

## 1st 20 General Strength and Mobility Routine

1. Med Ball High Toss X8
2. Russian Hamstrings x30  
15 a leg
3. Haybales x20  
Rotate, Squat, Bounce
4. Running Arms x 60 seconds  
you will naturally change front legs forward every 10 to 15 seconds
5. Body Squats x20
6. Med Ball High Toss x8
7. Haybales x20
8. Prone Pedestal x 30 seconds
9. Lateral Pedestal x 15 seconds
10. Supine Pedestal x 30 seconds
11. Lateral Pedestal x 15 seconds (opposite side)
12. Iron Cross x 45 seconds
13. Scorpions x 45 seconds
14. Lower Body Crawl x 30 seconds
15. 180 degree to 90 degree med ball toe touch x 20
16. Donkey Kicks x 40  
20 a leg
17. Lateral Leg Lifts x 24  
x8 toe in x8 toe neutral x8 toe out
18. Lateral Leg Lifts (Rotate to other side) Iron Cross x 45 seconds
20. Side Plank x 45 seconds
21. Lower Body Crawl x 45 seconds
22. Bird Dog x 45 seconds (hold position for one second each)