

Cross Training Exercises

Move Descriptions

Hip Bridges

1. Lay on your back with your knees bent and feet shoulder width apart about 1 foot away from your hips.
2. Bracing your abdomen tightly, push through your feet and squeeze your glutes to raise your hips off the ground.
3. Lift your hips until there is a generally straight line from your shoulders, through your hips, to your knees.



Plank

1. Lay on your stomach with your forearms and hands flat on the ground next to your side pointing forward.
2. Pushing through your forearms and toes and squeezing your abdomen tightly, lift your body off of the ground.
3. Only your forearms and toes are touching the ground with your shoulders directly in line with your elbows. There should be a generally straight line from your shoulders through your hips to your feet.



Side Lying Leg Raises

1. Laying on your left side with your legs on top of each other. The left arm is straight out in front of you on the floor and the right hand is placed on the ground in front of your chest.
2. Lift the right leg vertically as high as you can raise it keeping the upper body still.
3. Left leg remains on the ground and right leg is raised vertically with the leg straight and toes pointed forward.



Air Squats

1. Hands on your hips with feet shoulder width apart and toes pointed forward.
2. Arms reach straight in front of your body. Keeping your back flat and chest up, sit with your hips pushed back and knees bent pushed out.
3. Hips are parallel with your knees. Feet remain flat on the ground with toes pointed forward. Head and chest are up your arms are reaching forward.
4. Stand through your feet keeping your head and chest up until you are in the starting position. Do not let your knees come in when standing.



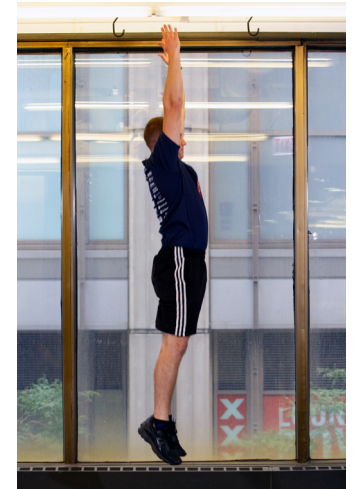
Lunges

1. Hands on your hips with feet shoulder width apart and toes pointed forward.
2. Keeping your hands on your hips take a slightly longer than normal step forward. With your torso remaining upright drop your hips straight down so your front knee is bent with your foot remaining flat on the ground.
3. Hands remain on your hips your front knee is bent to a 90-degree angle with your front knee in line with your ankle.
4. Push from your front foot to return to the starting position, then repeat with the opposite leg stepping forward.



Squat Jumps

1. Feet about shoulder width apart, bend your knees and push your hips back so you are squatted down. Reach straight back with your arms.
2. Pushing from your feet jump up as high as possible reaching your hands up high and extending your ankles, knees, and hips.
3. Land softly on your feet with bent knees and immediately push your hips back and reach straight back with your arms (starting position).



Push Ups

1. Hands placed on the floor positioned to the side of your chest. Arms are extended and form a generally straight line from your hands to your shoulders. Feet can be positioned together or 12 inches apart and legs are straight.
2. Keeping your head up and torso straight, bend your arms so your entire body moves as one unit until your elbows are even with your shoulders.
3. Back is flat and there should be a generally straight line formed from your ankles to your shoulders. Elbows are bent to a point where your shoulder and elbow are parallel with each other.
4. Push from your hands keeping your body in a straight line until your arms are straight again.



Sit Ups

1. Lay on your back with your knees bent and feet shoulder width apart about 1 foot away from your hips. Chin tucked to the chest and arms crisscrossed across the chest.
2. Keeping your arms across your chest and chin tucked, use your abdominals to sit up until your arms touch your thighs. (can use a person or object to hold the feet in place)
3. Chin remains tucked to the chest, head is looking forward, and spine is straight up vertically from the ground.
4. Return back down to the starting position by sitting back.



Arm/Leg Extensions

1. Hands and knees on the ground. Knees are positioned directly below your hips and hands are positioned directly below your shoulders, arms are straight. Keep your back as flat as possible and look forward.
2. Keeping your back as flat as possible without twisting reach straight forward with one arm and straight back with the opposite leg (hold for 1-sec).
3. Back remains flat and straight, your leg that is extended back should be straight and parallel to the ground, the arm that is extended forward should be straight and parallel to the ground.
4. Without moving the torso, return your arm and leg back to the starting position and repeat with the opposite arm and leg.



Wall Sits

1. Find a straight wall to place your back against. Keep your back flat against the wall, place your hands to your side and feet about 1-foot away from the wall hip width apart.
2. Keep the back flat against the wall and bend your knees into a sitting position.
3. Hips are at knee level and back remains flat against the wall. Knees should not push past your toes, if this

