

# Winter Training Exercise

## Glossary:

High Knees in Place:

<https://www.youtube.com/watch?v=QPfOZ0e30xg>

Body Weight Squats

<https://www.youtube.com/watch?v=R1v152b72lo>

Drop Squat

<https://www.youtube.com/watch?v=s7cWLYWY2j8>

Wall Sit

<https://www.youtube.com/watch?v=-cdph8hv0O0>

Lateral Bounds

[https://www.youtube.com/watch?v=\\_PX9-8uaZzQ](https://www.youtube.com/watch?v=_PX9-8uaZzQ)

5yrd Lateral Cuts

<https://www.youtube.com/watch?v=V9tXKRqcOWU>

Lateral Band Walk

<https://www.youtube.com/watch?v=sGhxh8HJZa4>

Single Leg RDL

<https://www.youtube.com/watch?v=Ph34fi6wico>

Off-Bench Dip

<https://www.youtube.com/watch?v=jdFzYGmvDyg>

Eccentric Hand Release Push-Up

<https://www.youtube.com/watch?v=XuCcoD0BC10>

Bench Plyo Push-Ups

<https://www.youtube.com/watch?v=ZvzIGWcwvGw>

Mountain Climbers

<https://www.youtube.com/watch?v=De3GI-nC7IQ>

Wall Running

<https://www.youtube.com/watch?v=862cmbZQzEo>

90 Degree Step-Up

<https://www.youtube.com/watch?v=Ag46Tr1ZHxc>

Split Stance Squat

<https://www.youtube.com/watch?v=2s0SoSmQ-q0>

Lateral Wall Sit

<https://www.youtube.com/watch?v=n4VQvKhGP20>

Side Plank Hip Down Leg Lift

<https://www.youtube.com/watch?v=dLDwKnbZIWY>

Bench Hamstring Hold

<https://www.youtube.com/watch?v=t5htLdxEKx0>

Hollow Body Hold Single Leg Chop

<https://www.youtube.com/watch?v=Cxt53hvPCyU>

Plank with Push-Up

<https://www.youtube.com/watch?v=nToxCj-QA7E>

Bird Dog

<https://www.youtube.com/watch?v=wgOuR7YrwtM>

Glute Bridge Single Leg March

<https://www.youtube.com/watch?v=msfdrPWJ-9o>

Single Leg Box Squat

<https://www.youtube.com/watch?v=uJ4eA2wUXdw>

Straight Arm Plank

<https://www.youtube.com/watch?v=En8xcgrqyq8>

Plank Up/Downs

[https://www.youtube.com/watch?v=DPmgA2\\_VFTY](https://www.youtube.com/watch?v=DPmgA2_VFTY)

Hollow Body Holds

[https://www.youtube.com/watch?v=LIDNef\\_Ztsc](https://www.youtube.com/watch?v=LIDNef_Ztsc)

Cross Body Chop

<https://www.youtube.com/watch?v=xdi0SnfdznA>

Hip Down Side Plank

<https://www.youtube.com/watch?v=dLDwKnbZIWY>

Straight Arm Side Plank

<https://www.youtube.com/watch?v=tMHmaHQYWfo>

Elbow Side Plank Hip Drop

<https://www.youtube.com/watch?v=01YtYv9TCuA>

Elbow Front Plank Hip Drop

<https://www.youtube.com/watch?v=SsN4mPvCmoo>

Rotating Side Plank

[https://www.youtube.com/watch?v=RXIHKL\\_NEN8](https://www.youtube.com/watch?v=RXIHKL_NEN8)

Front Plank Arm Raise

<https://www.youtube.com/watch?v=Pc-yIOVKc-E>

Front Plank Knee to ArmPit HOLD

<https://www.youtube.com/watch?v=z04JiaJ9CGw>

Windshield Wipers

<https://www.youtube.com/watch?v=Fuccu9GFO6g>

Bench Pigeon Stretch

<https://www.youtube.com/watch?v=r8FMF8GsAvU>

Rear Foot Elevated Hip Flexor Stretch

<https://www.youtube.com/watch?v=wrYAxMv1yW0>

Frog Stretch

<https://www.youtube.com/watch?v=ksMn8IxaENo>

Bretzel Stretch

<https://www.youtube.com/watch?v=yMnamNJZMBk>

Cat/Cow

<https://www.youtube.com/watch?v=FYbE6OU8gio>

Wide Mountain Climber Stretch

[https://www.youtube.com/watch?v=o\\_PzDku4ecg](https://www.youtube.com/watch?v=o_PzDku4ecg)

Child's Pose

[https://www.youtube.com/watch?v=q-\\_M3Cfqmj4](https://www.youtube.com/watch?v=q-_M3Cfqmj4)

Half-Frog Stretch

<https://www.youtube.com/watch?v=CTP0d9OrqFQ>

Banded Hamstring

<https://www.youtube.com/watch?v=5tGzGXBGxaA>

World's Great + Deep Quad Stretch

<https://www.youtube.com/watch?v=kz40tnh06VY>