Strength routine V2 – December 2018

**First Round**

Planks: forwards :60, side :60 each, back :60

Superman planks: 10 reps each side

Side plank hip-ups: 10 reps each side

Bicycle: 0:60

Mason Twist: 50 reps

Scissors: 10 reps (:10 each)

Clamshell: 25 reps each side, reverse: 25 reps each side

Side leg lift: 10 reps each side

Side leg circles: 10 big spoon, 10 little spoon each side

Donkey kick: 20 reps each side

Single leg hip lifts: 20 reps each side

**Second Round**

Kicking toe touches: 2x 20 reps

Side leg swings: 20 reps each side

Inseam drill: 20 reps each side

Standing knee raises: 20 reps each side

Ankle circles: 10 clockwise, counterclockwise, each foot

Balance and reach: 15 reps each side

Squats: 20 reps

Single leg squats: 10 reps each side (deep squats vs. runner stance)

Lunges: 20 reps

Split jump squats: 20 reps

+ jumps: 10 reps each side

Single calf raises: 15 reps each side

**Third Round**

Ankle band: 25 reps, 4 ways (left, right, gas pedal, upwards)