

Grand Circuit Training Stations

6 Athletes in a Group

up to 8 Stations, 6 Minutes at each Station

1 Minute Transition

Total Time = 55 Minutes

A Hurdle Mobility

Leg Overs
Toe Overs
Leg Arounds
Single Step Overs
Double Step Overs
Under/Overs

B GS #1

Prone Elbow Stand Single Leg Lift
Supine Elbow Stand Single Leg Lift
Lateral Elbow Stand Single Leg Lift

Prisoner Squats *

Prone Hand Stand Single Leg Lift
Supine Hand Stand Single Leg Lift
Lateral Hand Stand Single Leg Lift

Toe Touchers *

Supine Shoulder Stand Single Leg Hip Lift
Supine Elbow Stand Hip Lift (5 count)

* Not Included in GS Core Lite

C Tubes and Tramps

2 Min Tubes
Arches: Side to Side, standing
Arches: Side to Side, squatting
Arches: Sasquatch Walk (return Backwards)

2 Min Black Rebounder
A - Pawing
B - Skipping Drill

2 Min Blue Rebounder
A - Double Arm Swing
B - Tuck Jumps
(Double Leg, 4 count) (Single Leg, 4 count)
(Double Leg, 2 count) (Single Leg, 2 count)
(Double Leg, Single count) (Single Leg, Single count)
(Single Leg,
Single count w/Weights)

D Shoeless Walk

1 Green Lap
Each Corner:
Inside 10 Secs.
Outside 10 Secs.
Lean Left 10 Secs.
Lean Right 10 Secs.

E GS #2

Leg Lifts
Side Ups (Elbow Lateral Stand)
Cossack Dance
Prone Leg Lifts -Single
Supine Arch Pushups
Prone Leg Lifts - Double
Toe Raises
Back Hyper Cross Overs

F Balance Station

2 Min Balance Boards: Perfect Form

2 Min Stability Ball Balance
Knees/Feet

(All Fours)

(Kneel)

(Pointer)

(Stand)

(Squat)

2 Min Stability Ball Strength (20 sec each)

A - Declined Plank

B - Leg Curls

C - Back Extensions

D - Pike Crunch

G GS #3 + Bottle Drills

Rocky's (Clap Push Ups)
Back Hypers
V - Sits
Push Ups
Back Hypers w/ Twist
Jump Squats

Then...

Bottle Drills

for the remainder of time.

H Jump Ropes

30 Seconds Both Feet Stationary
30 Seconds Each Foot Stationary
Run 25 Yards, Back 25 Yards
30 Seconds Both Feet Stationary
30 Seconds Each Foot Stationary
Hand Grip Running