



Herriman Distance Core

General Strength Routines

Routine 5 (Pedestal)

- 5.1. Prone elbow stand (Table tops - low)
- 5.2. Prone elbow stand single leg raise
- 5.3. Prone hand stand (Table tops - high)
- 5.4. Prone hand stand single leg raise
- 5.5. Push ups
- 5.6. Supine elbow stand (Plank)
- 5.7. Supine elbow stand single leg raise
- 5.8. Crunch low reach
- 5.9. Lateral elbow stand (Side plank)
- 5.10. Side ups



Herriman Distance Core

General Strength Routines

Routine 5

Prone
Elbow Stand
Table Tops-Low



PRONE
ELBOW STAND
SINGLE LEG RAISE



Prone
Hand Stand
Table Tops-High



PRONE
HAND STAND
SINGLE LEG RAISE



PUSH-UPS



Supine
Elbow Stand
Plank



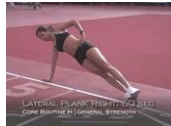
SUPINE
ELBOW STAND
SINGLE LEG RAISE



CRUNCH
LOW REACH



Lateral
Hand Stand
Side Plank



SIDE-UPS

