

"DISTANCE DAILY DOZEN"

4-Stations with 3 lifts each = 12 exercises

① (Dumbbell Area)

Distance Daily Dozen

①

(Station 1)

(1A) Bicep Curls = 2 sets 10 x 15

* slow down → negative rep

* keep core steady

(1B) Single Dead Lift Squats = 2 sets 10-15 each leg

* See Figure 2 *

* use light weight

* slow

Do One

Set → Repeat

(1C) V-Sit Series = :30 each / 2 sets

• Flutter Kicks

(Figure 3)

• Scissor Kicks

• Running

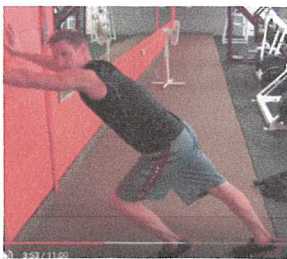


Figure 1: "Banded Knee Drive"



Figure 2: Single Leg Dead Lift Squat



Figure 3: V-Sit Flutter Kicks



Figure 4: Myrtle Series

Figure 5: Single Leg Bridge

Figure 6: Side Plank Leg Lift

Figure 7: Push Up to Side Plank



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4-Stations with 3 lifts each = 12 exercises

② (middle weight room) Distance Daily Dozen (Station 2)

②A Chest = Bench Press (2 sets)

- * 10-15 reps
- * slow down → negative rep
- * use dumbbells on bar

②B Single Leg Bridge = 2 sets of 10-20 each leg (see Figure 5)

- * Push down w/ leg ground
- * tighten core

②C Plank Series w/ leg lift = :30 each leg × 2 sets

- * on side → leg lift (Figure 6)
- * slow + tight

Do ONE
set → repeat

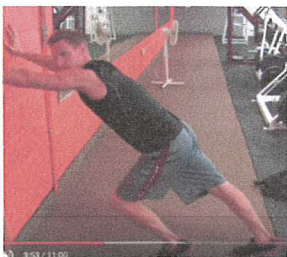


Figure 1: "Banded Knee Drive"



Figure 2: Single Leg Dead Lift Squat



Figure 3: V-Sit Flutter Kicks



Figure 4: Myrtle Series



Figure 5: Single Leg Bridge



Figure 6: Side Plank Leg Lift



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(3) (Back hall) Distance Daily Dozen (Station 3)

(3A) Shoulders = Raises + Military = 2 sets 10-15
* keep back/core tight



(3B) Blue Box Hamstring Stretch = 2 sets 10



* slow → follow legs, down foot
* below box = hold for 3-count
* bring back up

★
Do 1 set
then repeat
★

(3C) Push Up to Side-Plank = 10 each arm × 2 sets
(See Figure 7) * good push ups

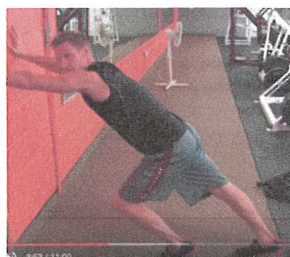


Figure 1: "Banded Knee Drive"



Figure 2: Single Leg Dead Lift Squat



Figure 3: V-Sit Flutter Kicks



Figure 4: Myrtle Series

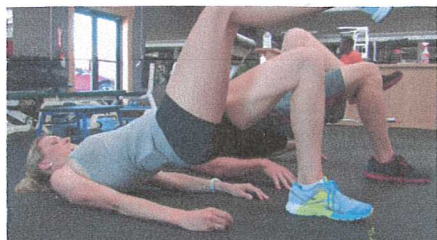


Figure 5: Single Leg Bridge



Figure 6: Side Plank Leg Lift



Figure 7: Push Up to Side Plank

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④ (By Football locker) Distance Daily Dozen ④

(Station 4)

④A Tricep Bar Push Ups = 2 sets x 10
*use bar squat rack
*move bar higher → easier

④B Banded Knee Drive = 2 sets :30/leg
*Quick Tempo (*see Figure 1)
*Bounce + lean

④C Myrtle Series = (10 Rotate / 10 Fire hydrant / 10 donkey kick)
(see Figure 4)

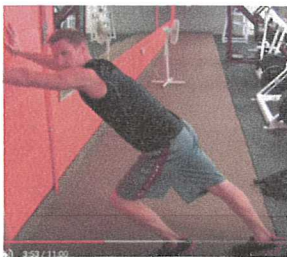


Figure 1: "Banded Knee Drive"



Figure 2: Single Leg Dead Lift Squat



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Figure 4: Myrtle Series



Figure 5: Single Leg Bridge



Figure 6: Side Plank Leg Lift

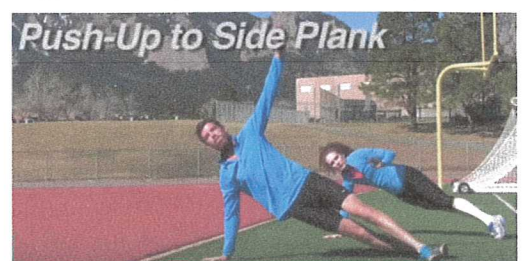


Figure 7: Push Up to Side Plank