

WHITWORTH CROSS COUNTRY  
TOBISTENICS ROUTINES  
SEPT 2012

**Sunday Tobistenics Routine**

- 1 8 x Angles on Soccer Game Field - 2 of each (80%, 90, 95, 100%)
- 2 Lunge Rotate/Wrap - 10 reps of each x 1 set (lunge rotate each direction and hug quad)
- 3 Walking Knee Hug - 10 reps of each x 1 set (walk, hug knee, stay tall, alternate)
- 4 Cross Over Lunge Squats - 10 reps each leg x 2 sets (curtsey)
- 5 Centepede - 20 x 1 set (walk down, walk hands out, walk feet to hands)
- 6 Side to Side Lunges - 10 each side x 1 set (step to side in lunge position)
- 7 Pullups - Men 40 total. Women 20 total. Do in as few sets possible.
- 8
- 9a Table Top Pushups - 20 x 2 sets (position in table top pushup position, come down to parallel)
- 9b Incline Push Pops - 30 total x 2 set (pushup and throw arms up over head)
- 10 Knee Up Squat - 10 each leg x 1 set (squat and drive knee up high)
- 11 Decline Pushups or Decline Clap Push ups - 5 x 3 sets (put feet up on incline (wall) and do pushups)
- 12 Leg Swing to Storks – 10 each leg x 2 sets (fight to balance, full extension)
- 13 Planks Dips - 20 total (from plank position, offset to one side and go up and over)
- 14 Plank Reach Throughs - 10 each side x 2 sets (from side plank, reach under and rotate)
- 15 Helicopters – 10 each side (arms out, full range of motion, controlled)
- 16 1 leg Quarter Squats - Knee over Toe - 5 each leg x 3 sets
- 17 5-10 min of Stretching

**Tuesday Tobistenics Routine**

- 1 With TEAM or 4 x 200m on track (Men - 30-34 and Women 34-40)
- 2 Lunge Stork Walks - 10 each leg x 1 set (lunge, reach forward, stand on one leg to stork and lunge w/other leg)
- 3 Reverse Lunge Walk - 10 each leg x 1 (knee up, step back, repeat)
- 4 Side to Side Lunges - 10 each side x 1 set (step to side in lunge position)
- 5 Table Top Pushup Position foot slide - 10 each x 1 (from push-up position, slide one foot at a time, knee to chest)
- 6 RFESS - 10 each leg x 2 sets (elevate back leg, keep front knee over toe)
- 7 Spiderman Pushup - 10 total (5 each side) x 1 set (Pushup as knee comes to elbow)
- 8 Leg Swings to Storks – 10 each leg x 2 set (relax leg, controlled, high, balance)
- 9 One Sided Chin-ups - Men 30 total. Women 15 total (palms face in, bar in front, pull body to hand)
- 10 Side Leg Swings – 10 each leg x 2 sets (lift leg to side even with hip, controlled, full range of motion)
- 11 Reverse Spiderman Pushups - 10 total (5 each side) x 1 set (reverse)
- 12 1 arm Tricep Extensions - 15 each arm x 2 sets (lay on side, bottom arm on top shoulder, push up with one arm)
- 13 Surrender Rollovers - 10 each side x 1 set (lay on back with arms and feet in air, roll over and return)
- 14 Rollovers - 10 all three directions x 1 set (rollover and reach to front, left and right)
- 15 1 leg Quarter Squats - Knee over Toe - 5 each leg x 3 sets
- 16 5-10 min of Stretching

**Friday Tobistenics Routine**

- 1 Starts with TEAM OR 5 x 200m buildups on track
- 2 Walking Leg Swings to Storks – 10 each leg x 2 set (relax leg, controlled, high, balance)
- 3 Pushup/Pushbacks/Stings -10 each x 1 set (pushup then pushback then sting)
- 4 Lunge Stork Walks - 15 each leg x 1 set (lunge, reach forward, stand on one leg to stork and lunge w/other leg)
- 5 Centepede - 20 x 1 set (walk down, walk hands out, walk feet to hands)
- 6 Walking Knee Hug - 10 reps of each x 1 set (walk, hug knee, stay tall, alternate)
- 7 Good Morning to Walk Down, Arch, Walk back – 10 x 1 set (arms straight over head, back straight)
- 8 One Leg Dips - 30 total or 15 each leg x 1 set (hands on bench or step, leg in air alternate after 15)
- 9 Side to Side Lunges - 10 each side x 1 set (step to side in lunge position)
- 10 Plank Reach Unders - 10 each x 2 sets (from brace, reach under)
- 11 8 min Abs
- 12 1 leg Quarter Squats - Knee over Toe - 5 each leg x 3 sets
- 13 5-10 min of Stretching

PERFECT