



## Herriman Distance Core

### General Strength Routines

#### 4. Routine 4 (Back)

- 4.1. Straight leg lifts on knee
- 4.2. Leg swing up and out on knee (Donkey kick)
- 4.3. Straight leg circles on knee
- 4.4. Push ups
- 4.5. Prone opposite arm opposite leg raises (Superman)
- 4.6. Prone double-arm and double leg raise (Superman)
- 4.7. Prone straight leg in and outs
- 4.8. Low back extensions
- 4.9. In and out arms with legs raised
- 4.10. Back rounders (Roman chair sit-up & hold)

### Preventive Strategies

#### 1. Plank Matrix

- 1.1. Prone on elbows
- 1.2. Right side on elbows
- 1.3. Supine on elbows
- 1.4. Left side on elbows
- 1.5. Prone on hands
- 1.6. Right side on hands
- 1.7. Supine on hands
- 1.8. Left side on hands



# Herriman Distance Core

## General Strength Routines

### 4. Routine 4

STRAIGHT LEG LIFTS ON KNEE	LEG SWING UP & OUT ON KNEE	STRAIGHT LEG CIRCLES ON KNEE	PUSH-UPS	OPPOSITE ARM OPPOSITE LEG	DOUBLE ARM DOUBLE LEG RAISE	STRAIGHT LEG INS & OUTS
			<b>LOW BACK EXTENSIONS</b> HOLD FOR 5 SEC 5-10		<b>IN &amp; OUT ARMS WITH LEGS RAISED</b>	<b>BACK ROUNDERS</b>



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## Preventive Strategies

### 1. Plank Matrix

Prone on elbows



Side on elbows  
(right side)



Supine on elbows



Side on elbows  
(left side)



Prone on hands



Side on hands  
(right side)



Supine on hands



Side on hands  
(left side)

