

CORE ROUTINES

FSU ABS (30-45 SECONDS EACH EXERCISE)		7 min ABS (40 SEC EACH)
1. CRUNCH	2. UP & OUTS	1. CRUNCH
3. HANDS TO KNEES	4. FLIPPER KICKS	2. LEFT SIDE CRUNCH
5. L-SITS (BOTH LEGS UP)	6. RIGHT SIDE CRUNCH	3. RIGHT SIDE CRUNCH
7. LEFT SIDE CRUNCH	8. WOBBLERS ON BACK	4. FANNY RAISES
9. WOBBLERS ON FRONT	10. FIRE HYDRANTS (RIGHT SIDE)	5. PUSHUPS
11. FIRE HYDRANTS (LEFT SIDE)	12. PUSHUPS	6. L-SITS (LEFT LEG UP)
13. PLANK (RIGHT SIDE) - HOLD TOP LEG UP LAST 15 SECONDS	14. NORMAL PLANK	7. L-SITS (RIGHT LEG UP)
15. PLANK (LEFT SIDE) - HOLD TOP LEG UP LAST 15 SECONDS	16. ROWING THE BOAT (FEET OFF THE GROUND)	8. FLIPPER KICKS
17. BRIDGE (TAP LEFT FOOT 20 SECONDS)	18. BRIDGE (TAP RIGHT FOOT 20 SECONDS)	9. ROCK, PAPER, & SCISSORS Rock = CRUNCHED UP POSITION PAPER = LEGS FULLY EXTENDED OUT Scissors = LEGS EXTENDED OUT AND SPREAD OUT WIDE
19. BRIDGE (ROLL OUT LEFT LEG 20 SEC)	20. BRIDGE (ROLL OUT RIGHT LEG 20 SEC)	
21. BRIDGE (LIFT STRAIGHT LEFT LEG 20 SEC)	22. BRIDGE (LIFT STRAIGHT RIGHT LEG 20 SEC)	
23. REVERSE PLANK - HOLD LEFT LEG UP LAST 15 SECONDS	24. REVERSE PLANK - HOLD RIGHT LEG UP LAST 15 SECONDS	
25. PUSHUPS	26. ALTERNATING PLANK	10. PLANK (60+ SECONDS)

HAMLIN CIRCUIT WORKOUT

15-20 Reps/Exercise

7-12 Push-ups between Each Exercise

1. Superman
2. Alternating Superman
3. 45's
4. Plank (60-90 seconds)
5. 6 inchers
6. Suitcases
7. Lateral Elbow Stand leg lift
8. Lateral Hand Stand leg lift
9. Prone Elbow leg lift
10. Prone Hand Stand leg lift
11. Supine Elbow Stand leg lift
12. Supine Hand Stand leg lift
13. V-ups
14. Paper, Rock, Scissor's

CIRCUITS

Circuits are used to improve flexibility, strength, and mobility of the whole body. Include approximately **30 seconds of light jogging** between each exercise. Perform **60 second** circuits after the workout.

<i>P</i>	<i>L</i>	<i>#</i>
Jumping Jacks	Fire Hydrants	Side Lunges
Plank	Push Plank	Fire Hydrant Extension
Scorpion	Crab Walk	Mountain Climbers
Walking Lunge	Reverse Plank Lifts	Russian Twists
Superman's	Lunge Jumps	Reverse Lunge
Squat Jumps	Burpee's	Alt. Supermans
Plank Leg Lifts	Bridges Leg Lifts	Ext. Plank Leg Lifts

PHYSIO BALL ROUTINE

Pushups x25	Body Tuck x15
Shoulder Rollout x20	Leg Curl x25
Plank x60sec	Pass Over x15

HURDLE DRILLS

- 1) Single Leg Straight over's (both sides)
- 2) Double Knee Drive over's
- 3) Single Leg Step over's (both sides)
- 4) Double Leg Step over's
- 5) Over Two & Back One
- 6) Backwards Over Every One
- 7) Over Under's (both sides)