

## Summer Strength routine (new girls)

**Phase 1:** 2 days per week through July 17

All movements should be **relatively slow**, not fast

### Hurdle walkover exercises:

All steps in this exercise should be high enough to clear a 30 inch (imaginary) hurdle

Forward Single leg walkover – 2 sets of 10 hurdles (4 reps: each set is out, then back)

**\*\* go over imaginary hurdles, going forward, one step at a time**

Backward Single leg walkover – 2 sets of 10 hurdles (4 reps: each set is out, then back)

**\*\* go over imaginary hurdles, going backward, one step at a time**

High knee sidestep – 2 sets of 10 hurdles per side (4 reps: each set is out, then back)

**\*\* go over imaginary hurdles, going sideways, one step at a time**

Over-Unders (go over/duck under) – 2 sets of 10 hurdles (4 reps: each set is out, then back)

**\*\* go over one imaginary hurdle, then go under the next imaginary hurdle, and repeat**

Under-Unders (duck under) – 2 sets of 10 hurdles (4 reps: each set is out, then back)

**\*\* duck under each imaginary hurdle until you're done**

### Other exercises:

Static Hip flexor stretch – 20 seconds per leg

[https://www.youtube.com/watch?v=UU7Nqd\\_Dric](https://www.youtube.com/watch?v=UU7Nqd_Dric)

Glute bridge – 2 sets of 15 reps (hold each rep after you raise up, for 3-5 seconds)

<https://www.youtube.com/watch?v=WtilA9IJX1c>

One leg balancing ABCs – 1 set per leg

**Stand on one leg, clasp hands together, spell out the ABCs with your hands**

Wall Psoas hold – 2 sets of 30 seconds

**Sitting position up against the wall - hold this position for 30 seconds**

### General Strength:

Bench Bar Dips – 30 reps

**Bench bar dips:** use a chair, bench or similar object - remain in seated position, lower and then raise yourself - do not elevate hips as you come up from a dip

Pushups – 30 reps

**Pushups:** keep body completely straight, lower until your chest is 2-3 inches from the ground