

UKA NATIONAL PERFORMANCE CENTRE L'BORO

WARM-UP PROTOCOLS

OUTDOOR WARM-UPS

GOLD RUSH (SPRINT):	1) JOG / SKIP / SIDE SHUFFLE 800M; 2) DYNAMIC FLEXIBILITY (SERIES 1 & 2); 3) COMFORT STRETCHES, 4) SPRINT DRILLS (SERIES A);
PRAIRIE WIND (SPRINT):	1) JOG / SKIP / SIDE SHUFFLE & LUNGE STEPS 800M; 2) DYNAMIC FLEXIBILITY (SERIES 2 & 3); 3) COMFORT STRETCHES, 4) SPRINT DRILLS (SERIES B);
HARVEST (HURDLE):	1) JOG / SKIP / SIDE SHUFFLE 800M; 2) DYNAMIC FLEXIBILITY (SERIES 3); 3) HURDLE MOBILITY / POWER SPEED SERIES
RUST (THROW):	1) JOG / SKIP / SIDE SHUFFLE 800M; 2) DYNAMIC FLEXIBILITY (SERIES 1); 3) SPECIFIC MOBILITY: LUCKY THIRTEEN x 20
FREEDOM (THROW):	1) JOG, SIDE SHUFFLE AND LUNGE STEPS 800M; 2) DYNAMIC FLEXIBILITY (SERIES 2); 3) SPECIFIC MOBILITY: LIFE ;
FORK IN THE ROAD (THROW):	1) JOG, SIDE SHUFFLE AND LUNGE STEPS 800M; 2) DYNAMIC FLEXIBILITY (SERIES 3); 3) SPECIFIC MOBILITY: FUEL LINE ;

DYNAMIC FLEXIBILITY / MOBILITY

SERIES 1

1. ALTERNATE ARM ROTATION FORWARD. X 20M
2. ALTERNATE ARM ROTATION BACKWARD. X 20M
3. ALTERNATE ARM ROTATION FORWARD (ACUTE ANGLE) X 20M
4. ALTERNATE ARM ROTATION BACKWARD (ACUTE ANGLE) X 20M
5. EAGLES X 10 REPS
6. SCISSORS (FRONTAL & SAGITTAL) X 10 REPS EACH
7. HURDLE SEAT EXCHANGE ROLLOVER X 10 REPS
8. LEG SWINGS (FRONTAL & SAGITTAL) X 10 REPS EACH
9. DONKEY KICKS X 10 REPS

SERIES 2

1. ARM SWINGS FORWARD & BACKWARD VERTICAL X 20M
2. ARM SWINGS FORWARD & BACKWARD HORIZONTAL X 20M
3. HURDLE SEAT EXCHANGE PIVOT X 10 REPS
4. INVERTED BICYCLE X 10 REPS
5. TRAIL LEG WINDMILL X 10 REPS EACH LEG
6. LUNGE EXCHANGE X 10 REPS
7. ANKLE - GROUND - ANKLE X 20M
8. KNEE-CHEST, HEEL - BUTT X 20M
9. ANKLE CIRCLES X 10 REPS EACH ANKLE, EACH DIRECTION
10. SCORPIONS X 10

SERIES 3

1. DOUBLE ARM ROTATION FORWARD. X 20M
2. DOUBLE ARM ROTATION BACKWARD. X 20M
3. DOUBLE ARM ROTATION FORWARD (ACUTE ANGLE) X 20M
4. DOUBLE ARM ROTATION BACKWARD (ACUTE ANGLE) X 20M
5. LEG SWINGS (FRONTAL & SAGITTAL) X 10 REPS EACH
6. EAGLES X 10 REPS
7. SIDE BENDS X 10 REPS
8. VOLLEYBALL DRILL X 20M
9. HEEL WALKS X 20M

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WARM-UP PROTOCOLS

TECHNICAL DRILLS

SPRINT DRILLS:	
A)	B)
WALKING A'S:	HI HEELS:
X 10M, INTO RUN FOR 30M	X 10M, INTO RUN FOR 30M
SKIPPING A'S:	TRIPLES:
X 10M, INTO RUN FOR 30M	X 10M, INTO RUN FOR 30M
RUNNING A'S:	STRAIGHT LEG BOUND:
X 10M, INTO RUN FOR 30M	X 30M
CARIOCA:	FAST LEG ALTERNATE ACCELERATING:
X 20M, INTO RUN FOR 30M	X 30M
BACKWARD SKIP:	CROSSEVERS:
X 20M, INTO RUN FOR 30M	X 20M, INTO RUN FOR 30M
BACKWARD RUN:	
X 20M, INTO RUN FOR 30M	

WARM DOWN PROTOCOLS

NOWHERE:	1) JOG / SKIP / SIDE SHUFFLE 400M; 2) DYNAMIC FLEXIBILITY (SERIES 1); 3) YOGA SERIES;
UNPLUGGED:	1) JOG / SKIP / SIDE SHUFFLE 400M; 2) DYNAMIC FLEXIBILITY (SERIES 2); 3) YOGA SERIES;
EVERYBODY'S ROCKIN':	1) JOG / SKIP / SIDE SHUFFLE 400M; 2) DYNAMIC FLEXIBILITY (SERIES 3); 3) YOGA SERIES
TRANS:	1) JOG / SKIP / SIDE SHUFFLE 400M; 2) DYNAMIC FLEXIBILITY (CHOICE) 3) 6 X 50M STRIDES ON GRASS
TONIGHT'S THE NIGHT:	1) 10 MINUTE JOG; 2) DYNAMIC FLEXIBILITY (CHOICE);
DECADE:	1) 10 MINUTE JOG; 2) YOGA SERIES

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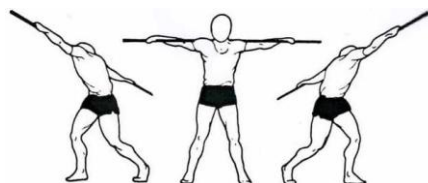
WARM-UP PROTOCOLS

SPECIFIC MOBILITY

Lucky Thirteen:

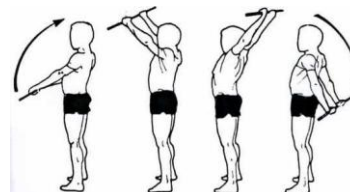
1. STANDING TRUNK TWISTS:

- 1 x 10-20



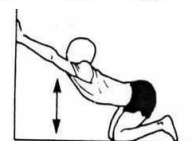
2. DOUBLE ARM FRONT TO BACK:

- 1 x 10 PROGRESSIVE NARROW GRIP



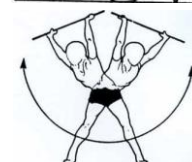
3. KNEELING / LYING GOOD MORN. SHOULDER STR.:

- 1 SET EACH



4. TRUNK ROTATIONS – GOOD MORNING STYLE:

- 1 x 10



5. SINGLE ARM PEC STRETCH:

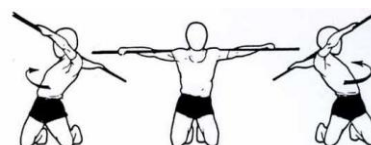
- 1 SET EACH ARM



Life:

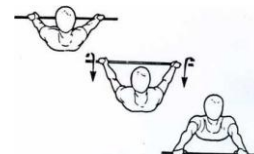
1. KNEELING TRUNK TWISTS:

- 1 x 10-20



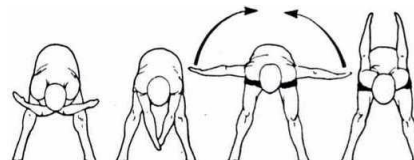
2. PRONE DOUBLE ARM FRONT TO BACK:

- 1 x 10 PROGRESSIVE NARROW GRIP



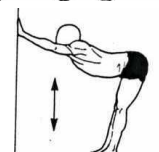
3. LOADED / UNLOADED BENT OVER ARM SWINGS:

- 1 x 10-20



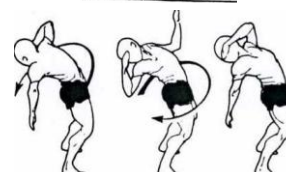
4. GOOD MORNING SHOULDER STRETCH:

- 1 SET



5. STANDING BACK HYPER W/ TWISTS:

- 1 x 10



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SPECIFIC MOBILITY

Fuel Line:

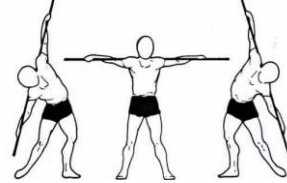
1. BENCH TWISTS SUPINE:

- 1 x 10



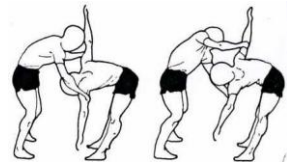
2. SIDE BENDS:

- 1 x 10 ALTERNATING EACH SIDE



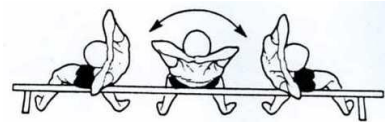
3. PARTNER TRUNK TWISTS:

- 1 SET



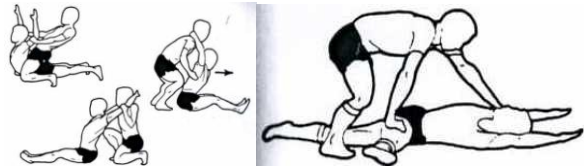
4. BENCH TWISTS

- 1 x 10-20



5. PARTNER SHOULDER / TRUNK STRETCHES

- 1 SET VARIOUS (CHOICE)



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WARM-UP PROTOCOLS

HURDLE MOBILITY / DRILLS

Massey Hall:

- 1. TRAIL LEG WINDMILL:**
 - 1 x 10 EACH LEG
 - FROM EXTENDED TRAIL LEG POS'N
 - KNEE TO CHEST
 - DO NOT "PAW" WITH TRAIL LEG
- 2. OVER / UNDER:**
 - 2 x 10 HURDLES, ALTERNATE START LEG
 - OVER ONE HURDLE, UNDER NEXT
 - FOOT ONLY TOUCHES GROUND ONCE B/T HURDLES
 - MOVE QUICKLY WHERE POSSIBLE
- 3. OUTSIDE KNEE PISTONS:**
 - 1 x 10 HURDLES EACH SIDE, TIMED
 - WITH NATURAL ARM ACTION OR "HANDS UP"
 - DOWN SIDE, **FAST!**
 - HURDLES TOGETHER
- 4. LEAD LEG PISTONS:**
 - 1 x 10 HURDLES EACH SIDE, TIMED
 - AS ABOVE, WITH LEADING LEG ONLY
 - DOWN SIDE, FOOT CONTACT ONCE B/T HURDLES, **FAST!**
 - HURDLES TOGETHER
- 5. TRAIL LEG SWIM 1:**
 - 1 x 10 HURDLES, TIMED
 - TRAIL LEG OFF ONE HURDLE IS LEAD LEG INTO NEXT HURDLE
 - DOWN CENTER, FOOT CONTACT ONCE B/T HURDLES
 - HURDLES TOGETHER

Fillmore East:

- 1. TRAIL LEG HURDLE RAIL:**
 - 1 x 10 EACH LEG
 - FROM EXTENDED "TALL" POS'N
 - KNEE TO CHEST
 - EXTEND TRAIL LEG ALONG HURDLE RAIL
- 2. OVER / UNDER:**
 - 2 x 10 HURDLES, ALTERNATE START LEG
 - OVER ONE HURDLE, UNDER NEXT
 - FOOT ONLY TOUCHES GROUND ONCE B/T HURDLES
 - MOVE QUICKLY WHERE POSSIBLE
- 3. INSIDE KNEE PISTONS:**
 - 1 x 10 HURDLES EACH DIRECTION, TIMED
 - AS ABOVE, BUT INSIDE OF HURDLES
 - DOWN CENTER, **FAST!**
 - HURDLES TOGETHER
- 4. TRAIL LEG SWIM 2:**
 - 20 REPETITIONS, TIMED
 - STANDING BETWEEN 2 HURDLES
 - ALTERNATE LEGS IN TRAIL LEG ACTION
 - **FAST!** SKIP RHYTHM
- 5. 1 STEP SKIP HURDLE ACTION:**
 - 1 x 10 HURDLES EACH LEAD LEG, TIMED
 - EMPHASIS ON LEAD / TRAIL LEG PLACEMENT
 - DOWN CENTER, **FAST!**
 - HURDLES APART SLIGHTLY

Sugar Mountain:

- 1. LEAD LEG KICK:**
 - 1 x 10 EACH LEG
 - FROM TALL, EXTENDED POS'N
 - DORSI-FLEX FOOT, HEEL THROUGH BUTT
 - BLOCK THIGH
- 2. STANDARD TRAIL LEG ½ HURDLE:**
 - 1 x 10 EACH LEG
 - STEP PAST HURDLE
 - FOLD TRAIL LEG - KNEE TO CHEST
 - SWIM ARM ACTION
- 3. STANDARD LEAD LEG ½ HURDLE:**
 - 1 x 10 EACH LEG
 - AVOID LATERAL PLACEMENT OF LEAD LEG
 - PUSH FROM TAKE OFF LEG
 - EXTEND OPPOSITE ARM
- 4. 2 UP / 1 BACK:**
 - 1 x 10
 - HURDLE ACTION FORWARD 2 HURDLES
 - REVERSE ACTION BACKWARDS 1 HURDLE
- 5. 3 STEP TRAIL LEG ½ HURDLE**
 - 1 x 10 HURDLES EACH SIDE, TIMED
 - AS #2 BUT WITH 3 QUICK STEPS
 - FOLD TRAIL LEG - KNEE TO CHEST
 - SWIM ARM ACTION
- 6. 3 STEP LEAD LEG ½ HURDLE**
 - 1 x 10 HURDLES EACH SIDE, TIMED
 - AS #3 BUT WITH 3 QUICK STEPS
 - PUSH FROM TAKE OFF LEG
 - EXTEND OPPOSITE ARM

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SPECIAL STRENGTH

GENERAL STRENGTH CIRCUITS

ARC WELD:

LATERAL LEG EXCHANGES X 20
BURPEES X 10
PUSH UPS X 10+

ZUMA:

LOW WALKS X 10M
ALT. LEG OVER SHOULD. X 20
FISH OUT OF WATER X 20

MIRROR BALL:

LUNGE EXCHANGES X 20
PUSH UP BURPEES X 10
V-SITS X 20

LIFE:

LATERAL DUCK WALKS X 10M
ANKLE HOPS X 20M
CHINNEES X 20

LUCKY THIRTEEN:

DUCK LUNGE WALK X 10M
SIDE LEG RAISES X 10 EACH
BOX JUMPS X 10

YEAR OF THE HORSE:

COSSACK DANCE
HURDLE LEG EXCHANGE X 20
HIGH KICKS X 20

ROAD ROCKS:

BEAR CRAWL X 20M
STAR JUMPS X 10
EXCHANGE PUSH UPS X 10+

HUMAN HIGHWAY:

LAT. BEAR CRAWL X 10M ↔
CHERBAKIES X 10
CAT PUSH UPS X 10+

BOXCAR:

REVERSE BEAR CRAWL X 20M
HS STRAIGHT LEG HIP EXT X 10
BOX LEG EXCHANGES X 20

THE WAY:

SPLIT JUMPS X 10
CIRCULAR PUSH UPS X 5+ ↔
SITTING TUCKS X 20

DIRTY OLD MAN:

JUMPING ½ SQUAT X 10
SKY DIVERS WITH TWIST X 10
SKIP JERKS X 20

EVEN AFTER:

SPEED SKATER X 10
BACK HYPERS W/ TWIST X 10
360° PUSH UPS ↔

HEART OF GOLD:

DUCK WALKS X 10M
HURDLE DISCO SWITCH X 10
JACKKNIVES X 20

ELDORADO:

REVERSE LOW WALKS X 10M
SHOULDER RAISES X 20
1/2/3 PUSH UPS X 9+

BLUEBIRD:

LUNGE STEPS X 10
WRESTLER'S BRIDGE X 6+
CLAP PUSH UPS X 10

BELIEVER:

SIDE STEP UPS OFF BOX X 10
JUMPING JACKS X 20
HIGH HEELS X 20M

ABDOMINAL SERIES

(DO IN SERIES, NOT CIRCUITS)

INTERSTATE (ALL EX.'S 5-10 SEC HOLD):

EXAGGERATED PELVIC TILT X 10
PELVIC TILT ONE LEG EXTENSION X 10
PELVIC TILT DOUBLE LEG EXTENSION X 10

HOMEFIRES:

REVERSE CRUNCH - FLOOR OR INCLINE
STANDARD CRUNCH - FLOOR OR INCLINE

LADY WINGSHOT:

SWISS BALL SIT-UP WITH MB OVERHEAD
ABDOMINAL CRUNCH WITH MB TWIST

GREY RIDERS:

REVERSE CRUNCH - HANGING
WINDSHIELD WIPERS / LATERAL LEG RAISE
*USE CAUTION WITH WINDSHIELD WIPERS

BAD NEWS:

REVERSE CRUNCH - SWISS BALL
STANDARD CRUNCH - SWISS BALL

DON'T SPOOK THE HORSE:

HEAVY CROSS CRUNCHES - SWISS BALL
HEAVY CRUNCH - SWISS BALL

**NOTE: ALL ABDOMINAL SERIES ARE TO BE DONE IN SERIES, NOT CIRCUITS
(I.E. COMPLETE ALL SETS IN ONE EXERCISE BEFORE MOVING ON TO THE NEXT EXERCISE)**

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SPECIAL STRENGTH

SWISS BALL CIRCUITS

COUNTRY HOME:

1. Two Legged Bridge - calves / heels, arms in / out
- 10 reps with 5 second hold / 5 second rest
2. Prone Single Leg Raise – hand / elbow stand, toe on ball
- 10 reps with 5 second hold / alternating
3. Single Leg Bridge - arms in / out
- 20 reps with 5 second hold / alternate legs

CARRY ON:

1. Supine Lateral Ball Roll - short / long ROM
- 10 reps with 5 second hold / alternating
2. Supine Hip Extension - double leg / single leg
- 10 reps with 5 second hold / alternate legs
3. Prone Forward Ball Rolls - knees / feet
- 10 reps with 5 second hold / 5 second rest

IMPEACH:

1. Prone Ball Crawler - knees / feet
- 20 reps alternating
2. Supine Ball Crawler double / single leg
- 20 reps alternating

WOODSTOCK:

1. Fish Out of Water -unweighted / weighted
- 20 reps alternating
2. Supine Single Leg Raise – hand / elbow stand, heel on ball
- 10 reps with 5 second hold / alternating
3. Back Extension / Prone Cobra - unweighted
- 10 reps with 5 second hold at top, no rest at bottom

WHITE LINE:

1. Lateral Single Leg Raise - elbow stand
- 10 reps each leg
2. Supine Hip Extension – hand / elbow stand
- 10 reps with 5 second hold
3. Lateral Single Leg Raise - hand stand
- 10 reps each leg

MOTHER EARTH:

1. Prone Hip / Leg Extension - parallel / vertical
- 10 reps with 5 second hold at top / no rest at bottom
2. Pec Fly - knees on bench / feet on floor, single / dbl. arm, with / without DB
- 10 reps (each side for single arm)
3. Torso Side Flexion - unweighted
- 10 reps each side

STICKS

BABY WHAT YOU WANT ME TO DO:

- Fish Out of Water - prone on floor without stick
- 20 reps alternating
- Horse Stance Horizontal
- 4 reps 30 - 60 second hold / alternating
- Horse Stance Dynamic - without stick
- 20 reps alternating

FOUR STRONG WINDS:

- Prone Cobra - prone on floor, without stick
- 10 reps with 5 second hold
- Horse Stance Alphabet
- Once through alphabet, each leg
- Horse Stance with Hip & Shoulder Abduction
- 10 reps with 5 second hold / each side

HOME ON THE RANGE:

- Sky Diver
- 10 reps with 5 second hold
- Horse Stance Horizontal
- 4 reps with 30-60 second hold / alternating
- Horse Stance Alphabet
- 10 reps with 5 second hold / alternating

BALANCE ROUTINES - ON SWISS BALL

(THESE MUST BE DONE WITH SPOTTERS!)

CHANGE YOUR MIND:

- Kneeling, double support
Kneeling, single support
Standing, double support

DRIVEBY:

- Standing, double support
Stand and Catch, with med ball
Standing, into squat

SLEEPS WITH ANGELS:

- Standing, single support
Stand and Catch, single support, w/ med ball
Standing, single support, into squat

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SPECIAL STRENGTH

MULTIPLE THROWS CIRCUITS

GENERAL STRENGTH:

COWGIRL:

STANDING TRICEPS THROW
HIP CATCH N' THROW
HURDLE REACH
PRONE ARM AD-ABS

OVER AND OVER:

STANDING DISCUS THROW
SEATED LEG AD-ABS
ALLAH ARCH
PARTNER EXCHANGE TWISTS
SOCCER PUSH

BE THE RAIN:

KNEELING DISCUS THROW
HAMSTRING TOSS
PRONE OVERHEAD FRONT
SEATED OVERHEAD CATCH N' THROW ROLL
PARTNER EXCHANGE TWISTS

DOUBLE E:

KNEELING TRICEPS THROW
REACH N' HIKE
SEATED OBLIQUE CATCH N' THROW
LEG TOSS

UNI / CONTRALATERAL:

POWDERFINGER:

FRONT HEAVE WITH STEP L
FRONT HEAVE WITH STEP R
SHOULDER HEAVE WITH STEP R
SHOULDER HEAVE WITH STEP L

TOO FAR GONE:

FRONT HEAVE WITH STEP L – INTO MAT OR RUN
FRONT HEAVE WITH STEP R - INTO MAT OR RUN
ACCELERATION HEAVE L - INTO MAT OR RUN
ACCELERATION HEAVE R - INTO MAT OR RUN

SUN GREEN:

1 KNEE OVER SHOULDER TH. R
1 KNEE OVER SHOULDER TH. L
LUNGE CHEST PASS

CARMICHEAL:

SINGLE LEG ACC. HEAVE R
SINGLE LEG ACC. HEAVE L
JUMPING CHEST PASS

UNKNOWN LEGEND:

USE POWERBALL:

SINGLE ARM FRONT HEAVE L
SINGLE ARM FRONT HEAVE R
SINGLE ARM BACK HEAVE L
SINGLE ARM BACK HEAVE R

BANDIT:

USE POWERBALL:

SINGLE ARM OVERHEAD HEAVE L
SINGLE ARM OVERHEAD HEAVE R
SINGLE ARM REVERSE WOOD CHOP L
SINGLE ARM REVERSE WOOD CHOP R

CRIME IN THE CITY:

JAVELIN POWER POS'N THROW WITH TWIST R
JAVELIN POWER POS'N THROW WITH TWIST L
STANDING REVERSE WOOD CHOP R
STANDING REVERSE WOOD CHOP L

BILATERAL:

DEVIL'S SIDEWALK:

KNEELING FRONT HEAVE
KNEELING REV. W. CHOP R
KNEELING REV. W. CHOP L
KNEELING BACK HEAVE

HELPLESS:

BACK HEAVE
FRONT HEAVE
HAMMER HEAVE RIGHT
HAMMER HEAVE LEFT

LET'S ROLL:

BACK HEAVE OFF LATERAL BOXES
FRONT HEAVE OFF LATERAL BOXES
ACCELERATION HEAVE

THRASHER:

1 HOP + BACK HEAVE
1 HOP + FRONT HEAVE
1 BOX + BACK HEAVE
1 BOX + FRONT HEAVE

SPECIAL:

DON'T CRY:

(BACK EXT. MACHINE)

BACK EXT. HEAVE R
BACK EXT. HEAVE L
BACK EXT. HEAVE FORWARD

FALLING FROM ABOVE:

(JAVELIN - MED BALL)

STRANDING THROW - WITH TWIST
3 STEP THROW
BENCH THROWS - INCLINE BENCH
STUTTER 3 STEP THROW

OUT OF THE BLUE:

(JAVELIN – MED BALL)

1 KNEE OVER SHOULDER W/TWIST R
1 KNEE OVER SHOULDER W/TWIST L
STANDING JAVELIN THROW R
STANDING JAVELIN THROW L

LEAVE THE DRIVING:

(JAVELIN - MED BALL)

BENCH THROWS - FLAT BENCH
3/5/7 STEP DOUBLE ARM THROWS R
SWISS BALL THROWS
3/5/7 STEP DOUBLE ARM THROWS L

FALLING FROM ABOVE: (JAVELIN - MED BALL)

STRANDING THROW - WITH TWIST
3 STEP THROW
BENCH THROWS - INCLINE BENCH
STUTTER 3 STEP THROW

OUT OF THE BLUE: (JAVELIN - MED BALL)

1 KNEE OVER SHOULDER THROW WITH TWIST R
1 KNEE OVER SHOULDER THROW WITH TWIST L
STANDING JAVELIN THROW R
STANDING JAVELIN THROW L

LEAVE THE DRIVING: (JAVELIN - MED BALL)

BENCH THROWS - FLAT BENCH
3/5/7 STEP DOUBLE ARM THROWS R
SWISS BALL THROWS
3/5/7 STEP DOUBLE ARM THROWS L

WELFARE MOTHERS: (JAVELIN – WEIGHTED BALLS)

STRAIGHT ARM THROWS
STANDING THROWS - BILATERAL POSITION
STANDING THROWS - 1 STEP
3 STEP THROW
5 STEP OR 7 STEP THROW

INTO THE BLACK: (JAVELIN - IMPLEMENT, LIGHT BALLS)

PUSH PASS - ELBOWS HIGH, L & R
STANDING THROW – BILATERAL, L & R
STANDING THROW WITH TWIST / ARCH - BILATERAL
KNEELING ARCH THROW - WITH TWIST, BILATERAL
1 KNEE OVER SHOULDER - TWIST, L & R
BENCH BENT ARM PULLOVER - FLAT OR INCLINE, W / W.O. TWIST
BENCH STRAIGHT ARM PULLOVER - FLAT OR INCLINE, W / W.O. TWIST

TEN MEN WORKIN': (SHOT):

PUSH PUT - ELBOWS HIGH, L & R
PUSH PUT - TWIST, FEET FORWARD, L & R
PUSH PUT - TWIST, FEET FORWARD, L & R
PUSH PUT - TWIST, FEET 90 DEG., L & R
STANDING PUT - L & R
BACK HEAVE - POWER POS'N

WAR OF MAN: (HAMMER):

FRONT HEAVE - KETTLEBELL
BACK HEAVE - KETTLEBELL
HAMMER HEAVE R - KETTLEBELL
HAMMER HEAVE L – KETTLEBELL

WRECKING BALL: (K-BELL, POWERBALL)

SNATCH THROWS FOR HEIGHT
FRONT HEAVES - OFF GROUND, BOXES
BACK HEAVES - OFF GROUND, BOXES
REVERSE WOOD CHOP R
REVERSE WOOD CHOP L

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SPECIAL STRENGTH

MULTIPLE JUMPS CIRCUITS

GENERAL STRENGTH:

KINDA FONDA WANDA:

DOUBLE LEG: 180 / 360 DEGREES
JUMP STEP UPS OFF BOX
STAR JUMPS
SPLIT JUMPS

DRIFTER:

LATERAL SQUAT JUMPS W/TURN
SINGLE LEG HOPS
JUMPS W/ HEEL TO BUTT
LATERAL SQUAT JUMPS

BURNED:

DBL. LEG 180 / 360 DEGREES
SPEED SKATER
DOUBLE LEG JUMPS FOR DISTANCE
JUMPING 1/2 SQUATS - HEIGHT

LONER:

BOX JUMP 180 / 360 L – R
SINGLE LEG HOPS: R,R,L,L
JUMPS W/KNEES TO CHEST
STRADDLE JUMPS

UNI / CONTRALATERAL:

CAMPAIGNER:

STRAIGHT LEG BOUNDS
FLEXED LEG BOUNDS
R, R, L, L,

MISFITS:

BOUNDING
LEFT LEG HOPS
RIGHT LEG HOPS

TIRED EYES:

BOX - GR - BOX - GR...
BOUNDING

BILATERAL:

CRAZY HORSE:

DBL. LEG HOPS (ANKLES ONLY): LOW H.
DBL. LEG HOPS (EVERY 2ND H): LOW H.
HURDLE HOP STOPS: LOW H
HURDLE FROG HOPS : LOW H
HURDLE HOPS: HIGH - LOW - HIGH - LOW
HURDLE HOPS: HIGH H

LOOKOUT JOE:

HURDLE HOPS: LOW HURDLES
HURDLE HOPS: L, M, H, L, M, H
HURDLE HOPS: HIGH HURDLES

RED SUN:

HURDLE HOPS: L, L, M, M, H, H
HURDLE HOPS: HIGH HURDLES

CORTEZ:

1 BOX + 1 HURDLE
2 BOX + 2 HURDLES
1 BOX + SLJ
2 BOX + SLJ
2 BOX LATERAL JUMP

DOWNTOWN:

Box (24" - 30"):
GROUND - Box - BAR - BOX...

LOVE TO BURN:

BOX - SLJ FOR DISTANCE
BOX - VJ FOR HEIGHT

SPECIAL:

HIPPIE DREAM:

STANDING LONG JUMP
STANDING TRIPLE JUMP
5 x DBL. LEG JUMPS FOR DIST.
VERTICAL JUMP

FARMER JOHN:

POWER SKIP (HEIGHT) x 20 REPS
POWER SKIP (DISTANCE) x 20 REPS
SINGLE LEG FORWARD - LOW AMP x 20M
SINGLE LEG BACKWARDS - LOW AMP x 20M
DOUBLE LEG FORWARDS - LOW AMP x 20M
DOUBLE LEG BACKWARDS - LOW AMP x 20M
L,L,R,R - LOW AMP x 20M
MEDIALS - LOW AMP x 20M

ORDINARY PEOPLE (VAULTERS):

RUNNING OVER LOW HURDLES: ONE STEP WITH POLE
RUNNING OVER LOW HURDLES: TWO STEP WITH POLE
DBL. LEG HOPS OVER LOW HURDLES: ANKLES ONLY W/ POLE
BOUNDING LOW AMP WITH POLE
BOUNDING WITH POLE
SINGLE LEG HOPPING WITH POLE

**UKA NATIONAL PERFORMANCE CENTRE L'BORO
SPECIAL STRENGTH**

ANCILLARY STRENGTH CIRCUITS – SPRINTERS / JUMPERS

ALABAMA

1. CHIN UPS X 6+
2. SINGLE ARM K-BELL SWINGS X 8↔
3. PLATE TWISTS (STANDING) X 20
4. SIDE FLEXIONS X 8↔

HORRICANE

1. DB ARM EXCHANGE (SUPINE) X 12
2. PLATE ARCHES X 12
3. LUNGE TWISTS (DEEP) X 12
4. AROUND THE WORLD (SUPINE) X 10

OHIO

1. SUPINATED LAT PULL DOWNS X 10
2. BB GOOD MORNING TWISTS X 12↔
3. TRUNK TWISTS HOR. (CABLE) X 8↔
4. AROUND THE WORLD (STANDING) X 10

ALBUQUERQUE

1. BTN CHIN UPS X 6+
2. DB CIRCLES X 5↔
3. LUNGE TWISTS (SHALLOW) X 12
4. PRONE COBRA SB X 10

WYOMING

1. DB ARM EXCHANGE (STANDING) X 12
2. DB GOOD / GOOD MORNINGS X 10
3. PLATE TWISTS (SEATED) X 20
4. LATERAL SNATCH LIFT X 8↔

WALK ON

1. BTN LAT PULL DOWNS X 10
2. DB TOE TOUCHES X 10
3. PLATE TWISTS (SUPINE) X 12
4. BAR CRAWLS X 10

PHILADELPHIA

1. MILITARY PRESS STANDING X 10
2. REVERSE WOOD CHOPS X 8↔
3. WOOD CHOPS H→L (CABLE) X 8↔
4. TRUNK TWISTS (BARBELL) X 12

CINNAMON GIRL

1. DOUBLE ARM GIANT SWINGS X 12
2. RUSSIAN BACK EXTENSIONS X 8
3. BB CORNER PIVOTS X 12
4. MILITARY PRESS (SEATED) X 10

↔ = EACH SIDE / EACH WAY

ASCEND EXERCISES AS NEEDED

ALL EXERCISES ARE TO BE DONE EXPLOSIVELY WHERE POSSIBLE!!

UKA NATIONAL PERFORMANCE CENTRE L'BORO

SPECIAL STRENGTH

ANCILLARY STRENGTH CIRCUITS

ALABAMA (JAVELIN)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (SWISS BALL)
3. BAR / WHEEL CRAWLS (KNEES / FEET / WHEELBARROW)
4. BACK EXTENSION (RUSSIAN / TRADITIONAL)
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. DUMBBELL ARM EXCHANGE (STANDING)

OHIO (JAVELIN)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. BAR / WHEEL CRAWLS (KNEES / FEET / WHEELBARROW)
4. DUMBBELL GOOD, GOOD MORNING
5. AROUND THE WORLD (STANDING)
6. DOUBLE ARM GIANT SWINGS

PHILADELPHIA (JAVELIN)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. BAR / WHEEL CRAWLS (KNEES / FEET / WHEELBARROW)
4. PLATE ARCHES
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. DUMBBELL ARM EXCHANGE (SUPINE, BENCH / BALL)

ALBUQUERQUE (JAVELIN)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. STANDING PLATE TWISTS (LOW PT. BEHIND)
3. FLOOR ARCHES
4. DUMBBELL TOE TOUCHES
5. POSTERIOR ROWS
6. BARBELL CORNER PIVOTS

L.A. (JAVELIN)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. LUNGE TWISTS
3. FLOOR ARCHES
4. LATERAL SNATCH LIFT (L THEN R)
5. REVERSE SHRUGS
6. BARBELL CORNER PIVOTS

WYOMING (JAVELIN)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. LUNGE TWISTS
3. FLOOR ARCHES
4. DUMBBELL CIRCLES
5. SINGLE ARM STANDING LAT FLYS
6. BARBELL CORNER PIVOTS

SPECIAL STRENGTH EXERCISES - THROWS

ANCILLARY STRENGTH CIRCUITS

BRINGIN' DOWN DINNER (SHOT)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (SWISS BALL)
3. SEATED MILITARY PRESS (DUMBBELL)
4. BACK EXTENSION (RUSSIAN / TRADITIONAL)
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. DUMBBELL ARM EXCHANGE (STANDING)

DISTANT CAMERA (SHOT)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. SEATED BEHIND THE NECK PRESS (BARBELL)
4. DUMBBELL GOOD, GOOD MORNING
5. AROUND THE WORLD (STANDING)
6. BARBELL CORNER PIVOTS

TWO OLD FRIENDS (SHOT)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. STANDING MILITARY PRESS (BARBELL)
4. PLATE ARCHES
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. PEC FLYS

RAZOR LOVE (SHOT)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. STANDING PLATE TWISTS (LOW PT. BEHIND)
3. SEATED MILITARY PRESS (BARBELL)
4. DUMBBELL TOE TOUCHES
5. POSTERIOR ROWS
6. PEC FLYS

GRANDPA'S INTERVIEW (SHOT)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. LUNGE TWISTS
3. STANDING MILITARY PRESS (DUMBBELL)
4. LATERAL SNATCH LIFT (L THEN R)
5. REVERSE SHRUGS
6. DUMBBELL ARM EXCHANGE (SUPINE, BENCH / BALL)

DIFFERENTLY (SHOT)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. STANDING PLATE TWISTS (LOW PT. BEHIND)
3. STANDING BEHIND THE NECK PRESS (BARBELL)
4. DUMBBELL CIRCLES
5. SINGLE ARM STANDING LAT FLYS
6. BARBELL CORNER PIVOTS

THE FOLLOWING CAN BE SUBSTITUTED IF EQUIPMENT PERMITS:
CABLE WOOD CHOPS, CABLE REVERSE CHOPS, LAT PULL DOWNS.
ASCEND EXERCISES AS NEEDED

ALL EXERCISES ARE TO BE DONE EXPLOSIVELY WHERE POSSIBLE!!

UKA NATIONAL PERFORMANCE CENTRE L'BORO

SPECIAL STRENGTH

ANCILLARY STRENGTH CIRCUITS

DOWN TO THE WIRE (DISCUS)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (SWISS BALL)
3. PEC FLYS
4. BACK EXTENSION (RUSSIAN / TRADITIONAL)
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. BARBELL TWISTS (SEATED)

HURRICANE (DISCUS)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. PEC FLYS
4. DUMBBELL GOOD, GOOD MORNING
5. AROUND THE WORLD (STANDING)
6. BARBELL CORNER PIVOTS

WINTERLONG (DISCUS)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. PEC FLYS
4. PLATE ARCHES
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. LATERAL SNATCH LIFT (L THEN R)

CINNAMON GIRL (DISCUS)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. REVERSE WOOD CHOP (R TO L, L TO R)
3. SEATED MILITARY PRESS (BARBELL)
4. DUMBBELL TOE TOUCHES
5. POSTERIOR ROWS
6. LATERAL SNATCH LIFT (L THEN R)

WALK ON (DISCUS)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. STANDING PLATE TWISTS (HIGH PT. BEHIND)
3. STANDING MILITARY PRESS (DUMBBELL)
4. LATERAL SNATCH LIFT (L THEN R)
5. REVERSE SHRUGS
6. BARBELL TWISTS (STANDING)

SOUTHERN MAN (DISCUS)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. REVERSE WOOD CHOP (R TO L, L TO R)
3. STANDING BEHIND THE NECK PRESS (BARBELL)
4. DUMBBELL CIRCLES
5. SINGLE ARM STANDING LAT FLYS
6. BARBELL CORNER PIVOTS

SPECIAL STRENGTH EXERCISES - THROWS

ANCILLARY STRENGTH CIRCUITS

THE GREAT DIVIDE (HAMMER)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (SWISS BALL)
3. REALEASE (L TO R, THEN R TO L)
4. BACK EXTENSION (RUSSIAN / TRADITIONAL)
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. SINGLE ARM KETTLEBELL SWINGS (180 DEG. TURN)

WITHOUT RINGS (HAMMER)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. REALEASE (L TO R, THEN R TO L)
4. DUMBBELL GOOD, GOOD MORNING
5. AROUND THE WORLD (STANDING)
6. BARBELL CORNER PIVOT

ARE YOU PASSIONATE? (HAMMER)

1. CHIN UPS / BEHIND THE NECK CHIN UPS
2. SUPINE PLATE TWISTS (AB CHAIR)
3. REALEASE (L TO R, THEN R TO L)
4. PLATE ARCHES
5. AROUND THE WORLD (SUPINE, ON SWISS BALL)
6. BETWEEN THE LEGS SWINGS

HORSESHOE MAN (HAMMER)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. STANDING PLATE TWISTS (LOW PT. BEHIND)
3. PRONE PLATE TWISTS (USE EXT. MACHINE)
4. DUMBBELL TOE TOUCHES
5. LATERAL SNATCH LIFTS
6. BETWEEN THE LEGS SWINGS

GOIN' HOME (HAMMER)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. STANDING PLATE TWISTS (HIGH PT. BEHIND)
3. PRONE PLATE TWISTS (USE EXT. MACHINE)
4. LATERAL SNATCH LIFT (L THEN R)
5. LATERAL SNATCH LIFTS
6. SINGLE ARM KETTLEBELL SWINGS (180 DEG. TURN)

SHE'S A HEALER (HAMMER)

1. LEG LIFTS (LATERAL / SAGGITAL)
2. STANDING PLATE TWISTS (LOW PT. BEHIND)
3. PRONE PLATE TWISTS (USE EXT. MACHINE)
4. DUMBBELL CIRCLES
5. LATERAL SNATCH LIFTS
6. BARBELL CORNER PIVOTS

THE FOLLOWING CAN BE SUBSTITUTED IF EQUIPMENT PERMITS:
CABLE WOOD CHOPS, CABLE REVERSE CHOPS, LAT PULL DOWNS.
ASCEND EXERCISES AS NEEDED

ALL EXERCISES ARE TO BE DONE EXPLOSIVELY WHERE POSSIBLE!!

UKA NATIONAL PERFORMANCE CENTRE L'BORO
GENERAL STRENGTH & FITNESS

TEMPO RUNNING WORKOUTS

CIRCUIT	# OF	VOL.	CIRCUIT	# OF	VOL.
100 + 100 + 100 / 100 + 200 + 200 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	10	1200M	100 + 100 + 100 / 100 + 300 + 300 + 100 / 100 + 300 + 300 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	14	2200M
100 + 100 + 100 / 100 + 200 + 200 + 100 / 100 + 200 + 200 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	14	1800M	100 + 100 + 100 / 100 + 200 + 300 + 200 + 100 / 100 + 200 + 300 + 200 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	16	2400M
100 + 100 + 100 / 100 + 200 + 200 + 100 / 100 + 200 + 200 + 100 / 100 + 200 + 200 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	18	2400M	100 + 100 + 100 / 100 + 300 + 300 + 100 / 100 + 300 + 300 + 100 / 100 + 300 + 300 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	18	3,000
100 + 100 + 100 / 100 + 200 + 200 + 200 + 100 / 100 + 200 + 200 + 200 + 100 / 100 + 200 + 200 + 200 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	21	3000M	100 + 100 + 100 / 100 + 200 + 300 + 200 + 100 / 100 + 200 + 300 + 200 + 100 / 100 + 200 + 300 + 200 + 100 / 100 + 100 + 100 + = 50M JOG / = 100M WALK	21	3300M
8 - ? X 100	8 - ?	1600M+	6 - ? X 300	6 - ?	1800M+
8 - ? X 200	8 - ?	1600M+	5 - ? X 400	5 - ?	2000M+

**UKA NATIONAL PERFORMANCE CENTRE L'BORO
GENERAL STRENGTH & FITNESS**

EARLY SEASON POWER SPEED CIRCUITS

CIRCUIT #1:

DOUBLE LEG HOPPING – VERY EASY, ANKLES ONLY 20M
SINGLE LEG HOPPING - VERY EASY, ANKLES ONLY L 20M, THEN R 20M
GENTLE BOUNDING - VERY EASY, ANKLES ACTION 20M
DOUBLE LEG HOPPING - VERY EASY KNEE ACTION 20M
SINGLE LEG HOPPING – VERY EASY KNEE ACTION L 20M, THEN R 20M
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK

CIRCUIT #2:

5 X DOUBLE LEG JUMPS - FOR DISTANCE
20M RUNNING A'S
20M HIGH HEELS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK

CIRCUIT #3:

5 X DOUBLE LEG JUMPS - FOR HEIGHT
20M RUNNING A'S
20M HIGH HEELS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK

CIRCUIT #4:

10 X DOUBLE LEG HOPPING - KNEES TO CHEST
20 PUSH UPS, 10 CRUNCHES, 10 SITTING TUCKS, 10 V - SITS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK

CIRCUIT #5:

10 X DOUBLE LEG HOPPING - HEELS TO BUTT
20 PUSH UPS, 10 CRUNCHES, 10 SITTING TUCKS, 10 V - SITS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK

CIRCUIT #6:

2 X 10 X BOUNDING
50 CHINNIES
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK

**UKA NATIONAL PERFORMANCE CENTRE L'BORO
GENERAL STRENGTH & FITNESS**

EARLY SEASON POWER SPEED CIRCUITS

CIRCUIT #7:

**2 X 10 X DOUBLE LEG HOPPING - STRADDLE POSITION
50 CHINNIES
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK**

CIRCUIT #8:

**4 X R, R, L, L...
20M RUNNING A'S
20M HIGH HEELS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK**

CIRCUIT #9:

**12 X DOUBLE LEG HOPPING - WITH TURNS
20M RUNNING A'S
20M HIGH HEELS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK**

CIRCUIT #10:

**12 X MODIFIED DUCK WALK
20 PUSH UPS, 10 CRUNCHES, 10 SITTING TUCKS, 10 V - SITS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK**

CIRCUIT #11:

**4 X STANDING TRIPLE JUMP
20 PUSH UPS, 10 CRUNCHES, 10 SITTING TUCKS, 10 V - SITS
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK**

CIRCUIT #12:

**20 X JUMPING JACKS
50 CHINNIES
STAIRS (PRISONER SQUAT): +200M TEMPO THEN WALK BACK**

UKA NATIONAL PERFORMANCE CENTRE L'BORO

GENERAL STRENGTH & FITNESS

GURU PYRAMID

GURU PYRAMID No.	Real Soft	Soft	Easy	Not Bad	Hard	Hurts	PAIN	Agony	Torture	Death
PUSH UPS	5	8	10	15	18	20	25	30	35	40
SITTING TUCKS	5	10	15	20	25	30	35	40	45	50
FISH OUT OF WATER	20	25	30	35	40	45	50	55	60	70
PUSH UPS	5	8	10	15	18	20	25	30	35	40
V-SITS	5	8	10	15	18	20	25	30	35	40
BACK HYPER W/TWIST	20	25	30	35	40	45	50	55	60	70
PUSH UPS	5	8	10	15	18	20	25	30	35	40
STANDARD CRUNCH	20	25	30	35	40	45	50	55	60	70
PUSH UPS	5	8	10	15	18	20	25	30	35	40
SKY DIVERS W/ TWIST	20	25	30	35	40	45	50	55	60	70
PUSH UPS	5	8	10	15	18	20	25	30	35	40
STANDARD CRUNCH	20	25	30	35	40	45	50	55	60	70
PUSH UPS	5	8	10	15	18	20	25	30	35	40
BACK HYPER W/TWIST	20	25	30	35	40	45	50	55	60	70
V-SITS	5	8	10	15	18	20	25	30	35	40
PUSH UPS	5	8	10	15	18	20	25	30	35	40
FISH OUT OF WATER	20	25	30	35	40	45	50	55	60	70
SITTING TUCKS	5	10	15	20	25	30	35	40	45	50
PUSH UPS	5	8	10	15	18	20	25	30	35	40
TOTAL PUSH UPS	40	64	80	120	144	160	200	240	280	320
TOTAL ABDOMINAL	60	86	110	140	166	190	220	250	280	320
TOTAL BACK	100	125	150	175	200	225	250	275	300	325

EXERCISES ARE TO BE DONE IN **NON STOP SETS.**

UKA NATIONAL PERFORMANCE CENTRE L'BORO

GENERAL STRENGTH & FITNESS

TOTAL CORE GURU PYRAMID

GURU PYRAMID NO.	Real Soft	Soft	Easy	Not Bad	Hard	Hurts	PAIN	Agony	Torture	Death
V-SITS	5	7	10	15	20	25	30	35	40	45
PUSH UPS	5	7	9	12	15	18	22	26	30	35
WINDSHIELD WIPERS	6	10	14	18	22	26	30	34	38	44
CAT PUSH UPS	5	7	9	12	15	18	22	26	30	35
SITTING TUCKS	5	10	15	20	25	30	35	40	45	50
1-2-3 PUSH UPS	6	6	9	9	12	15	18	21	24	30
BENT OVER MB TWISTS	10	20	30	40	50	60	70	80	90	100
DEEP PUSH UPS	5	7	9	12	15	18	22	26	30	35
SPRINTER'S SERIES	30	36	42	48	54	60	66	72	78	90
DECLINE PUSH UPS	5	7	9	12	15	18	22	26	30	35
FISH OUT OF WATER BACK HYPERS W/ TWIST	10	20	30	40	50	60	70	80	90	100
CIRCULAR PUSHUPS	6	6	8	8	10	12	14	16	20	30
FISH OUT OF WATER BACK HYPERS W/ TWIST	10	20	30	40	50	60	70	80	90	100
DECLINE PUSH UPS	5	7	9	12	15	18	22	26	30	35
SPRINTER'S SERIES	30	36	42	48	54	60	66	72	78	90
DEEP PUSH UPS	5	7	9	12	15	18	22	26	30	35
BENT OVER MB TWISTS	10	20	30	40	50	60	70	80	90	100
1-2-3 PUSH UPS	6	6	8	8	10	12	14	16	20	30
SITTING TUCKS	5	10	15	20	25	30	35	40	45	50
CAT PUSH UPS	5	7	9	12	15	18	22	26	30	35
WINDSHIELDS WIPER	6	10	14	18	22	26	30	34	38	44
PUSH UPS	5	7	9	12	15	18	22	26	30	35
V - SITS	5	7	10	15	20	25	30	35	40	45
TOTAL PUSH UPS	58	74	98	122	154	186	226	266	308	370
TOTAL ABDOMINALS	132	206	282	362	442	522	612	692	772	858

EXERCISES ARE TO BE DONE IN **NON STOP SETS**

UKA NATIONAL PERFORMANCE CENTRE L'BORO

GENERAL STRENGTH & FITNESS

BAR GURU PYRAMID

GURU PYRAMID NO.	Real Soft	Soft	Easy	Not Bad	Hard	Hurts	PAIN	Agony	Torture	Death
CHIN UPS	2	4	6	8	10	12	14	16	18	20
LEG RAISES	4	6	8	10	12	14	16	18	20	25
MUSCLE UPS	2	4	6	8	10	12	14	16	18	20
WINDSHIELD WIPERS	6	8	10	12	14	16	18	20	22	30
CHIN UPS	2	4	6	8	10	12	14	16	18	20
LEG RAISES	4	6	8	10	12	14	16	18	20	25
CHIN UPS	2	4	6	8	10	12	14	16	18	20
WINDSHIELD WIPERS	6	8	10	12	14	16	18	20	22	30
CHIN UPS	2	4	6	8	10	12	14	16	18	20
LEG RAISES	4	6	8	10	12	14	16	18	20	25
CHIN UPS	2	4	6	8	10	12	14	16	18	20
WINDSHIELD WIPERS	6	8	10	12	14	16	18	20	22	30
MUSCLE UPS	2	4	6	8	10	12	14	16	18	20
LEG RAISES	4	6	8	10	12	14	16	18	20	25
CHIN UPS	2	4	6	8	10	12	14	16	18	20
TOTAL C. UPS / M. UPS	16	32	48	64	80	96	112	128	144	160
TOTAL BAR ABDOMINALS	28	42	56	70	84	98	112	126	140	170

EXERCISES ARE TO BE DONE IN **NON STOP SETS**

UKA NATIONAL PERFORMANCE CENTRE L'BORO

GENERAL STRENGTH & FITNESS

BAR GURU PYRAMID - VAULTERS

GURU PYRAMID NO.	Real Soft	Soft	Easy	Not Bad	Hard	Hurts	PAIN	Agony	Torture	Death
CHIN UPS	2	4	6	8	10	12	14	16	18	20
LEG RAISES	4	6	8	10	12	14	16	18	20	25
MUSCLE UPS	2	4	6	8	10	12	14	16	18	20
BUBKAS	2	4	6	8	10	12	14	16	18	20
CHIN UPS	2	4	6	8	10	12	14	16	18	20
ROCK BACKS	5	7	9	11	13	15	17	19	21	25
CHIN UPS	2	4	6	8	10	12	14	16	18	20
WINDSHIELD WIPERS	6	8	10	12	14	16	18	20	22	30
CHIN UPS	2	4	6	8	10	12	14	16	18	20
ROCK BACKS	5	7	9	11	13	15	17	19	21	25
CHIN UPS	2	4	6	8	10	12	14	16	18	20
BUBKAS	2	4	6	8	10	12	14	16	18	20
MUSCLE UPS	2	4	6	8	10	12	14	16	18	20
LEG RAISES	4	6	8	10	12	14	16	18	20	25
CHIN UPS	2	4	6	8	10	12	14	16	18	20
TOTAL C. UPS / M. UPS	16	32	48	64	80	96	112	128	144	160
TOTAL BAR ABDOMINALS	28	42	56	70	84	98	112	126	140	170

EXERCISES ARE TO BE DONE IN **NON STOP SETS**

UKA NATIONAL PERFORMANCE CENTRE L'BORO

GENERAL STRENGTH & FITNESS

SUPPLEMENTARY MULTIPLE THROW EXERCISES

ONE (CORE STRENGTH):

1. SIT-UPS

FEET ANCHORED, MEDICINE BALL OVERHEAD WITH ARMS STRAIGHT, SIT-UP WHILE KEEPING MEDICINE BALL DIRECTLY OVERHEAD. TOUCH MEDICINE BALL TO WALL OR PARTNER'S CHEST.

2. GOOD MORNINGS

IN STRADDLE POSITION, WITH BALL IN BACK OF HEAD (BEGINNERS), OR OVERHEAD (ADVANCED), KEEP BACK FLAT AND LOWER UPPER BODY PARALLEL WITH FLOOR.

3. GOOD MORNING TRUNK TWISTS

WITH MEDICINE BALL STRETCHED OUT IN FRONT OF CHEST, STRADDLE POSITION, BENT AT WAIST. ROTATE TRUNK WITH MEDICINE BALL FROM LEFT TO RIGHT SIDE, AS HIGH AS POSSIBLE.

4. CRUNCHES I

FEET STRAIGHT UP IN AIR, ARMS OUTSTRETCHED WITH MEDICINE BALL, CRUNCH UP AND PUSH MEDICINE PAST FEET TOWARDS SKY. KEEP ARMS STRAIGHT.

5. BACK ARCHES

IN PRONE POSITION, ARMS OUTSTRETCHED AND FEET ANCHORED, LIFT MEDICINE BALL AS HIGH OFF GROUND AS POSSIBLE, ARCH BACK.

6. TRUNK TWISTS

SIDE - SIDE TWISTING WITH MEDICINE BALL, ARMS STRETCHED IN FRONT OF CHEST. TWIST AS FAR AS POSSIBLE WHILE KEEPING LEGS ANCHORED AND BALL IN FRONT OF CHEST.

7. CRUNCHES II

SAME AS CRUNCHES I, WITH MEDICINE BALL TOUCHING CHEST ON THE DOWN MOVEMENT.

8. GOOD - GOOD MORNINGS

SAME AS GOOD MORNINGS BUT WITH FULL BEND AT THE HIPS (TRUNK BENDS AS MUCH AS POSSIBLE).

9. SIDE - SIDE SIT-UPS

IN SITTING POSITION, LEGS CROSSED AND PARTIALLY ANCHORED, TOUCH MEDICINE BALL ON EACH SIDE WHILE KEEPING BALL AS FAR AWAY FROM, BUT IN FRONT OF, CHEST AS MUCH AS POSSIBLE.

10. LEG RAISES

ARMS ANCHORED, IN SUPINE POSITION, WITH MEDICINE BALL BETWEEN ANKLES, LIFT LEGS (KNEES LOCKED) UP UNTIL MEDICINE BALL IS OVER CHEST AND BACK DOWN TO FLOOR.

11. GOOD MORNINGS WITH JUMP

SAME AS GOOD MORNINGS BUT WITH A JUMP AT THE END.

12. SIDE - SIDE ARCHES

IN STRADDLE POSITION, WITH MEDICINE BALL OVERHEAD, ARCH FROM SIDE TO SIDE TOUCHING THE GROUND WITH MEDICINE BALL ON EACH SIDE.

UKA NATIONAL PERFORMANCE CENTRE L'BORO GENERAL STRENGTH & FITNESS

SUPPLEMENTARY MULTIPLE THROW EXERCISES

Two (Throws):

1. STANDING DOUBLE ARM OVERHEAD

ALTERNATING ONE LEG BLOCKING IN FRONT.

2. DOUBLE ARM OVERHEAD WITH ROTATION

SWING MEDICINE BALL IN BIG CIRCLE BEFORE THROWING. BLOCK WITH FRONT LEG.

3. CHEST PASSES

4. BOX THROWS

LYING ON BOX, CATCH THROWN MEDICINE BALL WITH OUTSTRETCHED ARMS TO BEHIND HEAD POSITION AND RETURN THROW.

5. STANDING PUTS

STANDING SHOT PUTS WITH MEDICINE BALL.

6. ONE ARM CHEST HEAVES

STEPPING INTO DIRECTION OF THROW, HEAVE MEDICINE BALL STRAIGHT FROM CHEST TOWARDS TARGET WITH ONE ARM. "PUNCH" WITH SHOULDER.

THREE (Heaves):

1. FRONT HEAVE

2. BACK HEAVE

3. ACCELERATING HEAVE

USING CRASH MAT, EXPLODE FRONT SQUAT POSITION CHEST PASSING TOWARDS TARGET. JUMP INTO MAT.

4. TWIST HEAVE

CATCH THROWN MEDICINE BALL FROM BEHIND AND HEAVE BACK AROUND OTHER SIDE.

5. HAMMER HEAVE

CATCH MEDICINE BALL FROM FRONT, WIND, AND HEAVE BALL TOWARDS OPPOSITE SIDE AND BEHIND.

6. PARTNER SIDE - SIDE PASSES

WITH PARTNER BACK TO BACK, PASS FROM SIDE TO SIDE IN CIRCULAR MOTION.

**UKA NATIONAL PERFORMANCE CENTRE L'BORO
RECOVERY AND REGENERATION**

SAUNA ROUTINE

1. TAKE A WARM SHOWER BETWEEN 100 AND 110 F. DO NOT GET HEAD WET.
2. TOWEL DRY AFTER SHOWER
3. WRAP A DAMP TOWEL AROUND YOUR HEAD BEFORE ENTERING SAUNA.
4. USING A DRY TOWEL TO SIT ON, SIT ON BOTTOM LEVEL OF SAUNA FOR 2 TO 5 MINUTES TO ADJUST TO TEMPERATURES.
5. NEXT, MOVE TO HIGHER LEVER (195 TO 205 F). DO NOT MOVE AROUND. BEST POSITION IS LYING ON YOUR BACK. REMAIN CALM. STAY IN SAUNA 6 TO 10 MINUTES.
6. WHEN FINISHED, LEAVE SAUNA AND QUICKLY TAKE A COOL SHOWER (50 TO 55F) FOR 20 TO 40 SECONDS. THEN ALTERNATE WITH A WARM SHOWER (OR POOL) FOR 1 1/2 TO 2 MINUTES (100F). REPEAT AS NEEDED FOUR OR FIVE TIMES.
7. REST FOR A FEW MINUTES AFTER TOWELLING OFF (STEPS 6 AND 7 SHOULD AMOUNT TO 10 TO 15 MINUTES).
8. RE-ENTER SAUNA FOR NEXT SERIES. REPEAT PROCEDURES 4 TO 7 AGAIN FOR UP TO A TOTAL OF 3 SERIES.

REST, APPETITE, AND ATTITUDE CHART

[illegible]