

Huntington Beach Track & Field

Body Resistance Routines

Push-Ups/Ab Routine (Pick Your Number of Push-Ups per set)

1. Regular Push-Ups
2. 25 x In & Outs
3. Wide Push-Ups
4. 25 x Bicycles (front then back)
5. Military Push-Ups
6. 25 x Mason Twists
7. Right Arm In Offset Push-Ups
8. 25 x Hip Rock and Raise
9. Left Arm In Offset Push-Ups
10. 25 x Oblique V-Ups (right then left)
11. Diamond Push-Ups
12. 25 x V-Up Roll Up
13. 60 seconds three-Level Elevator Push-Ups
14. 60 second leg elevate hold
15. Under the Fence Push-Ups
16. 60 second plank

Legs/Ab Routine (30 seconds for each left routine)

1. Jump Squats
2. 25 x In & Outs
3. Run-Stance Squats (on 3rd one, jump and switch to other side)
4. 25 x Bicycles (front then back)
5. Chair
6. 25 x Mason Twists
7. Alternating lunge in place
8. 25 x Hip Rock and Raise
9. Lateral leap squats
10. 25 x Oblique V-Ups (right then left)
11. Calf raises (15 outside, 15 neutral, 15 inside)
12. 25 x V-Up Roll Up
13. Chair
14. 60 second leg elevate hold
15. Jump Knee Tuck
16. 60 second plank