## Warmup Preparatory Routines

### Mobility Jog Circuit
- Weave
- Backwards Run
- Side Shuffle Right
- Side Shuffle Left
- Arm Circles
- Arms Across
- Skip Lunges
- Crossover Run

### Static Flexibility Routines

#### Capella
- Hansen's Back Series (L-R)
- Spinal Roll
- Hands Behind Back
- Elbow/Obliques (L-R)
- Calf Stretch (Straight/Flexed, L-R)
- Split Stretch (L-R)
- Heel Sit
- Seated Straddle (M-L-R)
- Butterfly
- Figure 4/Pretzel (L-R)

#### Rigel
- Chest Hang
- Deep Squat
- Lateral Squat (L-R)
- Spinal Roll-Push
- Spinal Roll-Pull (switch)
- Butterfly
- Seated Arm Pull (switch)
- Quadriceps Stretch
- Quadriceps Lift (L-R)
- Shoulder Lift (switch)

### Dynamic Flexibility Routines

#### Sirius
- Eagles (Back/Front)
- Splits/Scissors w/ Rollover
- Single Knee Tucks
- Hip Circles (CW-CCW)
- Double Arm Circles (CW-CCW)
- Leg Swings (Sagittal/Frontal, L-R)
- Donkey Kicks/Thigh Whips/Trail Leg Lifts (L-R)

#### Vega
- Eagles (Back/Front)
- Leg Swings (Sagittal/Frontal, L-R)
- Hurdle Trail Leg Circles (L-R)
- Hurdle Leg Circles (L-R)
- Hurdle Seat Exchange

### Sprint Development Drill Series

#### Cygnus
- A Skips
- B Skips
- Backward Skips
- Backward Runs
- Side Shuffle (L-R)

#### Pegasus
- Highknees
- Buttkicks
- Crossovers (L-R)
- AZ's
- AC's

#### Aquila
- Side A Skips (L-R)
- Backwards Skips
- B Skips
- Carioca (L-R)

#### Draco
- A Skips
- Straight Leg Bounds
- B Skips
- Side Shuffle (L-R)

### Hurdle Mobility Circuits

#### Dynamic
- Sidekicks (L-R)
- Dynamic Alternate Walkovers
- Skipovers (L-R Lead)
- Single Leg Skipovers
- Single Leg Static/Dynamic Skipovers

#### Static
- Alternate Walkovers
- Walkovers (L-R Lead)
- Over & Back (L-R Lead)
- Over & Under (L-R Lead)
- Alternate Static/Dynamic Walkovers

### General Strength Circuits

#### Taurus
- Pushups
- Prisoner Squats
- V-Sits
- Back Hypers
- Pushups w/Clap
- Rocket Jumps
- Dips
- Cossack Extensions
- L-Overs
- Wrestler's Bridge
- Swimming
- Burpees

#### Leo
- Single Leg Squat (L-R)
- Stationary Lunges (L-R)
- Lunge Jumps (L-R)
- Incline Pushups
- Dips
- Decline Pushups
- Lateral Squats
- Prisoner Squats
- Rocket Jumps
- Kneeling Good Mornings
- Yogis (Front/Back)

#### Gemini
- Single Leg Toe Raises (L-R)
- Squat Toe Raises
- Side Foot Toe Raises (L-R)
- Closed Everted Toe Squats
- Toe Lunge Walk (L-R)

#### Cancer
- Prone Elbowstand Leg Lifts (L-R)
- Supine Elbowstand Leg Lifts (L-R)
- Prone Handstand Leg Lifts (L-R)
- Supine Handstand Leg Lifts (L-R)
- Side Elbowstand Top Leg Lifts (L-R)
- Side Handstand Top Leg Lifts (L-R)
- Side Elbowstand Bottom Leg Lifts (L-R)
- Side Handstand Bottom Leg Lifts (L-R)

#### Pillar
- V-Sits
- Back Hypers
- Side Ups (L-R)
- Leg Toss/Toe Touch/Hip Lifts
- Crunches

#### Aquarius
- Forward Leg Lift (L-R)
- Forward Leg Lift/Flex (L-R)
- Forward Leg Lift/Circle (L-R)
- Russian Cossacks (L-R)
- Bridge/Knee Extension (L-R)
- Reverse Leg Lift/Flex (L-R)
- Half Hypers (L-R)
- Lunge Twist/Good Morning (L-R)
- Half Crunches (L-R)

#### Scorpius
- Forward Squat Walk
- Backward Squat Walk
- Lateral Squat Walk (L-R)
- Pushup Walk
### Multijump Circuits

<table>
<thead>
<tr>
<th>Mercury</th>
<th>Venus</th>
<th>Mars</th>
<th>Jupiter</th>
<th>Ancillary Depth Jumps</th>
<th>Uranus</th>
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<tbody>
<tr>
<td>Ankle Bounces</td>
<td>Line Jumps</td>
<td>Tuck Jumps</td>
<td>Box-SLJ</td>
<td>Box Rebounds</td>
<td>RRR</td>
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<tr>
<td>Side Straddled Hops</td>
<td>Buttkick Jumps</td>
<td>Ski Jumps</td>
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<tr>
<td>Front Straddled Hops</td>
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<td>Single Leg Lateral Turns</td>
<td>Box-Box-SLJ</td>
<td>Twisting Box Rebounds</td>
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<tr>
<td>Crossover Hops</td>
<td>Rocket Jumps</td>
<td>Straddle Jumps</td>
<td>Box-Box-Hurdle</td>
<td>Single Leg Box Rebounds</td>
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<tr>
<td>Diagonal Hops</td>
<td>Speed Skaters</td>
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<td>LRLR</td>
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<td>Bunny Hops</td>
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<td>Zig-Zag Bunny Hops</td>
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<td></td>
<td>Stepup Jumps</td>
<td>Lunge Jumps</td>
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<thead>
<tr>
<th>Saturn</th>
<th>Neptune</th>
<th>Pluto</th>
<th>Bounding Series A</th>
<th>Bounding Series B</th>
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<tbody>
<tr>
<td>Standing Long Jump</td>
<td>Jog-RRR</td>
<td>LRR…</td>
<td>RRR…</td>
<td>Hurdle Hops</td>
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<tr>
<td>3 Double Leg Bounds</td>
<td>Jog-LLL</td>
<td>RRR…</td>
<td>LLL…</td>
<td>Step-Hops</td>
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<tr>
<td>Standing Triple Jump</td>
<td>Jog-RLRL</td>
<td>LLRR…</td>
<td>RLLL…</td>
<td>Static-Elastic Hops</td>
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<tr>
<td>Double-Double</td>
<td>Jog-LRLR</td>
<td>Medial Hops (L-R)</td>
<td>RLL…</td>
<td>Elastic-Static hops</td>
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<td>Lateral Hops (L-R)</td>
<td>RLRL…</td>
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### Medicine Ball Circuits

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<th>Bootes</th>
<th>Depth</th>
<th>Stadium Circuit</th>
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<td>Standing Shoulder (L-R)</td>
<td>Overhead Back</td>
<td>Singles</td>
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<tr>
<td>V-Sits</td>
<td>Back Toss</td>
<td>Between the Legs Forward</td>
<td>Single-Doubles</td>
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<tr>
<td>Good Mornings</td>
<td>Kneeling Good Morning</td>
<td>Hammer Hip (L-R)</td>
<td>Double-Singles</td>
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<tr>
<td>Kneeling Shoulder (L-R)</td>
<td>Kneeling Overhead Forward</td>
<td>Squat Chest</td>
<td>Doubles</td>
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<tr>
<td>Seated Hip (L-R)</td>
<td>Standing Hip (L-R)</td>
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<tr>
<td>Reach &amp; Hike</td>
<td>Medial Kicks (L-R)</td>
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<td>Rotation Exchange (CW-CCW)</td>
<td>Lateral Kicks (L-R)</td>
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<td>Medial Knee Toss (L-R)</td>
<td>Leg Ad-Abs</td>
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<td>Lateral Knee Toss (L-R)</td>
<td>Kneeling Overhead Back</td>
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<tr>
<td>Toe Toss</td>
<td>Exchange</td>
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<td>Prone</td>
<td>Knee Squeezers</td>
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<td>Seated Roll</td>
<td>Prone Overhead Back</td>
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### Olympic Weight Training Exercises

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<th>Squat Movements</th>
<th>Press Movements</th>
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<tr>
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<td>Front Squat</td>
<td>Squat (Deep, Half, Deep+)</td>
<td>Bench Press</td>
</tr>
<tr>
<td>Clean Pulls (floor, knee, thigh)</td>
<td>Snatch Squat</td>
<td>Split Squat</td>
<td>Incline Press (Full, Half)</td>
</tr>
<tr>
<td>Snatch (floor, knee, thigh)</td>
<td>Press Jerk</td>
<td>Snatch Squat</td>
<td>Dumbbell Bench Press</td>
</tr>
<tr>
<td>Clean (floor, knee, thigh)</td>
<td>Split Jerk</td>
<td>Front Squat</td>
<td>Dumbbell Incline Press</td>
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<tr>
<td>Split Snatch (floor, knee, thigh)</td>
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<td>Stepups (Horizontal, Vertical)</td>
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<tr>
<td>Split Clean (floor, knee, thigh)</td>
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<td>Split Deadlifts</td>
<td>Supine Pullovers (Base, Diagonal)</td>
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<tr>
<td>Dumbbell Snatch (floor, knee, thigh)</td>
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</tr>
<tr>
<td>Dumbbell Clean (floor, knee, thigh)</td>
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### Bodybuilding Circuits

### Static Weight Training Exercises

<table>
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<tr>
<th>Static Weight Training Exercises</th>
<th>Press Movements</th>
<th>Depth Circuit</th>
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<tr>
<td>Rotational/Central Lifts</td>
<td>Bench Press</td>
<td>Overhead Double (Deep, Half)</td>
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<tr>
<td>Russian Twists (Full, Half)</td>
<td>Incline Press (Full, Half)</td>
<td>Overhead Single (Deep, Half)</td>
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<tr>
<td>Split Russian Twists (Full, Half)</td>
<td>Dumbbell Bench Press</td>
<td>Extended Double (Deep, Half)</td>
</tr>
<tr>
<td>Overhead Russian Twists (Full, Half)</td>
<td>Dumbbell Incline Press</td>
<td>Extended Single (Deep, Half)</td>
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<tr>
<td>Split Overhead Russian Twists (Full, Half)</td>
<td>Dumbbell Lines</td>
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<td>Weighted Crutches (Full, Half)</td>
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<td>Weighted Hypers (Full, Half)</td>
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<td>Weighted V-Sits</td>
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### Multithrow Circuits

<table>
<thead>
<tr>
<th>Squat Movements</th>
<th>Press Movements</th>
<th>Depth Circuit</th>
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<tbody>
<tr>
<td>Lunge Jumps</td>
<td>Rep Split Jerks</td>
<td>Overhead Single (Deep, Half)</td>
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<td>Split Jumps</td>
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<td>Extended Double (Deep, Half)</td>
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<tr>
<td>Stepup Jumps</td>
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<td>Extended Single (Deep, Half)</td>
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<tr>
<td>Single Leg Rotational Jumps</td>
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