

# MIRAMONTE HIGH SCHOOL TRACK & FIELD

## Strength Exercise Descriptions

### Miramonte Strength Circuit

1. MB Sledgehammer Throws (x10 each side)  
*Get into a stagger position with one foot forward and the other back. Keep your toes pointed forward. Take a medicine ball and rotate it around your body like you are swinging a sledgehammer. As the ball goes around your head, reach as high as you can and throw it to your partner. The throw should be into the ground with as much force as possible. Keep your eyes and your chin up throughout the wind-up.*
2. MB Standing Partner Exchange (x10 each way)
  - a. Over
  - b. Under
  - c. Left
  - d. Right*Stand back-to-back with your partner with about a foot between you. One of you will have a medicine ball. Lift the medicine ball over your head and give it to your partner. That person will bring the ball down between your legs and hand it off again. One of you will be lifting the ball up overhead and handing it off while the other grabs it and lowers it between their legs and hands it off. Switch in the middle. Operate in the same manner when performing the left and right exchanges.*
3. L-Over (x10)  
*Lie on the ground and raise your legs up perpendicular to the ground. Keep your pelvis neutral and put your arms out at your side. Rotate your legs down to one side as low as you can under control. Rise back up to the starting position and rotate to the other side. This is one rep.*
4. L-Up (x10)  
*Lie on the ground and raise your legs up perpendicular to the ground. Keep your pelvis neutral and put your arms out at your side. Return your legs towards the ground while keeping them locked out at the knee. Stop your downward momentum about 6" from the ground, and then return your legs to their upward, perpendicular position.*
5. Pushup Planks (x6 in 8min)  
*Do 6 pushups at the start of every minute for 8 minutes. For the remainder of the minute do planks. You will do 4 different planks and repeat them all twice. First do a plank with your chest facing the ground. Second, do a side plank on your right side. Third, do the other side. Finally, do a plank on your back while balancing on your elbows and heels.*
6. UB Step Up (x10)  
*Get into a pushup position in front of a bench so that your head is a few feet back from the bench. Lift one hand up onto the bench and then step up with the other hand. Step back down.*
7. Jump Circuit
  - a. Traveling Speed Skaters (x20yds)  
*Get down into a half squat position and clasp your hands behind your back. Stand on one foot. Jump to the side and slightly forward and land on the other foot. Gather yourself and balance. Jump back and land on the beginning foot. Continue to jump side to side and travel up the football field. You should look like you are speed skating on the grass.*
  - b. Flutter Jumps (x:20)  
*Stand with your feet slightly staggered (put the toes of one foot even with the mid-foot of the other) and rise up on the balls of your feet. Jump as high as you can and land with the opposite stagger in your feet. Immediately jump again. Your goal is to jump as high as you can, not as quick as you can.*
  - c. Traveling Toe Hops (x20yds)  
*Stand on the ball of one foot with your knees slightly bent and hop from one foot to the other. Your heel should never touch the ground. The drive to jump should come*

*exclusively from extension at the ankle. This is not a jump that should happen from the knee or hip. Move forward with each jump.*

- d. Split Squat Jumps (x10)  
*Stand with one foot out in front of you and the other foot back behind you. Lower yourself into a split squat, then jump forcefully and switch your feet in the air before landing once again in a staggered stance. Repeat quickly while focusing on quickness and explosiveness.*
  8. Step Downs (x10 each leg)  
*Stand on a low box (around 12") with both feet. Stand on one foot, with the other heel in front of the box, and lower yourself until your heel touches the ground. Don't put any weight into the foot on the ground and rise back up.*
  9. Single-leg Good Mornings (x10)  
*Stand with your feet shoulder width apart and a broomstick on your shoulders. Lift one foot off the ground and get a slight bend in the other knee. Move your hips back and bend over at the waist. Continue to bend over until your hips stop moving backwards. At this point stand up. At the bottom position be sure your hips are parallel to the ground and your back leg is straight behind you.*
  10. Bench Lunge (x10 each leg)  
*Stand about a meter away from a bench and put one foot up on the edge with your foot at around a 45-degree angle. Lunge into the bench. Keep your back leg as straight as possible and push your hips toward the bench so you stretch the quad and hip flexor of the back leg.*
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### **Matador Strength Circuit**

1. MB Squat Jump Throws (x10ea)
  - a. OH Forward  
*Stand with feet shoulder-width apart and arms extended in front of you while holding the medicine ball. Lower yourself into a full squat, while gradually swinging the ball downward between your legs. Once at the bottom, transfer your weight to your toes as you explode up and forward, releasing the ball and following through with your arms up over your head. This is a squat-jump-throw movement where you are aiming to throw the ball as high and far in front of you as possible.*
  - b. OH Up  
*Stand with feet shoulder-width apart and arms extended in front of you while holding the medicine ball. Lower yourself into a full squat, while gradually swinging the ball downward between your legs. Once at the bottom, explode straight up, releasing the ball and following through with your arms up over your head. This is a squat-jump-throw movement where you are aiming to throw the ball as high above you as possible. Allow the ball to come to the ground, bounce once, then catch the ball and go immediately into the next throw.*
  - c. OH Back  
*Stand with feet shoulder-width apart and arms extended in front of you while holding the medicine ball. Lower yourself into a full squat, while gradually swinging the ball downward between your legs. Once at the bottom, transfer your weight backwards as you explode up and back, releasing the ball and following through with your arms back and up over your head. This is a squat-jump-throw movement where you are aiming to throw the ball as high and far in behind you as possible.*
2. MB V-Ups (x10)  
*Lie on the ground with legs out straight and arms outstretched behind your head while holding a medicine ball. Simultaneously raise your legs and arms while contracting your abdominal muscles, lifting your upper body and the medicine ball up towards your rising legs, creating a V-formation with your body. Once you reach the top of this crunch, return to the starting position and repeat.*
3. Bench Dips (x10)

- Sit on a bench with your hands on the seat of the bench slightly outside your legs. Slide off the bench so you are supporting yourself with your arms. Lower yourself down until your hips touch the ground and then rise back up. Don't use your legs.*
4. Hip Raises (x10)  
*Lie on the ground and raise your legs up perpendicular to the ground. Keep your pelvis in a neutral position (don't tilt it forward) and put your arms out at your side. Lift your feet as high as you can towards the ceiling and then control the descent of your hips to the ground. Your legs should be perpendicular to the ground the entire time.*
  5. Lower Ab Kickouts (x10)  
*Lie on the ground and hold a stability ball between your ankles. Lift your heels a few inches off the ground. Pull your heels in towards your butt being sure to keep them a few inches off the ground the entire time. Don't try to pull your knees in to your chest. Your thighs should remain short of perpendicular to the ground.*
  6. Wrestler's Bridge (x5)  
*Lie on your back on the ground and put your feet flat on the ground. Put your hands palm down on the ground with your fingers pointing down towards your feet. Arch up as high as you can so that only your hands and feet are on the ground. Lower yourself down and then arch back up.*
  7. Prisoner Lunge Forward (x20yds)  
*Stand up and clasp your fingers behind your head. Take a big step forward. Keep your back leg as straight as you can as you lunge onto the front leg. At the bottom of your lunge your knee and ankle should be at 90-degree angles. As you step up, feel like you are lifting your hips up onto your front foot.*
  8. Prisoner Lunge Backward (x20yds)  
*Keep your hands clasped behind your head and lunge backwards. Remember at the bottom of the position to have a 90-degree bend at your knee and your ankle. Keep the back leg straight and push yourself up onto the back leg.*
  9. Overhead Squats (x10)  
*Grab a broomstick and hold it at arm's length over your head. Keep your feet shoulder width apart and squat down as far as you can. The goal is to get your hips to within a few inches of the ground. Try to keep your upper body parallel to the angle of your shins. At the bottom of the movement your hamstrings should be laying on your calves.*
  10. Elevated Glute Bridge (x10 each leg)  
*Lie on the ground and place one heel close to your hips and up on a 10"box or stair. Lift the other leg in the air and pull your knee in to your chest so you can hold your shin parallel to the ground. Dorsiflex both feet so the toes of the foot on the ground are lifted up. Push your heel into the ground to lift your hips as high as you can and then lower yourself back down.*
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