

## Core & Supplementals Masterlist

Core	Supplementals
<p>Low Level Bicycle: 30 Reps  <a href="https://www.youtube.com/watch?v=9FGilxCbdz8">https://www.youtube.com/watch?v=9FGilxCbdz8</a></p> <p>Side Ups: 20 Reps  <a href="https://www.youtube.com/watch?v=q0QyCrpiNgl">https://www.youtube.com/watch?v=q0QyCrpiNgl</a></p> <p>Push-Ups: 15 Reps  <a href="https://www.youtube.com/watch?v=IODxDxX7oi4">https://www.youtube.com/watch?v=IODxDxX7oi4</a></p> <p>Double Leg Eagles: 20 Reps  <a href="https://www.youtube.com/watch?v=3wFExVnw3Dc">https://www.youtube.com/watch?v=3wFExVnw3Dc</a></p> <p>Donkey Kicks: 20  <a href="https://www.google.com/search?q=donkey+kick+exercise&amp;rlz=1C1GCEA_enUS861US861&amp;oq=donkey+kick+exercise&amp;aqs=chrome..69j57j0l7.3763j0j4&amp;sourceid=chrome&amp;ie=UTF-8#kpvalbx=_ikbcXoPnCYTQsAX70oXQCg53">https://www.google.com/search?q=donkey+kick+exercise&amp;rlz=1C1GCEA_enUS861US861&amp;oq=donkey+kick+exercise&amp;aqs=chrome..69j57j0l7.3763j0j4&amp;sourceid=chrome&amp;ie=UTF-8#kpvalbx=_ikbcXoPnCYTQsAX70oXQCg53</a></p> <p>Fire Hydrants: 20  <a href="https://www.youtube.com/watch?v=La3xYT8MGks">https://www.youtube.com/watch?v=La3xYT8MGks</a></p> <p>Butterfly Crunches: 30  <a href="https://www.youtube.com/watch?v=SuOidepK5xM">https://www.youtube.com/watch?v=SuOidepK5xM</a></p> <p>Knee Leg Lifts: 20  <a href="https://www.youtube.com/watch?v=79N8wq7265c">https://www.youtube.com/watch?v=79N8wq7265c</a></p>	<p>Leg Lifts: 20  <a href="https://www.youtube.com/watch?v=lce6GqtfHzM">https://www.youtube.com/watch?v=lce6GqtfHzM</a></p> <p>Side Leg Lifts: 20  <a href="https://www.youtube.com/watch?v=jgh6sGwtTwk">https://www.youtube.com/watch?v=jgh6sGwtTwk</a></p> <p>Eagles: 20  <a href="http://dynamichealthprofessionals.com/eagles-mobility-exercise/">http://dynamichealthprofessionals.com/eagles-mobility-exercise/</a></p> <p>Scorpions: 20  <a href="https://www.google.com/search?q=scorpion+exercise&amp;rlz=1C1GCEA_enUS861US861&amp;oq=scorpion+exercise&amp;aqs=chrome..69j57j0l7.9958j0j7&amp;sourceid=chrome&amp;ie=UTF-8#kpvalbx=_RBzcXsLKO4HCsQX_gar4CA59">https://www.google.com/search?q=scorpion+exercise&amp;rlz=1C1GCEA_enUS861US861&amp;oq=scorpion+exercise&amp;aqs=chrome..69j57j0l7.9958j0j7&amp;sourceid=chrome&amp;ie=UTF-8#kpvalbx=_RBzcXsLKO4HCsQX_gar4CA59</a></p> <p>One Leg Squat: 10 (each leg)  <a href="https://www.youtube.com/watch?v=9_Ca2YRRdtE">https://www.youtube.com/watch?v=9_Ca2YRRdtE</a></p> <p>One Leg Spell Alphabet  <a href="https://www.youtube.com/watch?v=sSCpWfGVgCM">https://www.youtube.com/watch?v=sSCpWfGVgCM</a></p> <p>Cycling Leg Standing: 20  <a href="https://www.youtube.com/watch?v=zA0n0We5AT4">https://www.youtube.com/watch?v=zA0n0We5AT4</a></p> <p>Single Leg RDL  <a href="https://www.youtube.com/watch?v=gz9l8UA_KXs">https://www.youtube.com/watch?v=gz9l8UA_KXs</a></p>

V-Ups: 15

<https://www.youtube.com/watch?v=iP2fvG0g3w>

Hip Dips: 10 (each side)

<https://www.youtube.com/watch?v=clgJkPjnFe4>

Row Boats: 20

<https://www.youtube.com/watch?v=DNP3ARhrhBs>

Russian Twists: 20

<https://www.youtube.com/watch?v=wkD8rjkodUI>

Supermans: 15

<https://www.youtube.com/watch?v=z6PJMT2y8GQ>

Scissors: 20

<https://www.youtube.com/watch?v=WoNCIBVLbgY>

Crunches: 30

<https://www.youtube.com/watch?v=7rRWy7-Gokg>

Hip Bridges: 20

<https://www.youtube.com/watch?v=MivHq0EM234>

Roll Ups: 20

<https://www.youtube.com/watch?v=l4kQd9eWcIE>

Leg Toss: 20 (w/ partner)

<https://www.youtube.com/watch?v=0aQbQVgsRZ4>

Plank & Side Plank 60 secs

[https://www.google.com/search?q=plank+exercises&rlz=1C1GCEA\\_enUS861US861&oq=p](https://www.google.com/search?q=plank+exercises&rlz=1C1GCEA_enUS861US861&oq=p)

Stationary, Forward, Backward Side Lunges: 15 (each leg)

<https://www.youtube.com/watch?v=l0m0m6UCJFI>

Squat: 15

[https://www.google.com/search?q=squat+no+weight&rlz=1C1GCEA\\_enUS861US861&oq=squat+no+weight&aqs=chrome..69i57j0l7.4328j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_2mTcXujJA5CWsQX44onYCg36](https://www.google.com/search?q=squat+no+weight&rlz=1C1GCEA_enUS861US861&oq=squat+no+weight&aqs=chrome..69i57j0l7.4328j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_2mTcXujJA5CWsQX44onYCg36)

Side Step w/ Resistance Band: 10 (each leg)

[https://www.google.com/search?q=side+step+exercise&rlz=1C1GCEA\\_enUS861US861&oq=side+step+exercise&aqs=chrome..69i57j0l7.3772j0j9&sourceid=chrome&ie=UTF-8#kpv albx=\\_Z2XcXvbCGYmusAWMjarwAg71](https://www.google.com/search?q=side+step+exercise&rlz=1C1GCEA_enUS861US861&oq=side+step+exercise&aqs=chrome..69i57j0l7.3772j0j9&sourceid=chrome&ie=UTF-8#kpv albx=_Z2XcXvbCGYmusAWMjarwAg71)

Ladder Drills:

High Knees

[https://www.youtube.com/watch?v=5An\\_SslsHYI](https://www.youtube.com/watch?v=5An_SslsHYI)

Icky Shuffle

<https://www.youtube.com/watch?v=MHNkuGBZ9YQ>

Buzz Saws

[https://www.youtube.com/watch?v=hy71Doj\\_0J0](https://www.youtube.com/watch?v=hy71Doj_0J0)

One Foot

<https://www.youtube.com/watch?v=tvYzQSPrgE>

Two Feet In & Out

Same as One Foot but both feet go in and out together.

XC Skiers

[lank+exercise&aqgs=chrome.0.0j69i57j0l6.3593j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_Z17cXp\\_YD9GGsAWLzqOwBw51](https://www.google.com/search?q=reverse+plank+exercise&aqgs=chrome.0.0j69i57j0l6.3593j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_Z17cXp_YD9GGsAWLzqOwBw51)

Reverse Plank 60 secs

[https://www.google.com/search?q=reverse+plank+exercise&rlz=1C1GCEA\\_enUS861US861&oq=reverse+plank+exercise&aqgs=chrome..69i57j0l7.7390j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=\\_6V7cXq-oMcyQsAWE57u4Dg35](https://www.google.com/search?q=reverse+plank+exercise&rlz=1C1GCEA_enUS861US861&oq=reverse+plank+exercise&aqgs=chrome..69i57j0l7.7390j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=_6V7cXq-oMcyQsAWE57u4Dg35)

Big 12 Ladder (Crunches & Push Ups)

Start with 12 reps and work your way down (ie 12 pushups, 12 crunches, 11 pushups, 11 crunches, 10 pushups, 10 crunches...)

Med Ball Push Up Toss: 10

Med Ball Groin Toss: 10

Med Ball Russian Twists: 20

Med Ball Sit Ups: 20

Med Ball Toe Touch: 20

<https://www.youtube.com/watch?v=lgDJYCHrJk4>

Lateral High Knees

<https://www.youtube.com/watch?v=Al3xg4idzvs>

Double Step Run Through

[https://www.youtube.com/watch?v=ndUPjK1o1\\_M](https://www.youtube.com/watch?v=ndUPjK1o1_M)

Hurdles

Lead with Right

[https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA\\_enUS861US861&oq=hip+mobility+hurdle+drills+&aqgs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_S2ncXsLgPMi4sQWIIlBACg28](https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA_enUS861US861&oq=hip+mobility+hurdle+drills+&aqgs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_S2ncXsLgPMi4sQWIIlBACg28)

Lead with Left

[https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA\\_enUS861US861&oq=hip+mobility+hurdle+drills+&aqgs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_S2ncXsLgPMi4sQWIIlBACg28](https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA_enUS861US861&oq=hip+mobility+hurdle+drills+&aqgs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_S2ncXsLgPMi4sQWIIlBACg28)

Alternate (twice through)

<https://www.youtube.com/watch?v=9ZThcFDKxh4>

Sideways

[https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA\\_enUS861US861&oq=hip+mobility+hurdle+drills+&aqgs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_S2ncXsLgPMi4sQWIIlBACg28](https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA_enUS861US861&oq=hip+mobility+hurdle+drills+&aqgs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_S2ncXsLgPMi4sQWIIlBACg28)

Outside

[https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA\\_enUS861US861&oq=hip+mobility+hurdle+drills+&aqs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_S2ncXsLgPMi4sQWILbACg28](https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA_enUS861US861&oq=hip+mobility+hurdle+drills+&aqs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_S2ncXsLgPMi4sQWILbACg28)

Over Under

[https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA\\_enUS861US861&oq=hip+mobility+hurdle+drills+&aqs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_S2ncXsLgPMi4sQWILbACg28](https://www.google.com/search?q=hip+mobility+hurdle+drills&rlz=1C1GCEA_enUS861US861&oq=hip+mobility+hurdle+drills+&aqs=chrome..69i57.6871j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_S2ncXsLgPMi4sQWILbACg28)

90 Steps Toes, Heels, Outside

[https://www.google.com/search?q=walking+on+toes+exercise&rlz=1C1GCEA\\_enUS861US861&oq=walking+on+toes+exercise&aqs=chrome..69i57j0l7.6789j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=\\_FmrcXtrF14XUsAWhgbbzwDw26](https://www.google.com/search?q=walking+on+toes+exercise&rlz=1C1GCEA_enUS861US861&oq=walking+on+toes+exercise&aqs=chrome..69i57j0l7.6789j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=_FmrcXtrF14XUsAWhgbbzwDw26)

[https://www.google.com/search?q=walking+on+heels+exercise&rlz=1C1GCEA\\_enUS861US861&oq=walking+on+heels+exercise&aqs=chrome.0.0l4.4174j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=\\_QGrcXoHKBIXIsAW7pIPQDg28](https://www.google.com/search?q=walking+on+heels+exercise&rlz=1C1GCEA_enUS861US861&oq=walking+on+heels+exercise&aqs=chrome.0.0l4.4174j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=_QGrcXoHKBIXIsAW7pIPQDg28)

[https://www.youtube.com/watch?v=Kl\\_K8eXa59Q](https://www.youtube.com/watch?v=Kl_K8eXa59Q)