

## **Summer Strength routine**

*All movement should be relatively slow, not fast*

### **Elevated Foot Bench Bar dips:**

Bench Bar dips (**elevated feet**) – Juniors/Seniors (40 reps)

Bench Bar dips (**elevated feet**) – **Freshmen/Sophs** (30 reps)

One leg balancing ABCs – 1 set on right leg + 1 set on left leg

One leg balancing wall-psoas hold – 30 sec per right leg + 30 sec per left leg

*Balance on one foot for 30 seconds, then switch to the other leg*

Seated Russian twist with 10-15 lb weight/kettlebell – **2 sets** of 15 reps (each rep = both sides)

### **Pushups:**

Freshmen/Sophomores, 30 reps

Juniors/Seniors, 40 reps

*Keep your body completely straight, lower until your chest is 3-5 inches from the ground*

**Static** Hip flexor stretch – 20 sec's per right leg, 20 sec's per left leg

### **Exercises with bands:**

Glute bridge: abduction w/ blue **bands** – 2 sets of 15 reps

*Move your legs slowly during this exercise, and keep your hips elevated*

### **Freshmen/Sophomores:**

Standing hip abduction w/ **green** bands – 15 reps per leg

Sidestep w/ **green** bands – 15 reps per direction

### **Juniors/Seniors:**

Standing hip abduction w/ **blue** bands – 15 reps per leg

Sidestep w/ **blue** bands – 15 reps per direction