CORE ACTIVITIES

	WARMUPS		CIRCUITS		COOLDOWNS		Lactate Circuits	
	Lunge Matrix		**Pedestal**		**Ethyl**		**Blue Monk**	
1	Forward Lunge x 5	1	Tripod	1	Iron Cross x 20	1	Running Arms	:60
2	Forward Lunge w/twist x 5	2	Side Plank	2	Scorpion x 20	2	Mtn Climbers in	x40
3	Lateral Lunge x 5	3	Reverse Tripod	3	Army Crawls x 20	3	Swimmers	:60
4	Reverse 45° Lunge	4	Side Plank	4	Mtn. Climbers x 20	4	Mtn Climbers out	x40
5	Backwards Lunge	5	Pushup Position	5	Donkey Kicks x 15	5	Flutter V-sit	:60
		6	Side Handstand	6	Donkey Whips x 8	6	Rockies	x6
	Lateral Lunge	7	Reverse Pushup	7	Fire Hydrants x 15	7	OHMB Squat	x45
1	Side Shuffle x 20m	8	Side Handstand	8	Donkey Whips x 5	8	MB 1 leg plank	:30
2	Fast Side Shuffle x 20m	9	Crunches	9	Knee Circles 2 x 8	9	MBHT	x6
3	Single Leg Squats 3 x 10	10	Floor wipers	10	Leg Circles 2 x 8	10	MB 1 leg plank	:30
				11	Bird Dog x 20	11	MBHT	x6
	Myrtl		**Back**	12	Catback/Swayback x 10	12	Running Arms	:60
1	Clams x 8	1	Op. Arm/Leg G'Mornings	13	Trail Legs 2 x 5			
2	Lateral Leg Raise 5 x 3	2	Good Mornings	14	Lat. Leg Swings 2 x 10		**1st 20**	
3	Donkey kicks x 8	3	Prone Straight Leg Raises	15	Lin. Leg Swings 2 x 10	1	MB HT	x12
4	Donkey whips x 8	4	Army Crawls	16	Trunk Circles 2 x 5	2	Russian Hammies	x50
5	Fire hydrants x 8	5	Straight Leg Lifts (on knee)	17	Hip Circles 2 x 5	3	Haybales	x30
6	Knee circles x 8	6	Donkey Kicks			4	Run. Arms V-sit	:60
7	Trail legs x 5 (two ways)	7	Straight Leg Circles		**Cannonball**	5	OHMB Squat	x40
8	Leg swings x 10 (lat & lin)	8	Sitting Push Kicks	1	Donkey Kicks x 10	6	MB HT	x12
9	Bent knee leg swings	9	Sitting Bike	2	Scorpions x 20	7	Haybales	x30
		10	Good Mornings	3	Rockies x 5	8	Reverse Tripod	:30
		11	Face First Snow Angel	4	Donkey Whips x 5	9	Side Plank	:30
		12	Swimmers	5	Army Crawl x 10	10	Tripod	:30
		13	5 Count Crunch & Hold	6	Iron Cross x 20	11	Side Plank	:30
		14	Side Crunch	7	Swimmers x 20	12	Iron Cross	x20
		15	Cat Back Sway Back	8	Side Plank, leg lift x 5	13	Scorpion	x20
				9	Groiners x 20	15	Swimmers	x20
				10	Hurdle Seat Ex. x 10	16	Army Crawl	x20
				11	Leg Cycles x 5 each side	17	180-90 MB toe touch	30
				12	Trail Legs x 5 (2 ways)	18	Donkey Kicks	20
	Neural Rooster #1		**Leg Circuit**	13	Leg Swings x 5 ditto	19	Leg Raises	3x8
	1 3x3 Single Leg Squats	1	Forward Lunge x 20			20	Iron Cross	x20
	2 Lat leg swing L 1 x 10	2	Body Squats x 20		**First Five**	21	Scorpion	x20
	3 Quick Leg Cycle L 1 x 5	3	Step-Ups x 40	1	Knee-to-chest x 20	22	Swimmers	x20
	4 Lateral leg swing R 1 x 10	4	Rocket Jumps x 5	2	Knee-Grabber 2 x 10	23	Army Crawl	x20
	5 Quick Leg Cycle R 1 x 5			3	Scissors x 20			
	6 Linear Leg Swing 2 x 10			4	Walking Quads x 20			
	7 Gentle Butt kicks 20m			5	Lunge w/ Twist 2 x 10			
	8 Quick Butt kicks 20m							
					+ 5			
				1	A Skips 2 x 10			
				2	B Skips 2 x 10			
				3	Leg Swings 4 x 10			
				4	Hurdle Mobility x 4			
				5	Strides x 4			