



Toy Soldier

Reach out in front of you and actively "kick" one foot up at a time toward your hands. Attempt to get your swing leg up to touch your opposite hand. Maintain good posture.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Notes:



Single Leg Hip Hinge

Step forward with weight on heel. With a slight knee bend and good posture, push butt back and lower torso to perform a toe touch as opposite leg swings back. Maintain good posture, keep eyes up.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Notes:



Reverse Warrior Lunge w/twist

Take a long stride backward into a lunge with knee just above the ground. Reach across front leg. Drive front heel to return to starting position. Make sure it is an exaggerated step backward and the back knee gets down sufficiently.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Notes:



Warrior Lunge Hip Flexor Stretch

Assume a lunge position and reach overhead. Torso is upright and with no hyperextension at the lumbar spine. Stretch is felt on the front of the trailing legs hip. Stretch can be increased by rotating toward the front leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Notes:



Walking Spiderman

Take a long stride forward into a deep lunge position and lower same side elbow to heel on forward leg. from lunge position drive back to the upright position and then repeat with opposite arm/leg. keep chest up and lower back flat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Alternating Lateral Lunge

Step directly to side, land on heel and sink into a lateral (side) lunge. Keep chest up, weight on heel, and trailing leg straight. Toes of both feet should point forward with feet flat on floor. Maintain good posture.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Squat to Stand

With a wider than shoulder width stance, bend over and grab the bottom of your toes/shoes. Actively "pull" yourself into a deep squat position with chest up, knees out, lower back slightly arched. Hold at bottom briefly and return to toe touch position and ultimately upright position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
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Crossover Overhead Rev. Lunge

Start with feet shoulder-width apart and arms at sides. Reach overhead as you stride backward and behind you with one leg, shin on the other leg should be completely vertical. Drive off front leg to "pull" yourself back to starting position with glutes of support leg. Transition immediately to opposite side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Running Butt Kicks

Kick heel to butt by firing hamstrings. Make sure that the heel comes up on the standing leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



High Knee Skips

Skip with exaggerated arms swinging; get knees high. Come up on toes with standing leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
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Sumo Squat

From a shoulder width stance, quickly but smoothly drop into a wider stance deep squat (feet should momentarily leave the ground). At landing, sit into a deep squat with arms reaching out in front of you. Use glutes and hamstrings to help quads cushion the drop, then "pop" up to a starting stance. Chest up, lower back flat. make it rhythmic.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
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22 23 24 25 26 27 28
29 30 31