

## GPXC Strength Conditioning

### New Side A

Complete 2 rounds

- \* Mini band karate chops - 10
- \* Bear crawl - 10steps forward and backward, side to side
- \* Push up to T-spine rotation - 8ea side
- \* Squat to single leg calf raise 10ea (all one side first)
- \* Lunge position, in bottom of movement, calf raise x 15ea side
- \* Curtsy lunge to squat jump in middle - 8ea side (total of 16 jump squats)
- \* 180 degree jumps - 16 total
- \* Standing banded marches - 10ea
- \* Single leg RDL - 12ea
- \* Roman chair - 10
- \* Side plank clam shells 12ea side
- \* Adductor mobilization - 12ea leg
- \* Side plank hip lifts - 15 lifts each side
- \* Side plank with bottom leg in tabletop - as long as you can hold each side
- \* Oblique can-can - 10ea side