

## **LWC DISTANCE GENERAL STRENGTH**

- Clams – 8 reps each side
- Reverse Clams – 8 reps each side
- Reverse Air Clams – 8 reps each side
  
- Scorpions – 8 reps each leg
- Rockies – 5 reps
  
- Lateral Leg Raises – right side, then left side
  - Neutral – 8 reps per leg
  - Toes In – 8 reps per leg
  - Toes Out – 8 reps per leg
  
- Iron Cross – 8 reps each leg
- Lower Body Crawl – 8 each leg
- Australian Swimmer – 30 seconds
  
- Donkey Kicks – 8 reps each leg
- Donkey Whips – 8 reps each leg
- Fire Hydrant – 8 reps each leg
- Knee Circles Forward – 8 reps each leg
- Knee Circles Backward – 8 reps each leg
  
- Groiners – 8 reps each leg
- Hurdle Seat Exchange – 8 reps (4 each way)
  
- Pedestal Leg Lifts – right side, then left side
  - Build to 8 reps per leg
  
- L ups – 20 reps
- Low Level Twist/Scissors – 30 reps going slowly (15 each leg)