

## **Summer Strength routine** (new girls)

**Phase 1:** 2 days per week through July 15

*All movements should be relatively slow, not fast*

### **Basic 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=WtIlA9lJX1c>

**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** – 20 reps

*Use a chair, bench or similar object - remain in seated position, lower and then raise yourself - do not elevate your hips as you come up from a dip. If you can't do 20 without stopping, then take a break and finish after the break.*

**Pushups** – 20 reps

*Keep body completely straight, lower until your chest is 2-3 inches from the ground. If you can't do 20 without stopping, then take a break and finish after the break.*

### **Planks:**

**Front plank** (facing down) – 40 seconds

**Back/supine plank** (facing upward) – 40 seconds

**Side (left) plank** (plank supported by left arm/foot) – 40 seconds

**Side (right) plank** (plank supported by right arm/foot) – 40 seconds

*On all planks – keep your body as straight as possible. If you cannot go for 40 seconds without a break, then take a break and do 40 seconds overall.*