

Lionel Hamilton Post Workout

1. Donkey Kicks x20
2. Scorpions x20
3. Iron Cross x20
4. Lateral Leg Lifts x24 each leg
x8 toe in x8 neutral toe x8 toe out
5. Inverted Scissors x20
6. Groiners x20
7. Inverted Splits x20
8. Donkey Kicks x20
9. Scorpions x20
10. Iron Cross x 20
11. Lower Body zzzs x
12. Russian Hamstrings x10 each leg
13. Hurdle Seat Exchange x10
14. Gentle Butterfly x10
15. Groiners x20

Standing Drills

16. Hurdle Trail Legs x5 forward each leg and x5 backwards each leg
17. Lateral Leg Swing x10 each leg
18. Linear Leg Swing x10 each leg
19. Linear Bent Knee Swings x10 each leg