

CNU Throws Circuits

Jumps

| 1 | 2 | 3 |
|---------------------------|-----------------------------|----------------------------------|
| Short In-Place | Hands-to-Ground/Sky | Standing LJ x 4 |
| Cross Step In-Place | Skiers (over line) | 3 Standing LJ x 4 |
| Side-to-Side (over line) | Lunge Jumps | Low Hurdle Hops 8x4 (hurdles) |
| 1 Forward/1Back Split | Side-to-side (distance) | |
| Side-to-side Split | Short In-Place 1 Foot (L-R) | |
| 180 Twist (Clock/Counter) | Short C/CC 1 Foot (L-R ¼) | |

MB Throws

| 1 | 2 | 3 |
|---|---|----------------------------|
| OH Back | Hop back + OHB | 2 Hops back + OHB |
| Between Legs Forward | Hop forward + BLF | 2 Hops forward + BLF |
| Step OH Forward | | |
| | | |
| | | 6 (Reactive) |
| | | Drop Catch Throw (Even) |
| 4 | 5 | Supine Medball Drop Throws |
| <u>Push Press to Overhead from Chest</u> | <u>Kneeling Jump to Overhead from Chest</u> | Side catch and Toss |
| <u>Vertical jump to Overhead from Chest</u> | <u>Kneeling Jump to Overhead back</u> | Step Back Throw (Sideways) |

General Strength

| 1 | 2 | 3 |
|---------------------|-------------------------------|---------------------------|
| Pushups | Squatting Calf Raises | Sit-up Russian Twist w/MB |
| Crunches | Pushups w/Clap | Pistol Squats w/MB |
| Pistol Squats (L/R) | Back Hyper w/twist | Reverse Lunges |
| V-Ups | Squat jump | Shoulder Press w/KB |
| Back Hypers | Spread Eagle Sit-up | Burpees |
| L-Overs | Single Leg Glute Bridge (L/R) | Planks |
| Alternating Lunges | Side Hip Raises (L/R) | Diamond Pushups |
| Wrestlers Bridge | Overhead KB Squats | Glute Bridge w/bar |
| KB Goblet Squats | High Knees in Place | Farmers Walk w/KB |

Hip Strength Circuit

| Exercise | Video Link | Sets/Reps |
|---------------------------------------|---|-------------------------|
| Ankle Banded Lateral Walks | https://www.youtube.com/watch?t=4&v= OQi0XkgZss | 3x10m (each direction) |
| Banded Monster Walks | https://www.youtube.com/watch?t=26&v=rtpJ-A7A-V4 | 3x10m |
| Banded Hip Abduction | https://www.youtube.com/watch?t=23&v=XK vVWNLsic | 3x10 (each leg) |
| Banded Hip Extension | https://www.youtube.com/watch?t=29&v=xeWaJKilzAo | 3x10 (each leg) |
| Banded Hip Flexion | https://www.youtube.com/watch?t=2&v=6ebNqQT8Vdk | 3x10 (each leg) |
| Banded Clam Shells | https://www.youtube.com/watch?v=QjKyGqrAaP4 | 3x10 (each leg) |
| Banded Fire Hydrants | https://www.youtube.com/watch?t=5&v=8eAnDzY4kcs | 3x10 (each leg) |
| Glute Bridge with Bar (across pelvis) | https://www.youtube.com/watch?v=3m75lHgxpI | 3x10 (pause at the top) |

Grip Strength Circuit

| 1 | 2 | 3 |
|--------------------|----------------------------------|------------------------------------|
| Plate Pinches | Fat Grip BB Holds | Sand bucket grab |
| Banded wrist curls | KB Farmers Walks | Sand bucket turn clockwise |
| Fat Grip Hangs | Finger pushups (no thumbs/palms) | Sand bucket turn counter clockwise |