

Weight Room "22"

Exercise

1. Med Ball Slams x 12
2. Russian Hamstring x 25 / leg
3. Haybales x 15 each way
4. V-Sit w/ Running Arms x 60 sec
5. Overhead Squat w/ Med Ball x 40
6. Med Ball Slams x 12
7. Haybales x 15 each way
8. Prone Plank x 60 secs
9. Lateral (right) Plank x 60 secs
10. Supine (back) Plank x 60 secs
11. Lateral (left) Plank x 60 secs
12. Double Leg Eagles x 10 Each Way

Exercise

13. L-Ups x 20
14. Army Crawl x 15
15. Med Ball V-Sit x 15
16. Donkey Kicks x 20 / leg
17. Lateral Leg Raise (8 toe neutral, 8 up, 8 down)
18. SL Squats (butt to chair)x12
19. Good Mornings x 20
20. F Kick w/ Arms x 30secs
21. Iron Cross x 20 each way
22. Scorpion x 20 Each way