



GOLDEN GOPHER THROWS

Warm Up Circuits

WARM UP SERIES 1:

Mobility Jog (50m Each)

Jog
Backwards Jog
Side Shuffle (both ways)
Scoops
Arm Circles
Skips
High Knees
Butt Kicks

Dynamic Flexibility (10 Reps)

Eagles
Plows
Inverted Bicycle
Grounded Leg Swings (NOT WITH PARTNER)
Hip Circles
Ankle Jumps
Lunge Walks w/torso twist

Accelerations 2-4 times 40m

WARM UP SERIES 2:

Mobility Jog (50m Each)

Backwards Jog
Jog
Lunge Crawl
Jog w/Crossing Arms
Side Shuffle (both ways)
Low Level Skips (SL Ankle Flips)
Jog
Scoops

Dynamic Flexibility (10 Reps)

Donkey Kicks
Inverted Scissors Front Back
Inverted Bicycle
Inverted Scissors Lateral
Mountain Climbers
RDL Torso Rotations
Ankle Jumps

3 way Plank 30-30-30

WARM UP SERIES 3:

Jog 200m

Sprint Drills (20-30m)

A Skips
Lunge Walks
Carioca 1
B Skips
Carioca 2
Backwards Run
High Knees
Butt Flicks

Hurdle Mobility (5 hurdles)

Alternate Lead Leg (Rail to Rail)
3 Up/1 Back (Rail to Rail)
Alternate Lead Leg Skip (1' Spacing)
Constant Lead Leg (1' Spacing)
Straight Leg Lateral Skips (1' Spacing)
Over Under (2' Spacing)

Plank (60 Seconds)

WARM UP SERIES 4:

Jog 200m

Sprint Drills (20-30m)

A Skips
Lunge Walks
Carioca 1
B Skips
Carioca 2
Backwards Run
High Knees
Butt Flicks

Dynamic Flexibility (10 Reps)

Eagles
Inverted Bicycle
Single Leg Hip Circles
Standing Hip Circles
Ankle Jumps
Lunge Walks w/torso twist
Standing partner Leg Swings

Accelerations 2-4 times 40m

WARM UP SERIES 5:

Jog 200m

Sprint Drills (20-30m)

A Skips
Lunge Walks
Carioca 1
B Skips
Carioca 2
Backwards Run
High Knees
Butt Flicks

Dynamic Flexibility (10 Reps)

Eagles
Plows
Inverted Bicycle
Grounded Leg Swings (NOT WITH PARTNER)
Hip Circles
Ankle Jumps
Lunge Walks w/torso twist

3 way Plank 30-30-30

WARM UP SERIES 6:

Mobility Jog (50m Each)

Backwards Jog
Jog
Lunge Crawl
Jog w/Crossing Arms
Side Shuffle (both ways)
Low Level Skips (SL Ankle Flips)
Jog
Scoops

Hurdle Mobility (5 hurdles)

Alternate Lead Leg (Rail to Rail)
3 Up/1 Back (Rail to Rail)
Alternate Lead Leg Skip (1' Spacing)
Constant Lead Leg (1' Spacing)
Straight Leg Lateral Skips (1' Spacing)
Over Under (2' Spacing)

Accelerations 2-4 times 30m

Hurdle Mobility (4-8 hurdles)

Alternate Lead Leg (Rail to Rail)
3 Up/1 Back (Rail to Rail)
Backward Walkover Alternate Leg (Rail to Rail)
Alternate Lead Leg Skip (1' Spacing)
Constant Lead Leg (1' Spacing)
Straight Leg Lateral Skips (1' Spacing)
Bent Leg Lateral Skips (1' Spacing)
Over Under (2' Spacing)

Soft Tissue Recovery Series

Lower Body

(Foam Roll/Stick/LAX Ball)

Calves
Hamstrings
Glutes
IT Band
Hip Flexor
Quad

Upper Body

(Foam Roll/Stick/LAX Ball)

Hamstring
Glutes
Low Back
Lats
Shoulder Blades
Traps
Shoulders
Pecs

PNF

(Partner Stretch)

Prone Quad 3x15 seconds
Supine Hamstring 3x15 seconds each leg
Supine Lower Back 3x15 seconds
Seated Butterfly 3x15 seconds
Supine Cross Over 2x10 seconds each side
Seated Pec Fly 3x10 seconds
Standing Javelin Stretch 2x10 seconds each side



University of Minnesota Strength Circuits

General/Core Strength Circuits

Waterloo

Prisoner Squats
 V-Sits
 Pushups
 Back Hypers w/twist
 Rocket Jumps
 Partner Leg Toss
 Clap Push Ups
 Wrestler's Bridge
 Crunch
 Alternate Single-Leg Push Ups
 Cossack Extension
 Prone Single Leg Hip Ext.

Baatan

Single Leg Squats
 Toe Touchers
 Pushups
 Back Hypers
 Side Ups
 Lunge Good Mornings
 Clap Push ups
 Lunge Walks
 Push up Toe Walks
 Prone Flex Leg Hip Ext

P90x Abs

In and Outs
 Bicycles (front and back)
 Crunchy Frog
 Wide Leg Sit Ups
 Fifer Scissors
 Hip Rock'n'Raise
 Heels To Heaven
 V-up Roll-up
 Oblique V-ups
 Leg Climb
 Mason Twists

Pillar

V-sits
 Back Hypers
 Leg Toss
 Wrestlers Bridge
 Crunch w/Twist
 Prone Flex Leg Hip Ext
 Toe Touchers

Back Hypers w/Twist
 L-Over
 Side Ups
 Double Leg Eagle
 Low Level Bicycle
 Pelvic Tilt Isometric (5count)
 Pelvic Tilt Leg Crunch

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
 Crunch w/Twist

Multiple Throw Circuits

Gas (Med-Ball)

Standing OHF
 Hip Toss-Catch
 MB Good Morning
 MB V-Sit
 Soccer Push
 Hurdle Reach
 Partner Hip Exchange
 Kneeling Shoulder T-C
 Seated Roll

Tank (Med-Ball)

Standing shoulder toss-catch
 Reach & Hike
 MB V-Sit
 Seated Oblique Toss-Catch
 Torso Circle
 Kneeling Over Head Forward
 Prone OHB
 Kneeling OHB

Bomb (Shot-Put)

Over Head Back
 Between Legs Forward
 Hammer Throw Right
 Hammer Throw Left
 Squat Chest

Mortar (Shot-Put)

1 hop+OHB
 1 hop+BLF
 2 hops+OHB
 2 hops+BLF

Shell (Shot-Put)

Lunge Chest Toss
 Over Head Forward w/Step
 Shoulder Toss w/Step
 Kneeling Over Head Forward
 Standing Over Head Forward

Multiple Jump Exercises

Kilimanjaro

Star Jumps
 180-360
 Speed Skater
 Line Hops
 Lunge Jumps
 Single Leg Butt Kicks

Everest

Lunge Jumps
 Tuck Jumps
 Butt Kicks
 Lateral Squat Jumps
 Downhill Ski Jumps
 Star Jumps

Rip

Standing Long Jump
 Standing Triple Jump
 3 Double Leg Hops
 Left-Left-Right-Right

Rudiment (30-meters)

Power Skip (Height)
 Power Skip (Distance)
 Single Leg Forward
 Single Leg Backward
 Double Leg Forward
 Double Leg Backward
 Left-Left-Right-Right

Extended (20-meters)

Straight Leg Bounds
 Alternate Leg Bounds
 Left-Left-Right-Right
 Left Leg Hopping
 Right Leg Hopping

Teton

180-360
 Speed Skater
 Line Hops
 Downhill Ski Jumps
 Lunge Jumps
 Single Leg Squat Jumps

Ascension

Hurdle Hops Static
 Hurdle Hops Dynamic

Medials Right
 Medials Left

3x33 (Squat Jumps)