

## EPGTF Distance SuperSets and BiWeekly Exercises

Single Leg Squats (3x10 per leg- record total weight)																	
Calf Raises (3xAMAP, record total weight and reps)																	
Leg Lifts, Dumbbell or Swiss Ball (3x15, check if complete)																	
Light Ropes (3xAMAP, check if complete)																	
Dumbbell Snatch (3x12 per arm, record total weight)																	
One-Leg Step Ups (3x12 per leg, record total weight)																	
TRX Oblique Crunches (3xAMAP, record total reps)																	
ChinUps/PullUps (3xAMAP, record total reps)																	
Plyo-Pushups (3xAMAP, record total reps)																	
Banana Hops (3x60seconds, check if complete)																	
Dumbbell Arm Raises (3x15, record total weight)																	
Dips (3xAMAP, record total reps)																	
BOSU Balance (3x60, record dates)																	
Planking (at least 60 seconds all directions)																	
Hip Flexor Bands (40 reps per leg all directions)																	
Hurdle Mobility (12 hurdles, forward, backward, right, left)																	
Medicine Ball Passes (3x60 seconds, over/under, clockwise, counter)																	
Leg Throws (3x25, right, center, left, center)																	
SockUps, Towel Curl, Marbles (both feet)																	

Don't Forget to roll out muscles, stretch as necessary (especially calves), eat right, sleep right, hydrate.

Turn in sheet at end of each week.