

Warmup Preparatory Routines

Mobility Jog Circuit

Weave
Backwards Run
Side Shuffle Right
Side Shuffle Left
Arm Circles
Arms Across
Crossover Run

Static Flexibility Routines

Capella

Hansen's Back Series (L-R)
Spinal Roll
Hands Behind Back
Elbow/Obliques (L-R)
Calf Stretch (Straight/Flexed, L-R)
Split Stretch (L-R)
Heel Sit
Seated Straddle (M-L-R)
Butterfly
Figure 4/Pretzel (L-R)

Rigel

Chest Hang
Deep Squat
Lateral Squat (L-R)
Spinal Roll-Push
Spinal Roll-Pull (switch)
Butterfly
Seated Arm Pull (switch)

Dynamic Flexibility Routines

Sirius

Eagles (Back/Front)
Splits/Scissors w/ Rollover
Single Knee Tucks
Hip Circles (CW-CCW)
Double Arm Circles (CW-CCW)
Leg Swings (Sagittal/Frontal, L-R)
Donkey Kicks/Leg Whips/Trail Leg Lifts (L-R)

Vega

Eagles (Back/Front)
Leg Swings (Sagittal/Frontal, L-R)
Hurdle Trail Leg Circles (L-R)

Arcturus

Lead/Trail Leg Lifts
Bicycle/ Backward Bicycle w/ Rollover
Roll/Rollback
Double Knee Tucks
Single Arm Circles (CW-CCW)
Hurdle Trail Leg Circles (L-R)
Hurdle Seat Exchange
Lunge Exchange (Straight/Side)

Thrower's Series

Tube Over
Tube Under
Tube Side
Tube Across
Weighted Trunk Twists
Weighted Bentover Swings
Weighted Arm Circles (CW-CCW)
Weighted Wrist Twists

Sprint Development Drill Series

Cygnus

A Skips
B Skips
Backward Skips
Backward Runs
Side Shuffle (L-R)

Pegasus

Highknees
Buttkicks
Crossovers (L-R)
A2's
AC's

Aquila

Side A Skips (L-R)
Backwards Skips
B Skips
Carioca (L-R)

Draco

A Skips
Straight Leg Bounds
B Skips
Side Shuffle (L-R)

Hurdle Skill

A Skips
B Skips (L-R)
C Skips (L-R)
Skipovers (L-R Lead)

Hurdle Mobility Circuits

Dynamic

Sidekicks (L-R)
Dynamic Alternate Walkovers
Skipovers (L-R Lead)
Single Leg Skipovers
Single Leg Static/Dynamic Skipovers

Static

Alternate Walkovers
Walkovers (L-R Lead)
Over & Back (L-R Lead)
Over & Under (L-R Lead)
Alternate Static/Dynamic Walkovers

General Strength Circuits

Taurus

Pushups
Prisoner Squats
V-Sits
Back Hypers
Pushups w/Clap
Rocket Jumps
Dips
Cossack Extensions
L-Overs
Wrestler's Bridge
Swimming
Burpees

Leo

Single Leg Squat (L-R)
Stationary Lunges (L-R)
Lunge Jumps (L-R)
Incline Pushups
Dips
Decline Pushups
Lateral Squats
Prisoner Squats
Rocket Jumps
Kneeling Good Mornings
Yogis (Front/Back)
Alternate Pelvic Tilt Heel Slides
V-Sits
L-Overs
Crunches
Squat Lunge Walks

Cancer

Prone Elbowstand Leg Lifts (L-R)
Supine Elbowstand Leg Lifts (L-R) Prone
Handstand Leg Lifts (L-R)
Supine Handstand Leg Lifts (L-R)
Side Elbowstand Top Leg Lifts (L-R)
Side Handstand Top Leg Lifts (L-R)
Side Elbowstand Bottom Leg Lifts (L-R)
Side Handstand Bottom Leg Lifts (L-R)

Aquarius

Forward Leg Lift (L-R)
Forward Leg Lift/Flex (L-R)
Forward Leg Lift/Circle (L-R)
Russian Cossacks (L-R)
Bridge/Knee Extension (L-R)
Reverse Leg Lift/Flex (L-R)
Half Hypers (L-R)
Lunge Twist/Good Morning (L-R)
Half Crunches (L-R)
Crunches
Alternate Pelvic Tilt Heel Slides

Pillar

V-Sits
Back Hypers
Side Ups (L-R)
Leg Toss/Toe Touch/Hip Lifts
Crunches
Side Lifts
Back Hypers w/Twist
Crunches w/Twist L-Overs
Russian Cossacks (L-R)
Wrestler's Bridge
Pelvic Tilt Isometric
Pelvic Tilt Bicycle
Pelvic Tilt Crunches

Scorpius

Forward Squat Walk
Backward Squat Walk
Lateral Squat Walk (L-R)
Pushup Walk

Gemini

Single Leg Toe Raises (L-R)
Squat Toe Raises
Side Foot Toe Raises (L-R)
Closed Everted Toe Squats
Toe Lunge Walk (L-R)

Multijump Circuits

<u>Mercury</u>	<u>Venus</u>	<u>Mars</u>	<u>Jupiter</u>	<u>Ancillary Depth Jumps</u>	<u>Uranus</u>
Ankle Bounces	Line Hops	Tuck Jumps	Box-SLJ	Box Rebounds	RRR
Side Straddled Hops	Buttkick Jumps	Ski Jumps	Box-Hurdle	Lateral Box Rebounds	LLL
Front Straddled Hops	180's	Single Leg Lateral Turns	Box-Box-SLJ	Twisting Box Rebounds	RRLL
Crossover Hops	Rocket Jumps	Straddle Jumps	Box-Box-Hurdle	Single Leg Box Rebounds	LLRR
Diagonal Hops	Speed Skaters	Single Leg Medial Turns			RLRL
Bunny Hops	Wideouts	Lane Hops			LRLR
Zig-Zag Bunny Hops	Squat Freeze Jumps	Single Leg Squat Jumps			
<u>Saturn</u>	<u>Neptune</u>	<u>Pluto</u>	<u>Bounding Series A</u>	<u>Bounding Series B</u>	<u>Bounding Series T</u>
Standing Long Jump	Jog-RRR	LLL...	RRR...	Straight Leg Bounds	Skips for Height
3 Double Leg Bounds	Jog-LLL	RRR...	LLL...	LRLR...	Skips for Distance
Standing Triple Jump	Jog-RLRL	LLRR...	RRL...	RRL...	Run-Run-Jump (L-R)
Double-Double	Jog-LRLR	Medial Hops (L-R)	LLR...		
		Lateral Hops (L-R)	RRL...		
			RLRL...		

Medicine Ball Circuits

<u>Auriga</u>	<u>Bootes</u>
Standing Overhead Forward	Standing Shoulder (L-R)
V-Sits	Back Toss
Good Mornings	Kneeling Good Morning
Kneeling Shoulder (L-R)	Kneeling Overhead Forward
Seated Hip (L-R)	Seated Hip (L-R)
Reach & Hike	Medial Kicks (L-R)
Rotation Exchange (CW-CCW)	Lateral Kicks (L-R)
Medial Knee Toss (L-R)	Hurdle Reach (L-R)
Lateral Knee Toss (L-R)	Leg Ad-Abs
Toe Toss	Kneeling Overhead Back Exchange
Prone	Knee Squeezers
Seated Roll	Prone Overhead Back

Multithrow Circuits

<u>Hercules</u>	<u>Orion</u>
Overhead Back	Lunge Chest (L-R)
Between the Legs Forward	Shoulder Step (L-R)
Hammer Hip (L-R)	Overhead Step (L-R)
Squat Chest	
<u>Depth</u>	
Hop-Hop-Overhead Back	
Hop-Hop-Between the Legs Forward	
Box-Overhead Back	
Box-Between the Legs Forward	

Olympic Weight Training Exercises

<u>Olympic Lifts</u>	<u>Finishing Movements</u>	<u>Squat Movements</u>	<u>Press Movements</u>
Snatch Pulls (floor, knee, thigh)	Front Squat	Squat (Deep, Half, Deep+)	Bench Press
Clean Pulls (floor, knee, thigh)	Snatch Squat	Split Squat	Incline Press (Full, Half)
Snatch (floor, knee, thigh)	Press Jerk	Snatch Squat	Dumbbell Bench Press
Clean (floor, knee, thigh)	Split Jerk	Front Squat	Dumbbell Incline Press
Split Snatch (floor, knee, thigh)		Stepups (Horizontal, Vertical)	Dumbbell Flies
Split Clean (floor, knee, thigh)		Lunge Walks	Supine Pullovers (Base, Diagonal)
Dumbbell Snatch (floor, knee, thigh)		Split Deadlifts	
Dumbbell Clean (floor, knee, thigh)			

Bodybuilding Circuits

<u>Group A</u>	<u>Group B</u>
Leg Curl	Single Leg Curl
Twist Lunges (L-R)	Crossover Stepups (L-R)
Hyper-Ups	Straight Leg Dead Lift
Bent Over Row	Hyper w/ Twist
Back Pulldowns	Bent Over Row
Dips	Front Pulldowns
Behind Neck Press	Behind Neck Press
Leg Extension	Single Leg Extension (L-R)
Twisting Situps	Weighted Crunches
Hanging Leg Lifts	Hanging Lateral Leg Lifts
Russian Twist	Stooped Russian Twist
Windmill	Alternate Weighted V-Sits

Static Weight Training Exercises

<u>Rotational/Central Lifts</u>	<u>Static Lifting Protocols</u>
Russian Twists (Full, Half)	Base
Split Russian Twists (Full, Half)	Speed
Overhead Russian Twists (Full, Half)	Static Dynamic
Split Overhead Russian Twists (Full, Half)	
Weighted Crunches (Full, Half)	
Weighted Hypers (Full, Half)	
Weighted V-Sits	

Ballistic Weight Training Exercises

<u>Loaded Jumps</u>	<u>Press Movements</u>	<u>Depth Circuit</u>
Squat Jumps (Deep, Half)	Rep Press Jerks	Overhead Double (Deep, Half)
Lunge Jumps	Rep Split Jerks	Overhead Single (Deep, Half)
Split Jumps		Extended Double (Deep, Half)
Stepup Jumps		Extended Single (Deep, Half)
Single Leg Rotational Jumps		