

(Time 10.5 min each exercise to be done once for 30 seconds with 30 sec recovery. Program maybe repeated twice as athletes' fitness progresses)

Oliver Training is offering supplemental Classes to participants in Runtex University's City of Austin Program



A. PUSH UPS – 30 sec

Level 1 - wall or partner push ups standing

Level 2 - push ups on knees

Level 3 - push ups regular with weight on hands and toes

Level 4 - push ups with opposite hand touching opposing side of chest between reps.

Level 5 – T stability pushups with rotation

>> Transition to next exercise - 30 sec

B. CRUNCHES - 30 sec

Level 1 - standing elbow to knee cross crunches

Level 2 - crunches with hands sliding along ground

Level 3 - crunches with hands behind head

Level 4 - crunches with legs elevated bringing elbow to knee (see pg. 2 for photo)

Level 5 - crunches with legs alternating in bicycle type movements (see pg. 2 for photo)

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(B. CRUNCHES: Levels 4 & 5 pictured here)

>> *Transition to next exercise - 30 sec*



C. COMPOUND MOVEMENTS FOR LEGS & HIPS - 30SEC

Level 1 - half squats using arms for counter balance

Level 2 - parallel squats using arms for counter balance

Level 3 - split squats 15 sec each side

Level 4 - lateral squats

Level 5 - walking lunges

Level 6 - lateral lunges

>> *Transition to next exercise - 30 sec*



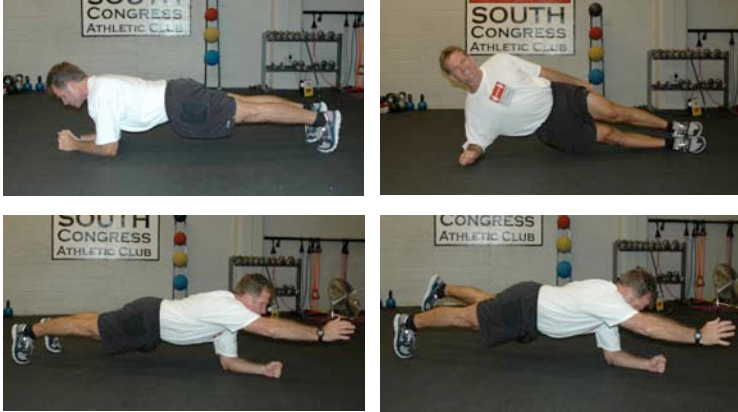
**RunTex University :: City of Austin
Strength and Core Conditioning Program**

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andy@olivertraining.com
www.olivertraining.com
512-653-8020

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**D. PLANK MOVEMENT FOR STATIC STRENGTH –
60 SEC (30 SEC PRONE & 15 SEC EACH SIDE)**

Level 1 - standing wall plank

Level 2 - plank with weight on knees and elbows

Level 3 - plank with weight on toes and elbows

Level 4 - plank with one appendage elevated

Level 5 - plank with two appendages elevated

>>Transition to next exercise - 30 sec



E. ROTATIONAL MOVEMENT FOR CORE – 30 SEC

Level 1 - standing rotation of arms and upper torso

Level 2 - wipers lying on back arms extended to sides knees bent feet on ground

Level 3 - crunch position reaching for heels

Level 4 - wipers lying on back arms extended to sides knees bent feet off ground

Level 5 - wipers lying on back arms extended to sides legs extended perpendicular

>>Transition to next exercise - 30 sec

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F. SCAPULAR RETRACTION AND CONDITIONING FOR UPPER AND MID BACK - 30 SEC

Partner assisted towel rows either seated or standing

>>Transition to next exercise - 30 sec



G. GOOD MORNINGS AND GLUTE BRIDGES - 30 SEC

Level 1 - body weight good morning exercise

Level 2 - glute bridges using two legs holding 4 sec in up position

Level 3 - glute bridges using one leg holding 4 sec in up position

>>Transition to next exercise - 30 sec



H. QUAD APPENDAGE EXTENSIONS (BIRD DOGS) - 30 SEC

Level 1 - standing on one leg for 15 sec each side

Level 2 - alternating leg extensions from all fours stance

Level 3 - extensions of opposite appendages from all fours stance

Level 4 - Superman from prone position alternating appendage extension with all four appendages elevated each sequence

Level 5 - extensions of opposite appendages with elbow to knee oblique crunch from all fours stance

>>Transition to next exercise - 30 sec

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See instructor

I. INCREASING CIRCUMFERENCE ARM CIRCLES – 60 SEC TOTAL

15 sec - clockwise with palms down

15 sec - counterclockwise with palms down

15sec - clockwise with palms up

15 sec - counterclockwise with palms up

>>Transition to next exercise - 30 sec

J. FULL BODY MOVEMENT AND CONDITIONING EXERCISES (OPTIONAL)

1. mountain climber - 15 sec

2. burpees - 15 sec

>>Rest 1 min

ACTIVE STRETCHES (NOT SHOWN HERE)

1. eagle

2. leg swings standing

3. scorpion



Supplemental Classes offered by Oliver Training:



**Thursdays
Thursdays**

**7 AM
4:30 PM**

RunTex @ Riverside (Parking Lot)

South Congress Athletic Club (Parking Lot) – 1109-B S. Congress Ave.

**Fridays
Sundays**

**4:30 PM
2 PM**

South Congress Athletic Club (Parking Lot) – 1109-B S. Congress Ave.

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