

## Warmup Preparatory Routines

### Mobility Jog Circuit

Weave  
Backwards Run  
Side Shuffle Right  
Side Shuffle Left  
Arm Circles  
Arms Across  
Crossover Run

## Static Flexibility Routines

### Capella

Hansen's Back Series (L-R)  
Spinal Roll  
Hands Behind Back  
Elbow/Obliques (L-R)  
Calf Stretch (Straight/Flexed, L-R)  
Split Stretch (L-R)  
Heel Sit  
Seated Straddle (M-L-R)  
Butterfly  
Figure 4/Pretzel (L-R)

### Rigel

Chest Hang  
Deep Squat  
Lateral Squat (L-R)  
Spinal Roll-Push  
Spinal Roll-Pull (switch)  
Butterfly  
Seated Arm Pull (switch)

## Dynamic Flexibility Routines

### Sirius

Eagles (Back/Front)  
Splits/Scissors w/ Rollover  
Single Knee Tucks  
Hip Circles (CW-CCW)  
Double Arm Circles (CW-CCW)  
Leg Swings (Sagittal/Frontal, L-R)  
Donkey Kicks/Leg Whips/Trail Leg Lifts (L-R)

### Vega

Eagles (Back/Front)  
Leg Swings (Sagittal/Frontal, L-R)  
Hurdle Trail Leg Circles (L-R)

### Arcturus

Lead/Trail Leg Lifts  
Bicycle/ Backward Bicycle w/ Rollover  
Roll/Rollback  
Double Knee Tucks  
Single Arm Circles (CW-CCW)  
Hurdle Trail Leg Circles (L-R)  
Hurdle Seat Exchange  
Lunge Exchange (Straight/Side)

### Thrower's Series

Tube Over  
Tube Under  
Tube Side  
Tube Across  
Weighted Trunk Twists  
Weighted Bentover Swings  
Weighted Arm Circles (CW-CCW)  
Weighted Wrist Twists

## Sprint Development Drill Series

### Cygnus

A Skips  
B Skips  
Backward Skips  
Backward Runs  
Side Shuffle (L-R)

### Pegasus

Highknees  
Buttkicks  
Crossovers (L-R)  
A2's  
AC's

### Aquila

Side A Skips (L-R)  
Backwards Skips  
B Skips  
Carioca (L-R)

### Draco

A Skips  
Straight Leg Bounds  
B Skips  
Side Shuffle (L-R)

### Hurdle Skill

A Skips  
B Skips (L-R)  
C Skips (L-R)  
Skipovers (L-R Lead)

## Hurdle Mobility Circuits

### Dynamic

Sidekicks (L-R)  
Dynamic Alternate Walkovers  
Skipovers (L-R Lead)  
Single Leg Skipovers  
Single Leg Static/Dynamic Skipovers

### Static

Alternate Walkovers  
Walkovers (L-R Lead)  
Over & Back (L-R Lead)  
Over & Under (L-R Lead)  
Alternate Static/Dynamic Walkovers

## General Strength Circuits

### Taurus

Pushups  
Prisoner Squats  
V-Sits  
Back Hypers  
Pushups w/Clap  
Rocket Jumps  
Dips  
Cossack Extensions  
L-Overs  
Wrestler's Bridge  
Swimming  
Burpees

### Leo

Single Leg Squat (L-R)  
Stationary Lunges (L-R)  
Lunge Jumps (L-R)  
Incline Pushups  
Dips  
Decline Pushups  
Lateral Squats  
Prisoner Squats  
Rocket Jumps  
Kneeling Good Mornings  
Yogis (Front/Back)  
Alternate Pelvic Tilt Heel Slides  
V-Sits  
L-Overs  
Crunches  
Squat Lunge Walks

### Cancer

Prone Elbowstand Leg Lifts (L-R)  
Supine Elbowstand Leg Lifts (L-R) Prone  
Handstand Leg Lifts (L-R)  
Supine Handstand Leg Lifts (L-R)  
Side Elbowstand Top Leg Lifts (L-R)  
Side Handstand Top Leg Lifts (L-R)  
Side Elbowstand Bottom Leg Lifts (L-R)  
Side Handstand Bottom Leg Lifts (L-R)

### Aquarius

Forward Leg Lift (L-R)  
Forward Leg Lift/Flex (L-R)  
Forward Leg Lift/Circle (L-R)  
Russian Cossacks (L-R)  
Bridge/Knee Extension (L-R)  
Reverse Leg Lift/Flex (L-R)  
Half Hypers (L-R)  
Lunge Twist/Good Morning (L-R)  
Half Crunches (L-R)  
Crunches  
Alternate Pelvic Tilt Heel Slides

### Pillar

V-Sits  
Back Hypers  
Side Ups (L-R)  
Leg Toss/Toe Touch/Hip Lifts  
Crunches  
Side Lifts  
Back Hypers w/Twist  
Crunches w/Twist L-Overs  
Russian Cossacks (L-R)  
Wrestler's Bridge  
Pelvic Tilt Isometric  
Pelvic Tilt Bicycle  
Pelvic Tilt Crunches

### Scorpius

Forward Squat Walk  
Backward Squat Walk  
Lateral Squat Walk (L-R)  
Pushup Walk

### Gemini

Single Leg Toe Raises (L-R)  
Squat Toe Raises  
Side Foot Toe Raises (L-R)  
Closed Everted Toe Squats  
Toe Lunge Walk (L-R)

## Multijump Circuits

<b><u>Mercury</u></b>	<b><u>Venus</u></b>	<b><u>Mars</u></b>	<b><u>Jupiter</u></b>	<b><u>Ancillary Depth Jumps</u></b>	<b><u>Uranus</u></b>
Ankle Bounces	Line Hops	Tuck Jumps	Box-SLJ	Box Rebounds	RRR
Side Straddled Hops	Buttkick Jumps	Ski Jumps	Box-Hurdle	Lateral Box Rebounds	LLL
Front Straddled Hops	180's	Single Leg Lateral Turns	Box-Box-SLJ	Twisting Box Rebounds	RRLL
Crossover Hops	Rocket Jumps	Straddle Jumps	Box-Box-Hurdle	Single Leg Box Rebounds	LLRR
Diagonal Hops	Speed Skaters	Single Leg Medial Turns			RLRL
Bunny Hops	Wideouts	Lane Hops			LRLR
Zig-Zag Bunny Hops	Squat Freeze Jumps	Single Leg Squat Jumps			
<b><u>Saturn</u></b>	<b><u>Neptune</u></b>	<b><u>Pluto</u></b>	<b><u>Bounding Series A</u></b>	<b><u>Bounding Series B</u></b>	<b><u>Bounding Series T</u></b>
Standing Long Jump	Jog-RRR	LLL...	RRR...	Straight Leg Bounds	Skips for Height
3 Double Leg Bounds	Jog-LLL	RRR...	LLL...	LRLR...	Skips for Distance
Standing Triple Jump	Jog-RLRL	LLRR...	RRL...	RRL...	Run-Run-Jump (L-R)
Double-Double	Jog-LRLR	Medial Hops (L-R)	LLR...		
		Lateral Hops (L-R)	RRL...		
			RLRL...		

## Medicine Ball Circuits

<b><u>Auriga</u></b>	<b><u>Bootes</u></b>
Standing Overhead Forward	Standing Shoulder (L-R)
V-Sits	Back Toss
Good Mornings	Kneeling Good Morning
Kneeling Shoulder (L-R)	Kneeling Overhead Forward
Seated Hip (L-R)	Seated Hip (L-R)
Reach & Hike	Medial Kicks (L-R)
Rotation Exchange (CW-CCW)	Lateral Kicks (L-R)
Medial Knee Toss (L-R)	Hurdle Reach (L-R)
Lateral Knee Toss (L-R)	Leg Ad-Abs
Toe Toss	Kneeling Overhead Back Exchange
Prone	Knee Squeezers
Seated Roll	Prone Overhead Back

## Multithrow Circuits

<b><u>Hercules</u></b>	<b><u>Orion</u></b>
Overhead Back	Lunge Chest (L-R)
Between the Legs Forward	Shoulder Step (L-R)
Hammer Hip (L-R)	Overhead Step (L-R)
Squat Chest	
<b><u>Depth</u></b>	
Hop-Hop-Overhead Back	
Hop-Hop-Between the Legs Forward	
Box-Overhead Back	
Box-Between the Legs Forward	

## Olympic Weight Training Exercises

<b><u>Olympic Lifts</u></b>	<b><u>Finishing Movements</u></b>
Snatch Pulls (floor, knee, thigh)	Front Squat
Clean Pulls (floor, knee, thigh)	Snatch Squat
Snatch (floor, knee, thigh)	Press Jerk
Clean (floor, knee, thigh)	Split Jerk
Split Snatch (floor, knee, thigh)	
Split Clean (floor, knee, thigh)	
Dumbbell Snatch (floor, knee, thigh)	
Dumbbell Clean (floor, knee, thigh)	

## Static Weight Training Exercises

<b><u>Squat Movements</u></b>	<b><u>Press Movements</u></b>
Squat (Deep, Half, Deep+)	Bench Press
Split Squat	Incline Press (Full, Half)
Snatch Squat	Dumbbell Bench Press
Front Squat	Dumbbell Incline Press
Stepups (Horizontal, Vertical)	Dumbbell Flies
Lunge Walks	Supine Pullovers (Base, Diagonal)
Split Deadlifts	

## Bodybuilding Circuits

<b><u>Group A</u></b>	<b><u>Group B</u></b>
Leg Curl	Single Leg Curl
Twist Lunges (L-R)	Crossover Stepups (L-R)
Hyper-Ups	Straight Leg Dead Lift
Bent Over Row	Hyper w/ Twist
Back Pulldowns	Bent Over Row
Dips	Front Pulldowns
Behind Neck Press	Behind Neck Press
Leg Extension	Single Leg Extension (L-R)
Twisting Situps	Weighted Crunches
Hanging Leg Lifts	Hanging Lateral Leg Lifts
Russian Twist	Stooped Russian Twist
Windmill	Alternate Weighted V-Sits

## Rotational/Central Lifts

Russian Twists (Full, Half)
Split Russian Twists (Full, Half)
Overhead Russian Twists (Full, Half)
Split Overhead Russian Twists (Full, Half)
Weighted Crunches (Full, Half)
Weighted Hypers (Full, Half)
Weighted V-Sits

## Static Lifting Protocols

Base
Speed
Static Dynamic

## Ballistic Weight Training Exercises

<b><u>Loaded Jumps</u></b>	<b><u>Press Movements</u></b>	<b><u>Depth Circuit</u></b>
Squat Jumps (Deep, Half)	Rep Press Jerks	Overhead Double (Deep, Half)
Lunge Jumps	Rep Split Jerks	Overhead Single (Deep, Half)
Split Jumps		Extended Double (Deep, Half)
Stepup Jumps		Extended Single (Deep, Half)
Single Leg Rotational Jumps		