



## Herriman Distance Core

### General Strength Routines

#### 1. Routine 2

- 1.1. Prisoner squats (Up to a calf raise, last 5 up to a jump)
- 1.2. Single leg squats (Up to a calf raise)
- 1.3. Mountain climbers (single or double leg)
- 1.4. Double leg eagles
- 1.5. Low level twists
- 1.6. Hip Bridges (2 knees bent & 1 knee bent, 1 knee straight)
- 1.7. Big 10 (Indian crunch)



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## General Strength Routines

### 1. Routine 2

PRISONER SQUAT	SINGLE-LEG SQUAT	MOUNTAIN CLIMBERS	DOUBLE LEG EAGLES	LOW LEVEL LEG TWIST	Hip Bridge Double & Single Leg	Big 10 Push-up with Indian crunches