



Herriman Distance Core

General Strength Routines

1. Routine 3

- 1.1. Leg (Donkey) Whip
- 1.2. Single Leg Lift
- 1.3. Lateral Leg Lift x3
- 1.4. Clam Shells
(Forward, Reverse and repeat with top leg elevated)
- 1.5. Tuck Jump
- 1.6. Calf Raise
- 1.7. Big 10 (Cross body crunch)

Preventive Strategies

1. Lunge Matrix

- 1.1. Front lunge
- 1.2. Front lunge with a twist
- 1.3. Side lunge
- 1.4. Back and to the side (diagonal)
- 1.5. Backwards lunge
- 1.6. Backwards with a twist



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General Strength Routines

1. Routine 3

<p>DONKEY WHIPS</p>	<p>Single leg lift</p>	<p>Lateral leg lift x3 (toe down, forward and up)</p>	<p>Clams & Reverse Clams (Elevated)</p>	<p>Tuck jump</p>
<p>Calf raises x3 (Toes in, forward and out)</p>	<p>Big 10 Push-ups with cross body crunch</p>			<p>Start on your side. Use your hand to push your pelvis forward to prevent it from rotation back during exercise. Keep feet together and bend your knees to 90 degrees, knees in front of your body. Lift top knee away from bottom knee, using glutes to drive motion. For Reverse clams, lift the top foot way from bottom .</p>
	<p>Clams elevated. Repeat the above exercise but elevate your top leg. In other words, lift your top leg up keeping the knee bent like before and keep it elevated during the exercise.</p>			



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Preventive Strategies

1. Lunge Matrix

Front Lunge
(both legs)



Front Lunge with
a twist (both legs)



Side
Lunge
(both sides)



Back and to the
Side Lunge
(both sides)



Backwards
Lunge (both legs)

