



GEORGIA DISTANCE RUNNING



GENERAL STRENGTH

RED

PRISONER SQUATS
V-UPS
PUSH UPS
BACK HYPERS-TWIST
ROCKET JUMPS
LEG TOSS
ROCKY'S (PUSH UPS-CLAP)
WRESTLERS BRIDGE
COSSACK EXTENSION
CRUNCH
DECLINE PUSHUPS
PRONE SINGLE LEG HIP EXTENSIONS

BLACK

SINGLE LEG SQUAT
TOE TOUCHES
PUSH UPS
HYPERS
YOGIS-HAMSTRING
SIDE-UPS
LUNGE GOOD MORNINGS
ROCKY'S
LUNGE WALK
PUSH UP TOE WALK
PRONE FLEX HIP EXTENSION

PEDESTAL

PRONE ELBOW STAND, SINGLE LEG RAISE
SUPINE, ELBOW STAND, SINGLE LEG RAISE
PRONE, HAND STAND, SINGLE LEG RAISE
SUPINE, HAND STAND, SINGLE LEG RAISE
LATERAL, ELBOW STAND, SINGLE LEG RAISE
LATERAL, HAND STAND, SINGLE LEG RAISE
PRONE, FLEXED KNEE, ELBOW STAND HIP LIFT
SUPINE, FLEXED KNEE, HIP LIFT
CRUNCH, LOW REACH
CRUNCH, LOW REACH WITH TWIST

PILLAR

V-UPS
HYPER-TWIST
LEG TOSS
WRESTLERS BRIDGE
CRUNCH -TWIST
PRONE HIP EXT. (FLEXED)
TOE TOUCHERS (PARTNER)
L--OVER
HYPERS
SIDE UPS (INTERN./EXTERN. OBLIQUES)
DOUBLE LEG EAGLE
LOW LEVEL BICYCLE
PELVIC TILT ISOMETRIC (5 COUNT)
PELVIC TILT LEG CRUNCH