

GPXC Strength Conditioning

New Side B

2 rounds each

- * Mini band walks, feet and ankle - 20 steps each direction
- * Side clam squats - band around knees, with arm press as you lower - 10ea way
- * Inch worms - 8
- * Back lunge - knee up- side lunge - knee up x 10ea leg each movement
- * Explosive side broad jumps - 10ea leg
- * Shoulder taps alt. banded knee drive - 10ea (arms and legs)
- * Up down planks - 10ea side
- * Seated leg lifts with water bottle - 12ea leg
- * Flunge - 10ea side
- * Side plank leg lifts - 15ea side
- * Single leg glute bridge - 12ea side
- * Glute bridge with banded knees x20 plus pulses at end for 20
- * Quick hops front to back and side to side - 30ea
- * Plank - 60 seconds
- * Dead bug - 8ea side