seconds
- Walk Out Plank x 75 seconds
- Elevated Push Up (Negative) x 75 seconds
- ALT SL Leg Lowers (Negative) x 45 seconds
- Modified Push Up (Negative) x 75 seconds
- Side Plank x 30 seconds
- Push Up (Negative) x 75 seconds
- Shoulder Taps x 45 seconds
- Close Grip Push Up (Negative) x 45 seconds
- Hollow Holds x 30 seconds
- Box/ Chair / Bench Dips (Negative) x 45 seconds

**X4 Rounds**

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Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes (8-3-8)

8 x 50 Build on 1:00

6 x 300 on 4:45

4 x 200 on 3:00

300 Warm Down

Run Block:

400m run (60-70% capacity)

90 sec Rest

8 x 100 yard Run (70-75% capacity)

45 sec Rest Intervals

800m Run (60-70% capacity)

2 min Rest

5 x 50 yard Run (75-80% capacity)

30 sec Rest Intervals

400m run (50-60% capacity)

**Day 3:**

*Maximal Phase // Long Distance*

*2-4 min Rest Intervals*

Warm Up:

Mobility

- ½ Kneel Hip Flexor Rocks x 5ea
- ½ Kneel Adductor Rocks x 5ea
- Quadruped T Spine Rotation x 5ea
- 90/90 Mobility To Stretch x5ea
- Spiderman Lunge w/ T Reach x5ea

Activation

- Squat To Stand x5
- ALT Lateral Lunge x5ea
- REV Lunge and Reach x 5ea

Contact

- High Knees x20yds
- Butt Kicks x20yds
- Side Shuffle x20yds ea
- Karaoke x20 yds ea
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation) x20yds ea
- Squat Jumps x 15
- Power Skips (Height/Length) x8ea

- *Continued on next page*

Strength Block:

- Straight Leg Sit Up (Max Reps)
- Walk Out Plank x 75 seconds
- Elevated Push Up (Max Reps)
- Leg Lowers (Max Reps)
- Modified Push Up (Max Reps)
- Side Plank (Max Time)
- Push Up (Max Reps)
- Shoulder Taps x 60 seconds
- Box/ Chair / Bench Dips (Max Reps)
- Hollow Holds (Max Time)

**X4 Rounds**

Swim Block:

300 Warm Up

8 x 25 Stroke Technique on 0:45

- Finger Drag/ Zipper / Catch Up / 8 Kick per 3 Strokes

8 x 50 Build on 1:00

4 x Max Yardage Swim in 5 min

3 min Rest Interval

3 x 500 on 9:00

300 Warm Down

Run Block:

Maximal Run Effort @ 50-60% capacity

## Glossary for terms

- Best Average: Accumulation of your times to create a consistent finish time. Goal is to have your swim times as close together as possible
- Build: Getting faster as the set moves on
- % Capacity: The percentage of how fast you can go. For example, 50% is half speed, 100% is as fast as possible.
- Rest Interval: The time of rest in between sets
- Eccentric Phase/ Negatives: The lengthening of your muscles during an exercise. The act of slowing down the movement against gravity. For example, the “Down” portion of a push up
- Concentric Phase / Push: The shortening of your muscles during an exercise. The act of fighting against gravity during the movement. For example, the “Up” portion of a push up.
- Max Reps: Most amount of reps completed as possible without breaking form

## Written Descriptions

### ½ Kneel Hip Flexor Rocks:

- Starting in a half kneel position, squeeze the glute of the down knee side. Push your hips forward while maintaining an upright and postural position and hold for 3-5 seconds. Return to the starting position and repeat for 5 reps on each side.

### ½ Kneel Adductor Rocks:

- Place one knee on the ground, and the other leg in a straightened position to your side with your toe lined up with the down knee. Place your hands directly underneath your shoulders and push your hips backwards to the wall behind you. Hold the stretch for 3-5 seconds and return to the starting position. Complete 5 reps on each side.

### Quadruped T Spine Rotation:

- Start on your hands and knees with your hands underneath your shoulders and your knees under your hips. Pick up one of your hands and place it behind your head. Take a deep inhale and rotate towards the straightened arm side, then with an exhale rotate towards the open side and reach your elbow of your hand behind the head towards the roof. Use your breath as your tempo pacer. Repeat 5 times on each side.

### 90/90 Mobility with Stretch:

- Start in a seated position and create two 90-degree angles with your legs. Drop your chest towards the front knee stretching your glutes and hold for 3-5 seconds. Return to the starting position. While maintaining your feet in contact with the ground pick up your knees from the ground and rotate so that your knees are facing the opposite direction as you started. Drop your chest towards the front knee and hold again for 3-5 seconds before repeating the process for 5 reps on each side.

### Spiderman Lunge w/ T Reach:

- Starting in a push up position with your hands underneath your shoulders, swing your left foot to the outside of your left hand. The entire foot should be in contact with the floor and try to maintain a straight back leg. Reach your left hand up towards the ceiling following your hand with your eyes to make a “T” shape with your top hand to bottom hand. Return your hands to the ground and your front foot back to the start position. Repeat for 5 reps on each side.

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### Squat To Stand To Reach:

- Start with your feet slightly outside of shoulder width and hinge your hips back towards the wall behind you to touch your toes. Grasp your fingers around the tops and bottoms of your toes and pull your hips down into a squatting position. Your back should be flat with your shoulders pulled back into a postural position and your elbows should be on the inside of your knees. While in the squatting position, reach one arm up towards the ceiling at a time while maintaining a flat back, and then stand up into the starting position. Repeat 5 for 5 reps.

### Alternating Lateral Squat:

- Start with your feet slightly wider than shoulder width apart. Raise your arms overhead and hinge your hips back, shifting your weight to the right side. The left leg will maintain its straight position as you perform a squat with right leg. As you lower yourself down towards the right side, your arms will lower to shoulder height. Maintain a flat back and return to the starting standing position with your hands overhead. Then repeat the process hinging your hips back, shifting your weight to the left side, keeping your right leg straight. Repeat for 5 reps on each side.

### Reverse Lunge and Reach:

- Start with your feet together and hands by your side. Step back with your left foot and lower yourself down into a lunge position while maintaining your back knee off of the floor. Reach with your arms up and over the front knee and then step back up into the starting position with your hands by your side. Repeat this process on the right side for a total of 5 reps on each side.

### High Knees:

- In a running fashion, drive knees up towards your chest while including correct gate with your arms (arm swing). Maintain an upright and postural position throughout the process for 20 yards

### Butt Kicks:

- In a running fashion, bring your heels towards your butt while including correct gate with your arms (arm swing). Focus on bringing your heels to your high hamstring and do not "scoop" to the top of your glutes. Maintain an upright and postural position throughout the process for 20 yards.

### Side Shuffle:

- Start in an athletic position with your feet slightly outside your shoulders. Push down and away with the back foot (Right foot) and pull with your front foot (Left foot) to move your body to your left. Maintain upper body posture and do not let the heels touch each other. Repeat this process on the other side for a total of 20 yards per side.

### Karaoke:

- Start in an athletic position with your feet slightly wider than shoulder width apart. To move to your right side, the left foot will cross over the right foot in front, and then behind the right foot. Repeat this forwards and behind crossing patten for 20 yards. Repeat this process with the right foot crossing in front of the left foot, and then behind the left foot to move your body to the left side. Focus on turning your hips and disassociating your upper half from your lower half. This will be done for 20 yards in each direction.

### Open the Gate/ Close The Gate (Hip Internal/ External Rotation):

- Starting with your feet at shoulder width apart, place your hands behind your head. Pick up one foot so that the knee is rising towards your chest, and then swing your knee towards the outside to mimic an “opening” of the gate (hip). Alternate sides for 20 yards. To “close” the gate, start with your knee in that open position and return the leg back towards the midline of the body. Alternate sides for 20 yards.

### Squat Jumps:

- Start with your feet just outside your shoulders. Lower your body into a squat position while maintaining upper body posture, then forcefully push your feet into the ground extending your hips so that your feet leave the ground. As you return to the ground, absorb the energy with soft feet, ankles and knees and return to the squatting position. Repeat this process for 15 reps.

### Power Skips:

- In a skipping fashion with correct arm gate (Arm swing), forcefully push your feet into the ground, extending at the hip to create a jumping pattern. Jump as high as you can, repeating the process for every skip on each leg for 8 skips on each leg. Repeat again for another 8 skips on each leg, and jump as far as you can, covering as much distance rather than height on the second set of 8. Focus on soft landings and absorbing the energy when returning to the ground

### Straight Leg Sit Up:

- Starting in a supine position, raise your hands over your chest in line with your shoulders. Maintain a straight leg position as you drive your heels into the floor, brace your core driving your belly button into the floor, flex at the hip and lift your upper torso towards the ceiling in a sit up fashion. As you are raising your body off of the floor, your arms should raise up overhead. After one completed rep, lower yourself back to the starting position with your arms over your chest and repeat for allotted time.

### Walk Out Plank:

- Starting in a push up position with your hands at shoulder width apart and directly underneath your shoulders, brace at your core and begin walking your hands forward. Maintain a flat back, squeeze your glutes to create full body tension, and try to touch your belly button through your low back. Walk your hands out as far as possible without compromising a neutral spine (No curve in the low back) and begin to walk your hands back to the starting position underneath your shoulders. Repeat process for the allotted time.

### Elevated Push Up:

- On an elevated surface (box, bench, or chair), place your hands shoulder width apart and directly underneath your shoulders and walk your feet back into a push up position. Brace at the core, squeeze the glutes and lower your chest to the elevated surface while maintaining your elbows close to your body and a neutral spine. Once your arms reach a 90-degree angle or your chest is just above the elevated surface, push your hands into the box, bench, or chair, lifting your body up. Repeat this process for allotted time or reps.

### Alternating SL Leg Lower:

- Start in a supine position with your hands at your sides and your legs resting on the ground. Lift both legs into the air so that the bottoms of your feet are facing the roof. Push your hands into the floor and while maintaining straight legs, brace at the core, pulling your belly button to the floor, and lower one leg as low as possible without compromising your low back and creating an arch. Return your leg back to the upright position, alternate sides, and repeat for the allotted time.

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### Leg Lowers:

- Start in a supine position with your hands at your sides and your legs resting on the ground. Lift both legs into the air so that the bottoms of your feet are facing the roof. Push your hands into the floor and while maintaining straight legs, brace at the core, pulling your belly button to the floor, and lower your legs as low as possible without compromising your low back and creating an arch. Return your legs back to the upright position and repeat for the allotted time.

### Modified Push Up:

- Start on your hands and knees with your knees under your hips and your hands at shoulder width apart and slightly in front of your shoulders. Extend at the hip so you have a slight forward lean and squeeze your glutes to create full body tension. At this point your hands should now be underneath your shoulders. Lower yourself to the floor while maintaining a neutral spine and elbows by your sides. Once your arms reach a 90-degree angle or your chest is just above the floor, push your hands into the floor lifting your body up. Repeat this process for allotted time or reps.

### Side Plank:

- Start on your side with your legs extended out, feet stacked on top of each other, and your down elbow directly underneath your shoulder. Push your elbow into the floor, lift your hips off the ground, and squeeze your glutes to create full body tension. Your top hand can be placed on your hip or in the air. Focus on keeping your hips stacked on top of each other so there is no internal or external rotation. Hold at the top position for the allotted time and then return to the starting position on the ground before switching to the other side.

### Push Up:

- Start in tall plank position with and your hands at shoulder width apart and directly under your shoulders. Your feet should be inside of the width of your shoulders and your glutes should be engaged to create full body tension. Lower yourself to the floor while maintaining a neutral spine and elbows by your sides. Once your arms reach a 90-degree angle or your chest is just above the floor, push your hands into the floor lifting your body up. Repeat this process for allotted time or reps.

### Plyo Push Up:

- Start in tall plank position with and your hands at shoulder width apart and slightly in front of your shoulders. Your feet should be inside of the width of your shoulders and your glutes should be engaged to create full body tension. Lower yourself to the floor while maintaining a neutral spine and elbows by your sides. Once your arms reach a 90-degree angle or your chest is just above the floor, push your hands into the floor with a mass amount of force lifting your body up in a way in which your hands leave the ground. If your hands cannot leave the ground focus on force production into the ground lifting your body as fast as possible. As you return to the ground absorb the energy of your body by having soft hands, wrists and elbows and slowly lowering yourself back to the down position of the push up. Repeat this process for allotted time or reps.

### Shoulder Taps:

- Start in a push up position with your hands at shoulder width and placed directly underneath the shoulders. Place your feet outside of your hips and lift one hand off the ground touching the opposite shoulder. After touching the opposite shoulder, place the hand back into the starting position and repeat the process with the other side. Focus on keeping your hips square to the ground, not rotating side to side, and placing your hands back underneath your shoulders in the starting position. Alternate sides for the allotted time.

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### Close Grip Push Ups (Negative):

- Start in tall plank position with and your hands inside shoulder width apart and directly under your shoulders. Your feet should be inside of the width of your shoulders and your glutes should be engaged to create full body tension. Lower yourself to the floor while maintaining a neutral spine and elbows by your sides as slow as possible until your chest hits the floor. Drop your knees to the floor to assist you back up and return to the starting position. Repeat this process for the allotted time or reps.

### Hollow Hold:

- Start in a supine position with your hands by your side and raise both legs up towards the ceiling. Push your hands into the ground, pull your belly button to the floor to brace your core and slowly lower your legs to the ground without compromising your lower back by creating an arch. Once you can hold that extended position without an arch in your low back, raise your arms over head and lift the shoulders off the ground to make a banana like shape. Hold this position for the allotted time.

### Negative Push Up:

- Start in tall plank position with and your hands at shoulder width apart and directly under your shoulders. Your feet should be inside of the width of your shoulders and your glutes should be engaged to create full body tension. Lower yourself to the floor while maintaining a neutral spine and elbows by your sides as slow as possible until your chest hits the floor. Drop your knees to the floor to assist you back up and return to the starting position. Repeat this process for the allotted time or reps.

### Box/Chair Dips:

- Start by sitting on the edge of a chair or a box with your legs at a 90-degree angle in front of you and your hands by your sides. Keep your hands by your sides, and in contact with the box or chair, and slide your hips off of the box or chair so that your hands are the only thing left in contact with it. Bend at the elbow to lower your hips towards the floor until your arms get to a 90-degree angle. Push your hands into the box or chair to lift your self back up. Keep your knees bent throughout the exercise for beginners, extend the legs out in front for moderate, and lift one leg or elevate both legs for advanced people. Repeat process for allotted time or reps

### YouTube/ Vimeo links for exercises

#### Warm Up:

#### Mobility:

- ½ Kneel Hip Flexor Rocks: <https://www.youtube.com/watch?v=nkDlo8zU2xY>
- ½ Kneel Adductor Stretch: [https://www.youtube.com/watch?v=cUZQluW4\\_DM](https://www.youtube.com/watch?v=cUZQluW4_DM)
- Quadruped T Spine Rotation: <https://www.youtube.com/watch?v=fAvFC9oF1Qk>
- 90/90 Mobility To Stretch: [https://www.youtube.com/watch?v=bt5M8hy\\_rKI](https://www.youtube.com/watch?v=bt5M8hy_rKI)
- Spiderman Lunge w/ T Reach: <https://www.youtube.com/watch?v=PldP6zb9kXo>

#### Activation:

- Squat To Stand: <https://www.youtube.com/watch?v=KNxcFMBgFFU>
- Alternating Lateral Squat: <https://www.youtube.com/watch?v=RZVowsq9IFg>
- Reverse Lunge and Reach: <https://www.youtube.com/watch?v=dXALCgBfF20>

## Contact:

- High Knees:  
<https://www.youtube.com/watch?v=DKyukKLmNUc>
- Butt Kicks:  
<https://www.youtube.com/watch?v=iHgbjlbU7zw>
- Side Shuffle:  
[https://www.youtube.com/watch?v=Xo\\_IHmqxfEs](https://www.youtube.com/watch?v=Xo_IHmqxfEs)
- Karaoke Drill:  
<https://www.youtube.com/watch?v=XjuE4DKw0Hg>
- Open the Gate/ Close The Gate (Hip Internal/ External Rotation):  
[https://www.youtube.com/watch?v=8lvvjC5k\]ts](https://www.youtube.com/watch?v=8lvvjC5k]ts)
- Squat Jumps:  
<https://www.youtube.com/watch?v=CVaEhXotL7M>
- Power Skips:  
<https://www.youtube.com/watch?v=EMW4y-UiAvE>

## Strength Exercises:

- Straight Leg Sit Up:  
<https://www.youtube.com/watch?v=OsZS3R1gBjA>
- Walk Out Plank:  
<https://www.youtube.com/watch?v=99DDQJJQ68c>
- Elevated Push Up:  
<https://www.youtube.com/watch?v=HmZcKSDIIYc>
- Alternating SL Leg Lowers: <https://www.youtube.com/watch?v=l3rC5SQwDD8>
- Leg Lowers:  
<https://www.youtube.com/watch?v=WKacPZ0zQDw>
- Modified Push Ups:  
<https://www.youtube.com/watch?v=SsTi7ueuDTU>
- Side Plank:  
<https://www.youtube.com/watch?v=K2VljzCC16g>
- Push Up:  
<https://www.youtube.com/watch?v=IODxDxX7oi4>
- Plyo Push Up:  
[https://www.youtube.com/watch?v=FRo3b\\_Pfw3M](https://www.youtube.com/watch?v=FRo3b_Pfw3M)
- Shoulder Taps:  
<https://www.youtube.com/watch?v=IU2C7NO-F-k>
- Close Grip Push Up (Negative): <https://www.youtube.com/watch?v=G2mlaEfpEIM>
- Hollow Holds:  
<https://www.youtube.com/watch?v=n-H5EpKcP60>
- Negative Push Up:  
<https://www.youtube.com/watch?v=dKOFbjvPCug>
- Box /Chair Dips:  
[https://www.youtube.com/watch?v=P\\_jCs3mY5e4](https://www.youtube.com/watch?v=P_jCs3mY5e4)

**END**