



# Super Short Strength Circuit #7

[designed by Coach Mary-Katherine Fleming]

**Instructions: Perform each move for one minute, then transition quickly to the next.**

## **Move 1: Glute Bridge with Ball**

Lying on your back with your knees bent and feet flat on the floor, place a small ball (no bigger than a volleyball; ideally, a little smaller) between your knees. Squeezing your glutes, lift your hips off the floor to form a line from your knees to your chest. Note: Your glutes should be firing; if they're not, you're just straining your lower back and quads—not a good thing. You can either hold your bridge up or lift and lower; either works.

## **Move 2: Side Planks**

Lying on your left side, place your left elbow or left hand directly under your left shoulder and stack your right foot on your left foot. Lift your hips up so your left side forms one straight line. Hold for up 30 seconds, then switch sides.

## **Move 3: Fire Hydrant**

Start on all fours: hands under your shoulders, spine straight. Looking forward and keeping your left knee at a 90-degree angle, lift your left leg straight out to the side. It should come no higher than hip-height, and your hips should be stable the whole time. Better to lift less and keep your hips stable than lift higher and compromise stability. Do 30 seconds on your left side, then switch to the right.

## **Move 4: Scorpion**

Lie face down on the floor, arms extended from shoulders in a "T." You can turn your head to one side and put your cheek on the floor if that's more comfortable. Keeping your shoulders glued to the ground, lift your left leg, bend the knee and kick it towards your right hand. Switch legs—lift right leg and kick it towards the left hand—and continue pattern for 60 seconds.