

Training Document:

Cross-Training Descriptions

200m Run: Run out for 20-30 seconds, turn and run back to start.

400m Run: Run out for 30-45 seconds, turn and run back to start.

800m Run: Run out for 45-60 seconds, turn and run back to start.

Body rows: Find a railing, or some type of horizontal bar, 3-4 feet above the ground. Lay beneath it, grab the bar, pull your chest to the bar. To make it harder, walk your feet out until legs are straight.

Burpee: Start standing up, drop to push up position, keeping hips slightly elevated. Perform one push up, jump to a squat, and finish with a jump with arms raised. Repeat.

Burpee pull up: Start standing up, drop to push up position, keeping hips slightly elevated. Perform one push up, jump to a squat, and finish with a jump with arms raised, grab the pull up bar. Perform one pull up, drop back down and repeat burpee.

Dips: Full extension is key. Position hands on any secure object a minimum of 3 feet off ground. Lower yourself to a 90 degree angle.

Double unders: Two rotations of the jump rope for every jump.

Dumbbell swings: Grip dumbbell "bar" with both hands. Feet a little wider than shoulder width. Hold weight above head, then with arms straight, let weight fall in an arc motion. At the same time, keeping back straight, drop to a squat, letting the weight "pendulum" between your legs. Using the momentum generated from the "pendulum, reverse directions and return weight overhead, pushing the hips forward to generate power.

Handstand: Perform against a wall, or have a partner support. Hold for specific amount of time. Can put a pillow below head for protection.

Inverted shoulder press: Feet on the ground, bend at the waist and put hands on the ground so you are in an "upside down V" position. Begin bending your arms so your head moves towards the ground until almost touching, then push back up.

Jump rope: Treated as an aerobic movement, so do it quickly.

Max jump: From a standing position, jump as high in the air as if to touch an elevated object. Alternate "reaching" arm with every jump.

Medicine Ball Complex: 10 reps of each - "push-throw" ball at a 45 degree angle to a vertical, hard surface (or partner), catch ball before it hits ground. "Granny shot" ball to a hard, vertical surface, catch before it hits the ground. Oblique twist, throw ball from the side (alternate sides), underhand to a hard, vertical surface, catch it before it hits ground. Turn around, throw ball backward over your head, try to bend back very little, catch ball before it hits ground.

Mustang burpee: Start standing up, then bend at the knees and put hands on the ground. Kick up feet like you are a "bucking" horse. Extend legs, then draw back in, land, stand up.

Plank hold: Horizontal on the ground, weight on toes and forearms, everything else is off the ground. Don't let mid-section bow.

Plankensteins: Lay horizontal on the ground, nothing touching but your toes and forearms. Arms are bent at 90 degrees. Lower your head and chest to the ground by moving your weight forward by bending at the elbow.

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Continued

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Plyo push ups: Perform push up, but explode off the ground when pushing “up.” Can be done on elevate surface, such as railing, chair, etc.

Pop ups: Think surfing. Start laying flat on stomach, hands on the ground at your chest. In one fluid movement, “pop up” to a bent knee position, alternating between left and right feet forward.

Pull ups: Any grip is fine. “Kipping pull ups” are encouraged, if skill level is there. Other modification is a jumping pull up. Stand under the bar, jump and grab hold, then pull up. Repeat.

Push up: Full extension is key. Modify by resting knees on the ground. Can modify further by bringing rested knees closer to arms (easier).

Scissor abs: Lay on back, rest hands under small of back. Raise legs off the ground, with a slight bend at the knee. “Scissor” back and forth, count as 1-2-3-1, 1-2-3-2, etc.

Sit up: Knees bent, shoulders on the ground. Raise all the way up so chest touches your quads. Back down to where your shoulders are touching the ground.

Speed skaters: Start with feet together. Step out left at 45 degrees, toes pointing same direction. Drop back knee towards the ground, lunging. Bring back foot forward to the front foot, and then step to the right at 45 degrees.

Squats: Start in standing position, squat down until quads are at a 90 degree angle. All weight should be on heels to keep pressure off the knees. Stand back up without locking out knees. Effort should be rapid.

Sumo squat: Feet wider than shoulder width, drop into a deep squat, past 90 degrees. Weight on heels, arms in front or behind head. Stand without locking knees.

Thruster: Hold two dumbbells at shoulder level, feet shoulder width apart. Drop into a squat, stand back up, press weight over head.

Tuck jumps: Stand with feet shoulder width apart, max jump and tuck knees to chest. Land and reset before next rep.

Turkish get ups: Stand with light dumbbell held with locked arm above head. Keeping the dumbbell vertical, drop to a seated position, lay on your back, then stand back up. Keep the arm straight and vertical entire time. Switch weight to other hand once you are standing back up.

Walking lunge: Feet shoulder width apart, step forward with the right leg and drop into a lunge. Keep forward leg at 90 degrees, back knee should be 2” off the ground. Bring back leg forward, step forward and repeat with left leg.

Walkouts: Start in standing position. Bend at the waist and knees (slightly), and put your hands on the ground. Walk yourself out with your hands, keeping your feet stationary. Goal is to get your hands as far out from your body as possible. Walk back to inverted “V” position, stand up.

Wall ball: With a medicine ball, start by holding the ball to your chest, hands on either side of the ball. Drop into a squat, explode upwards, and push the ball to a pre-determined target on flat, vertical surface. Catch, and repeat immediately.

Wall sit: Back flat against a wall, “sit” until your quads are parallel with the floor. Hold, with hands anywhere but on your knees. Keep you shoulder against the wall.

Wheelbarrow: No different than when you were a kid. Main thing is not to let your midsection “bow”. Without a partner, elevate feet on something, and alternate “walking in place” on your hands