

## Boo Schexnayder's Athletic Consulting Leo Circuit

### Single leg squats

Stationary lunges. Right leg forward to the lunge position, then back so that the left leg is in the lunge position. Repeat with the left leg.

Lunge jumps.

Incline pushups – arms up on a chair or bench, feet on the floor

Dips – arms behind you on a chair or bench. Lower yourself down with your legs out straight in front of you.

Decline pushups – feet up on a chair or bench, arms on the floor

Lateral squats – feet wider than shoulder width apart. Squat to the left and then to the right.

Prisoner Squats

Rocket jumps

Kneeling Good Mornings – on your shins torso straight, hands on the back of your head. Kneel down until your elbows touch the floor/ground. Your hips should stay at the same height during the exercise. The torso does the work.

Front Yogis – a variation on the above exercise. A partner holds the ankles of the person doing the exercise. Bend from the waste under control and hold to about half way down and then come back up.

Back Yogis – on shins, the torso straight, hands on back of head move backwards keeping your back straight.

Single Leg slides - lying on your back bring one leg up with knee bent, sliding your heel only on the floor, keep the other leg on the floor, palms face down.

V Situps

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Crunches – with legs up in the air together at a 45 degree angle

Squat Lunge walk. Hands clasped behind head, do a single leg squat with other leg out in front of you. When you are in the squat position, walk the opposite leg forward into a lunge.