

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 or push-ups – 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 (knee bows) – 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
- 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)