

National Sledge Hockey

Core Inventory

A) 3 Sets; 1-2min rest
-Weighted Sit Up x25
-MB Russian Twist x25es
-Swiss Ball Roll Out x20
-Swiss Ball Windshield Wiper
x15es

B) 3 Sets; 1-2min rest
-Hanging Straight Leg Leg Raise
x15
-Roman Chair x15
-Landmine Full Rotation x15es

C) 12min AMRAP
-Crunches x25
-Side Crunches x15es
-Superman x20
-Russian Twist x25es

D) 3 Sets; 1-2min rest
-Barbell Roll Out x20
-MB Russian Twist x25es
-V-Sit Up x25
-Suitcase Carry x25m each

E) 3 Sets: [40sec All-Out / 20sec
Rest]; 1min rest
-Full Sit Up
-MB Russian Twist
-Superman
-Leg Raise + Hip Thrust

F) 3 Sets; 1-2min rest
-Front Plank + Shoulder Tap
x15es
-Russian Twist x30es
-Flutter Kick x30es
-Superman x20

G) 12reps to 1rep
-Weighted Crunches
-Plank Jack
-Sit Up + Rotation to each side
-Back Extension

H) 12min AMRAP
-GHD Sit Up x20
-Leg Raise + Hip Thrust x20
-Swiss Ball Roll Out x15
-Russian Twist x30es

I) Total 300reps of any
combination
-Crunches
-Hanging Leg Raise
-V Sit Up
-MB Russian Twist
-Superma
-Side Crunches
-Swiss Ball Windshield Wiper

J) 3 Sets; 1-2min rest
-Renegade Row x15es
-1 Arm KB Swing x15es
-MB Russian Twist x20es
-Crunches x40

K) 12min AMRAP
-Barbell Rollout x10
-Leg Raise + Hip Thrust x10
-Burpee x10
-Penguin Touches x20es

L) 3 Sets: [40sec All-Out / 20sec
Rest]; 1min rest
-GHD Sit Up
-GHD Back Extension
-GHD Russian Twist
-Swiss Ball Windshield Wiper

M) Complete in any order:
-Full Sit Up x100
-Toes to Bar x30
-Roman Chair Leg Lift x30
-Side Crunches x100es
-Superman x100

N) 3 Sets; 1-2min rest
-Deadbug w/ Swiss Ball x15es
-Birddog x10es
-Swiss Ball Stir the Pot x20es
-Swiss Ball Jackknife x15

O) 1 to 10 to 1
-Barbell Rollout
-V Sit Up
-MB Slam to the Side (es)

P) 3 Sets; 1-2 min rest
-Bicycle Kicks x30es
-Weighted Sit Up x30
-Mountain Climber x30es
-Leg Raise + Hip Thrust x30

Q) 3 Sets; 1-2min rest
-Cable Wood Chop (Low to High)
x15es
-Paloff Press x15es
-Front Plank + Knee Drive x15es
-Crunches x50

R) 15min AMRAP
-Suit Case Carry x20m
-1 Arm Overhead
Lunges x10m es
-MB Russian Twist x30es