

**UNIVERSITY OF WISCONSIN-WHITEWATER
CORE WORKOUTS**

CORE CIRCUIT	STRENGTH CIRCUIT	PLYOS	TEMPO WORKOUTS
ABS	WATERLOO	SAND	TEMPO 2000m
Prone elbow stand	Prisoner Squat	Tuck Jump	1 + 2 + 1
Supine elbow stand	V ups	Squat Jump	1 + 2 + 1
Prone hand stand	Pushups	Ankle Hops	1 + 2 + 1
Supine hand stand	Back Hyper w/ Twist	Cone Hops	1 + 2 + 1
Lateral elbow stand	Squat Jump		1 + 2 + 1
Lateral hand stand	Throw Downs	RIP	
Med ball toss and catch	Rocky's	Standing Long Jump	TEMPO 2000m
	Crunch	Standing Triple Jump	1 + 1 + 1 + 1
	Decline Pushups	3 Double Leg Hops	1 + 2 + 1 + 2
PILLAR		RR-LL	1 + 2 + 1 + 2
V ups	EDWARDS		1 + 1 + 1 + 1
Back Hypers	Pushup	RUDIMENT	
Leg Toss	Hip Lifts	Skip for Height	TEMPO RUNS
Crunch w/ Twist	MB Twist & Throw	Skip for Distance	*run at talk pace
Toe Touches	Lying Hip Lifts	Single Leg Hop-Forward	*+ = 50m walk between runs
L Overs	Octagonal Jumps	Single Leg Hop-Backward	*100m walk between sets
Side Ups	Reverses	Double Leg Hop-Forward	
Double Leg Eagles	Chinnies	Double Leg Hop-Backward	
Bicycles	Back Hypers	RR-LL	
Crunch	Treadmills		
Back Hypers w/ Twist	Crunches		
	Lower Ham		
PEDESTAL	Calf Raises		
Prone-elbow stand-SL raise	Tricep Press		
Supine-elbow stand-SL raise	Jump Squat		
Prone-hand stand-SL raise			
Supine-hand stand-SL raise	BATAAN		
Lateral-elbow stand-SL raise	Single Leg Squat		
Lateral-hand stand-SL raise	Toe Touches		
Crunch	Pushups		
Crunch w/ twist	Back Hypers		
	Side Ups		
CORE	Rocky's		
Straight Leg Sit-ups	Woodchopper		
Back Hypers	Lunge Walk		
Trunk Twist			
Side Bends			
Straight Leg Lifts			
V Ups			
L Overs			
Leg Toss			
Crunch w/ Twist			