

GPXC Strength Conditioning

A Side

Complete 2 rounds

- Mini Band walks; feet and ankle - 20 steps each direction
- Side step squats - 10 each way
- Inch worms - 5
- Dead bug - 8 each side
- Front lunge → backward lunge - 10 each side
- Up down planks (knees or feet) - 10 each side
- Side lunges - 10 each leg
 - Cossack Squats
- Shoulder taps - 10 each arm
- Plank - 60 seconds
- Backward lunges to knee drive hop - 12 each side
- Side plank hip lifts - 15 lifts each side
- Bridge Marches - 10 each leg
- Frog pumps - 20

*Advanced level, must get permission to do this

GPXC Strength Conditioning

B Side

Complete 2 rounds

- Mini band karate chops - 10
- Mini band pass thrus - 10
- Bear crawl - 20 steps
- Knee or full Push Ups - 12-20
- Squats with 5 pulses at end range each repetition - 12
- Curtsy lunges - 10ea side
 - Curtsy lunge → squat → lunge (staying low, not fully standing)
 - Curtsy lunge to squat jump
- Step Jack Plank - 10
- Prisoner squats - 10 each leg
- Glute Bridge - 20 **OR** Single leg bridge - 12 each leg
- Adductor mobilizations - 12 each leg
- Rowers - 10
- Russian twists - 10 each side
- Calf Raises - 20 **OR** Single leg calf raises - 10 each leg

*Advanced level, must get permission to do this

Glute Finisher Workout

- Band Walks Foot - 20
- Band Walks Ankle - 20
- Band Walks Base of Thigh - 20
- Banded Squats - 15
- Monster Walks - 10 steps forward and 10 back
- Clamshells - 20
- Side Lying ABD - 15
- Side Lying ADD - 15
- Glute Bridge with band + pulses - 20 each
- Double leg bridge to Single leg lowering - 10, plus 10 SL bridges
- Fire Hydrants - 10 each
- Bird Dog - 12 each

Video Library:

Mobility exercises:

Inch worms - <https://youtu.be/M1zqolUOsQE>
Lateral band walks knees - <https://youtu.be/cxs7ojNH2Lo>
Lateral band walks feet - <https://youtu.be/hkn5IDzS38>
Monster Walks - <https://youtu.be/smcGGhuqWHE>
Walkouts - <https://youtu.be/HkLq5UfL7xU>
Single leg Walkout - <https://youtu.be/YagnpB4r4EI>
Glute bridge - <https://youtu.be/8iXtewxBZqU>
Single Leg Hip Lift - <https://youtu.be/ZiF66Nf6FE8>
Double Leg to Single Leg Lower - <https://www.youtube.com/shorts/ORvJ5E1v8sw>
Hamstring Floor Slides - https://youtu.be/bc3IGc_zmY
Frog pumps - <https://youtu.be/IYEH2bTxxEw>
Side lying clam shell - <https://youtu.be/4KYk0l1DoCw>
Side leg Lifts ABD - <https://youtu.be/TIZ9AnTOfQc>
Side leg lifts ADD - <https://youtu.be/xsV9BnaRRfM>
Fire Hydrant - <https://www.youtube.com/shorts/CtKY90qVlg8>
Single Leg Reach + Knee to Chest - <https://youtu.be/BfY0AEbzDc4>
90/90 hips - <https://youtu.be/vl4Oxnosl38>

Foam Rolling:

Foam rolling - Quads - <https://youtu.be/G2wn-MkfUus>
Foam rolling - Hamstrings - <https://youtu.be/gZmRD3gj8jQ>
Foam rolling - Calves - <https://youtu.be/opUwZyPNCLc>
Foam rolling - Back/lats - https://youtu.be/37eBQuBG_HI
Foam rolling - IT band - <https://youtu.be/7GCbBcpwUOo>
Foam rolling - Glutes - <https://youtu.be/GDK9okrKZ3g>
Lying hip extension on foam roller - <https://www.youtube.com/shorts/9WiZt9rfIAo>

Stretches:

Bird dog - <https://youtu.be/ORA5mkryD6U>
Cat cow - <https://youtu.be/1VDslailEIs>
Child's pose - https://youtu.be/aR3_lZfCpEw
Quad stretch - <https://youtu.be/11Xtq6YVilg>
Hamstring stretch - https://youtu.be/BcvS08j_f0s
Worlds greatest - <https://youtu.be/GeOBwUw4PJg>
Hip Flexor Stretch with Pelvic Tilt - https://www.youtube.com/shorts/o_wL7PYori8
Figure 4 stretch on back - <https://youtu.be/7WDXDKjzwQA>
Seated Glute Stretch - <https://www.youtube.com/shorts/tHliew-x3Fs>
Pigeon Stretch - <https://www.youtube.com/shorts/VO2knmAza9U>
Adductor stretch straight leg - <https://www.youtube.com/shorts/16zhADpFx2M>
Adductor stretch bent knee - <https://www.youtube.com/shorts/UwXaH2BK8NI>
Butterfly stretch - <https://www.youtube.com/shorts/tDYdcMMKhB8>
Calf stretch - <https://youtu.be/8Fh3EtLiyjU>
QL stretch in 90/90 - <https://www.youtube.com/shorts/E9NDoRqBKhs>
Thoracic Mobility Stretch - <https://youtu.be/Wpu3WCyyxmg>