

HIP CIRCUIT (Myrtl)

Exercise	Reps	Description
Clams	10x on each side	Lay on side. Both Knees 90 degrees.
Lateral Leg Raise	5x each leg(Reg/In/Out)	Lay on side. Bottom leg 90 degrees, Top leg straight
Donkey Kicks	10x each leg	Hands & Knees. Knee goes back, heel up.
Donkey Whips	10x each leg	Hands & Knees. Knee/leg straight. Swing to side.
Fire Hydrant	10x each leg	Hands & Knees. Knee/Leg 90 degrees. Swing to side.
Knee Circles (Forward)	10x each leg	Hands & Knees. Knee/Leg 90 degrees. Circle
Knee Circles (Backward)	10x each leg	Hands & Knees. Knee/Leg 90 degrees. Circle
Hurdle Trail Leg (Forward)	10x each leg	Use wall for stability. Swing trail leg.
Hurdle Trail Leg (Backward)	10x each leg	Use wall for stability. Swing trail leg.
Linear Leg Swing	10x each leg	Use wall for stability. Straight Leg. Swing leg left and right.
Lateral Leg Swing	10x each leg	Use wall for stability. Straight leg. Swing leg left and right.
Bent Leg Swing	10x each leg	Use wall for stability. Bent Leg. Swing leg left and right.

Leg Strength Circuit

Exercise	Reps	Description
Body Squat	10x	Standard Squat - Back Straight, Hips + Chest out
Front Lunge	10x each leg	Standard Lunge - 90 degrees
Backwards Lunge	10x each leg	Toe pointed forward - other toe pointed 45 deg. to the back
Back + to the Side Lunge	10x each leg	Toe pointed forward - other toe pointed 45 deg. to the back
Burpies (No Hop)	10x	Standing - Squat down - kick feet out - back up
Lateral Shuffle	20m down + back	Slight Bend - slide side to side - defensive slide
Wide Outs	15x	Feet in + out
Mountain Climbers	10x each leg	Pushup Position - bring one foot up at a time
V-Situp with Running Arms	30 seconds	V-Situp position - feet and back off ground
Lateral Prone Holds	20 sec each side	Side Hold with Hand on ground - not elbow
Supine Leg Lift	10x each leg	Supine position - hips to sky - lift leg

SV Leg Circuit (4.5 minutes)

Exercise	Reps	Description
Lateral Lunge	20m (down+back)	Slow - side to side feet touch
Wide Outs	10x	Feet in + out
Lateral Shuffle	35m (down+back)	Slight Bend - slide side to side - defensive slide
Mtn Climbers Singles In	20x	Pushup position - drive knees forward
Mtn Climbers Doubles In	10x	Mountain climbers with feet together
Mtn Climbers Singles Out	30x	Mtn Climber - drive knees out and forward - alternate
Speed Skaters	16x	One foot forward, One foot angled behind - jump laterally + land opposite
Mtn Climbers Doubles Out	10x	Mtn Climber - drive both knees out and forward
Russian Hamstrings	60x	Feet on top of one another-Looks like supine hand hold-move hips up
Step Ups	50x	Running Motion - Alt tapping toe on a low step - 145 degree knee