**HURDLE STRENGTH ROUTINE**
Excellent for core stabilization (Keep Trunk Square)

* **Walkovers (1 leg leads, then switch)**
* **Walkovers (alternate legs)**
* **Walkovers (backward one leg, then switch)**
* **Walkovers (over 3, back one)**
* **In-Place Skip-Overs**
* **Skip Down the row**
* **Over-Unders**
* **Hurdle Hops (jump and stick, dynamic)**

**MULTI-JUMP PROGRESSION**
MJ routines must reflect the strength and age of the athlete. Make sure the surface used is of grass or softer track surface. The load will be specific to the athlete. Do not over do this.

**Easier Exercises**

* **SLJ (1-5 repeated)**
* **Tuck Jumps (x 10)**
* **Ankle Jumps (x20)**
* **Split Squat (x 10) (Front Knee 90/Back knee not touching**
* **Easy Bounds (8-10) (DBL Arm)**
* **Easy Bounds (8-10) (SGL Arm)**
* **Star Jumps (3-8)**

**Harder Exercises**

* **STJ (1-5 repeated)**
* **Repeat SLJ (up to 5)**
* **Box Jumps (12”-16”max)**
* **Bounding for distance 25m build to 40m**
* **RR-LL-RR-LL (1-4)**

**MULTI-THROW PROGRESSION**

**Routine 1**

* **St. Overhead Throws (Throw Above)**
* **Kneeling Chest Pass (Explode Hips and fall forward)**
* **Hip Catch-n-Toss**
* **Partner Exchange**
* **Sit Up Catch-n-Toss**
* **Squat Chest Throws**
* **UH toss for height**
* **Front Loader**
* **Trunk Rotations**

**Routine 2**

* **Seated Partner Toss (Feet Together, Chest to Chest)**
* **Jump-Jump-2-hand chest shot**
* **Over-Shoulder toss (Backward) - Sith**
* **Overhead back toss**
* **Overhead step/toss**
* **Hammer releases (Follow and Watch**
* **Push Up holding ball**
* **UH forward toss (Height/Distance)**

**Core Routines**
(start with reps of 20 or 20 sec., then increase with fitness)

**Routine 1**

* **Jack Knives**
* **Side-Ups**
* **Back Hypers**
* **Crunches**
* **Russian Leg Lifts**
* **Low-Level Bikes**
* **Scissors (Progressively to move up to big scissors)**
* **Hip Ups**
* **Knee to chest, press knee up**

**Routine 2**

* **V-Balancer**
* **Toe Touches on back**
* **Single-Double Leg Slides**
* **Crunches**
* **3-way roll-ups**
* **Static Pushup (hold)**
* **Finger walk-outs**
* **L-Overs**
* **Climb rope**

**General Strength Routines**
(begin with 1 set, increase with fitness)

**Routine 1**

* **Superman (x20)**
* **Mountain Climbers (x20)**
* **Clap Push Ups (x10)**
* **Plank (x30)**
* **Russian Hamstrings (x10)**
* **Burpees (x10)**
* **Walk on heels (30 sec)**

**Routine 2**

* **Speed Skaters (x10)**
* **Fire Hydrants (x10)**
* **Crab Walk (30 sec)**
* **Eagles (x10)**
* **Plank to Push Up to Mountain Climbers (x10)**
* **Hip Lateral/Extension Raises**
* **Rope Jump (1 min)**