

# Purdue EXPLOSIVE CORE CIRCUIT

- **Small Box Jump Hops = 10**
- **Heavy Curls to Upright Row = 8 each**
- **Weighted Push ups = 25**
- **Single Leg Jump Tucks (w. orange Hurdles) = X 2 each leg**
- **Pike Jumps = 10**
- **Shoulder Raisers = 8 w.45lbs/6w. 45lbs/8 w. lbs.**
- **High Boxes = 15 w. weight 5lbs/ Med. Box 10 w. weight 10lbs**
- **Push –N-Press = 15 each leg**
- **Hamstring Strengtheners Super set = 30/20/10/5 & Hold for 30 sec.**
- **Curls & Toes Raisers Super set = 15 each Arm**
- **V-up's = 25**
- **Planks = 40 sec's.**
- **L-Stretches = 10 on each leg.**
- **Push ups = Burn out**
- **Partner Stretch**

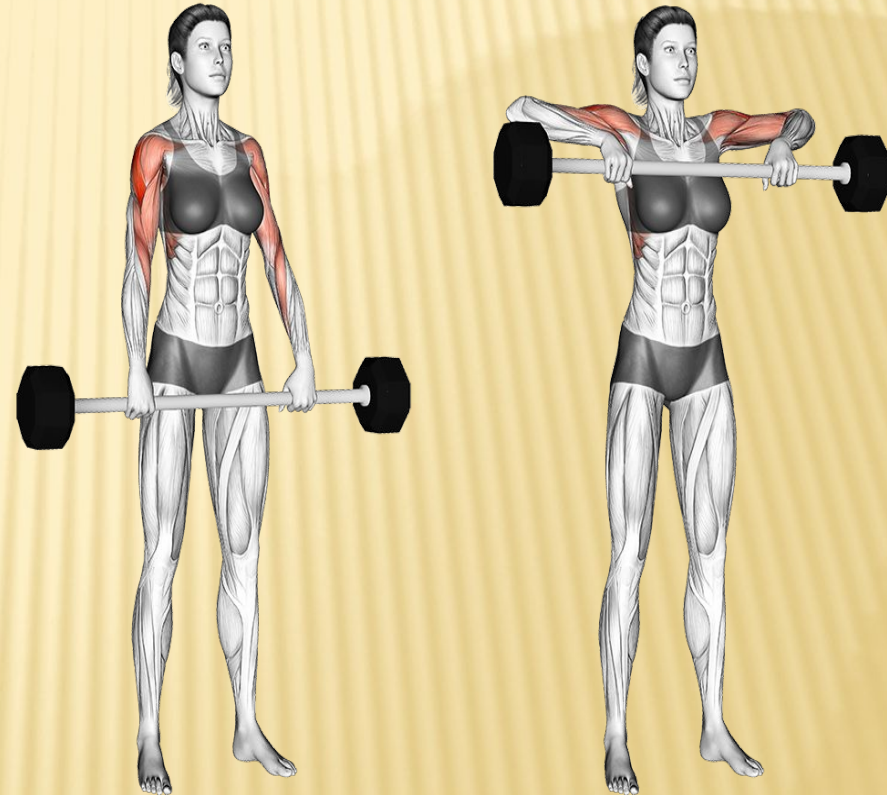


**PPHS**  
**NORTH**  
**LYNX**

## Curls X 8



## Upright Row



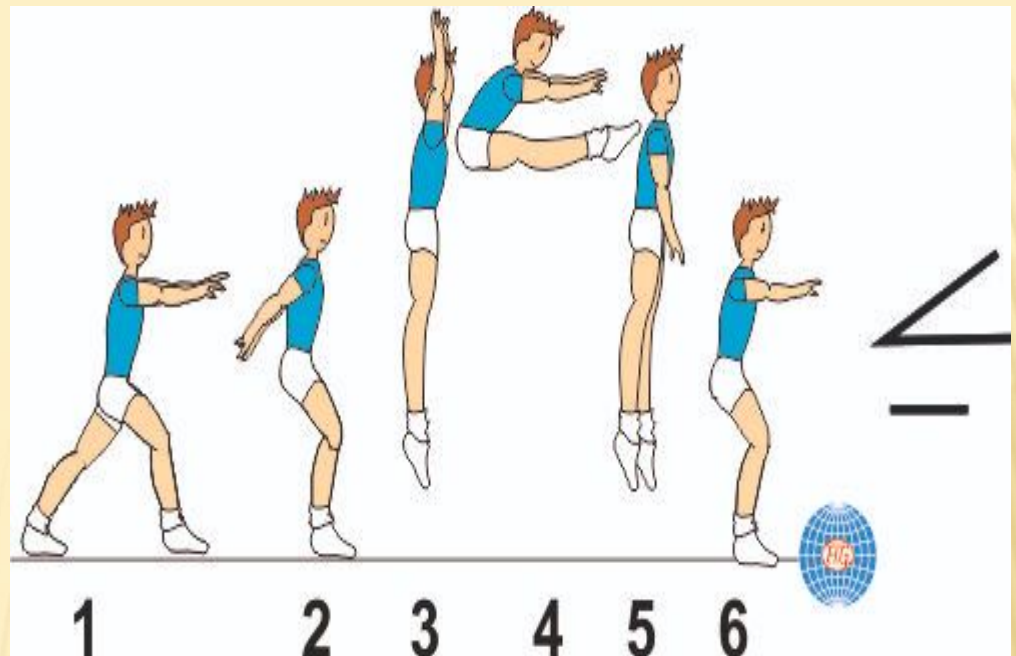






Single leg x 2 on each leg

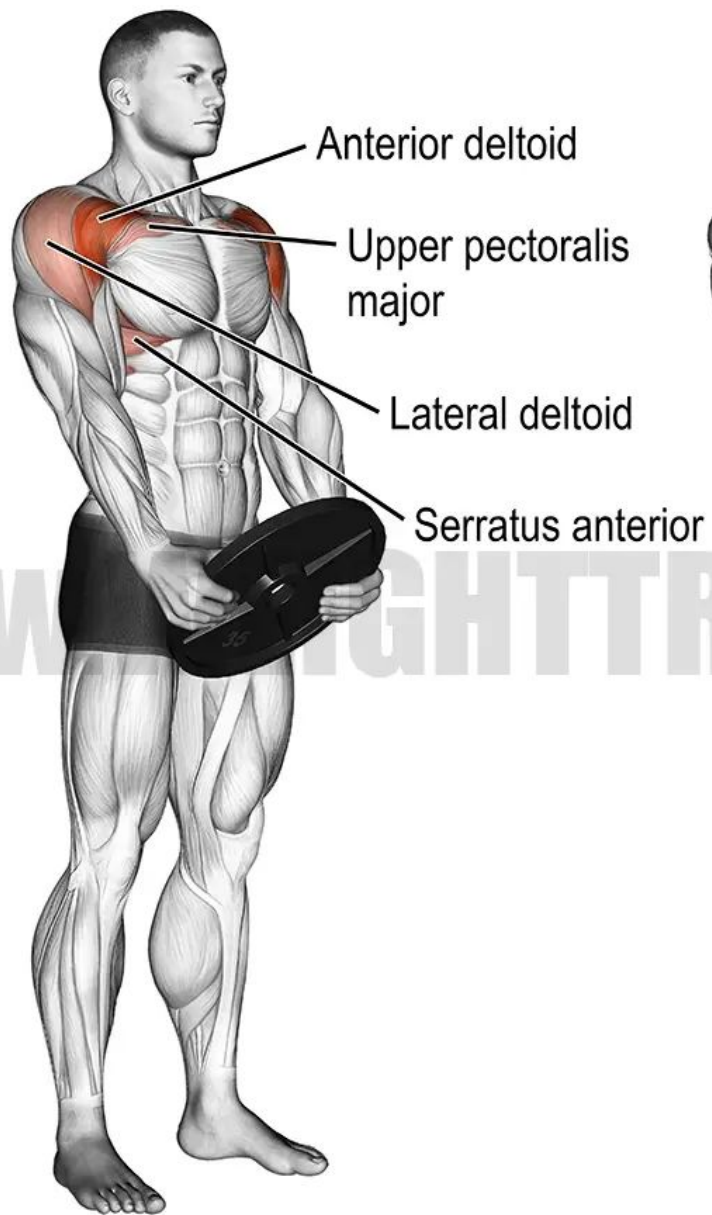
All skill positions



Adapted for OL/DL



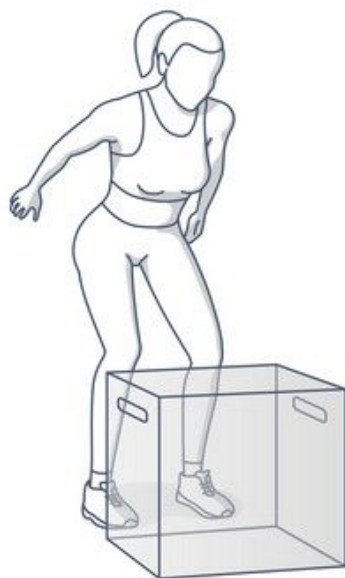




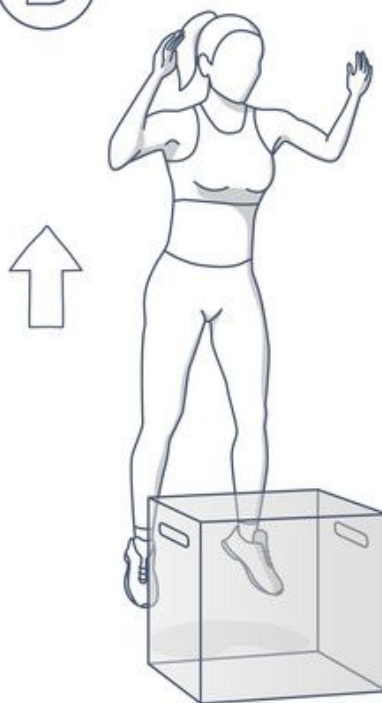
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# BOX JUMPS PLYOMETRIC

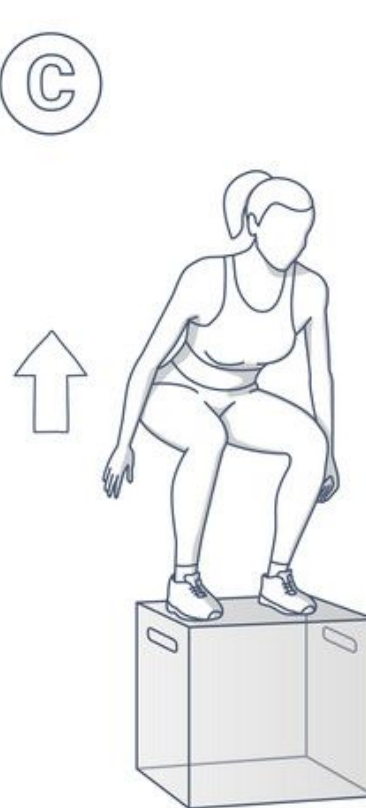
A



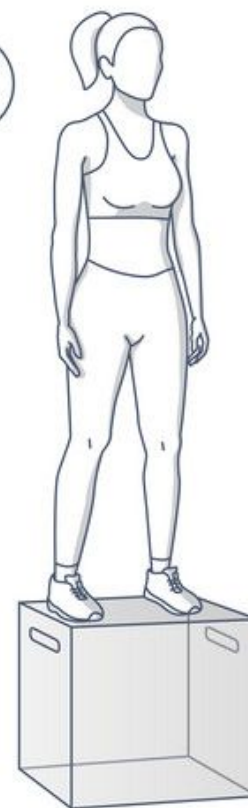
B



C



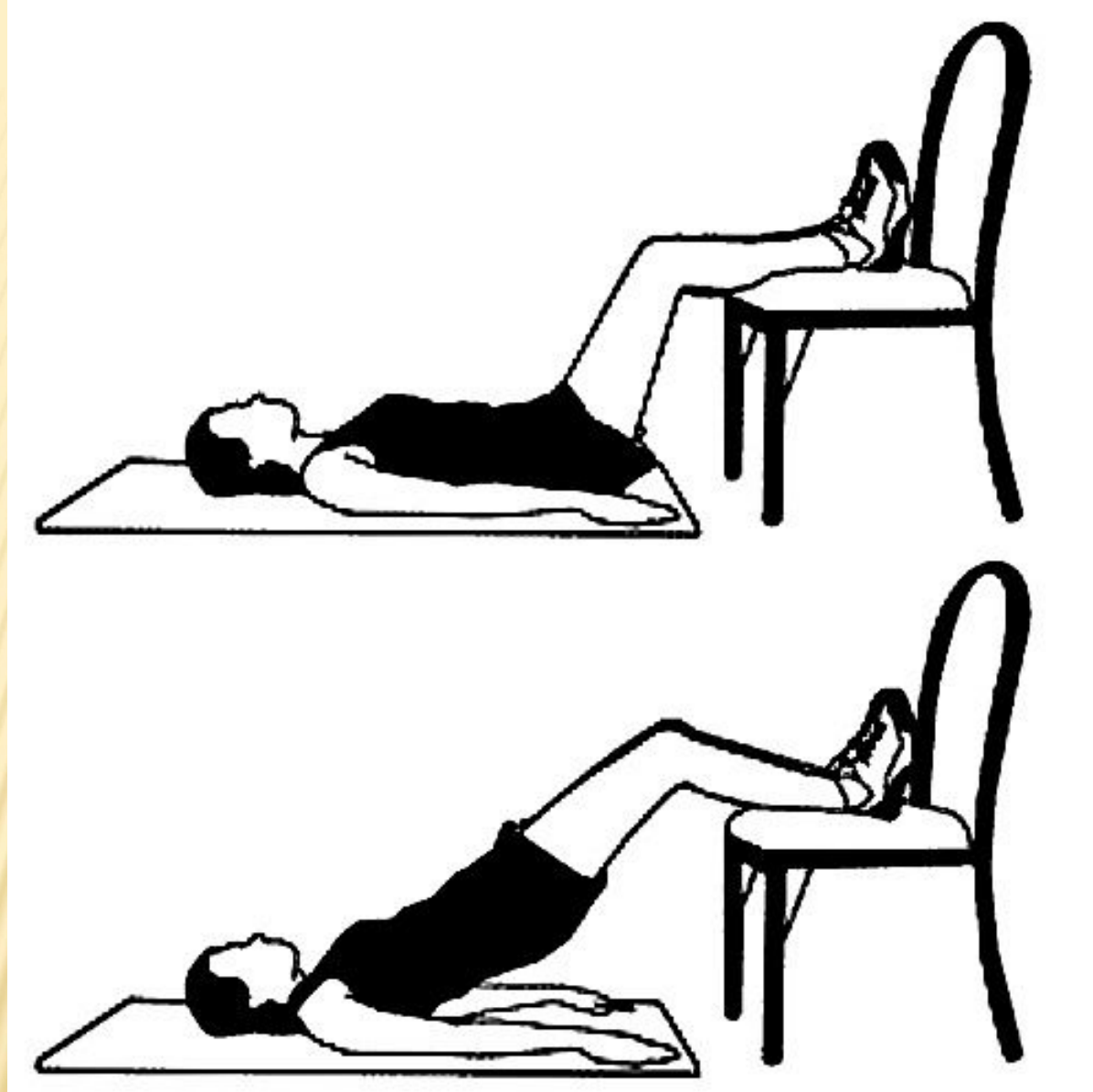
D



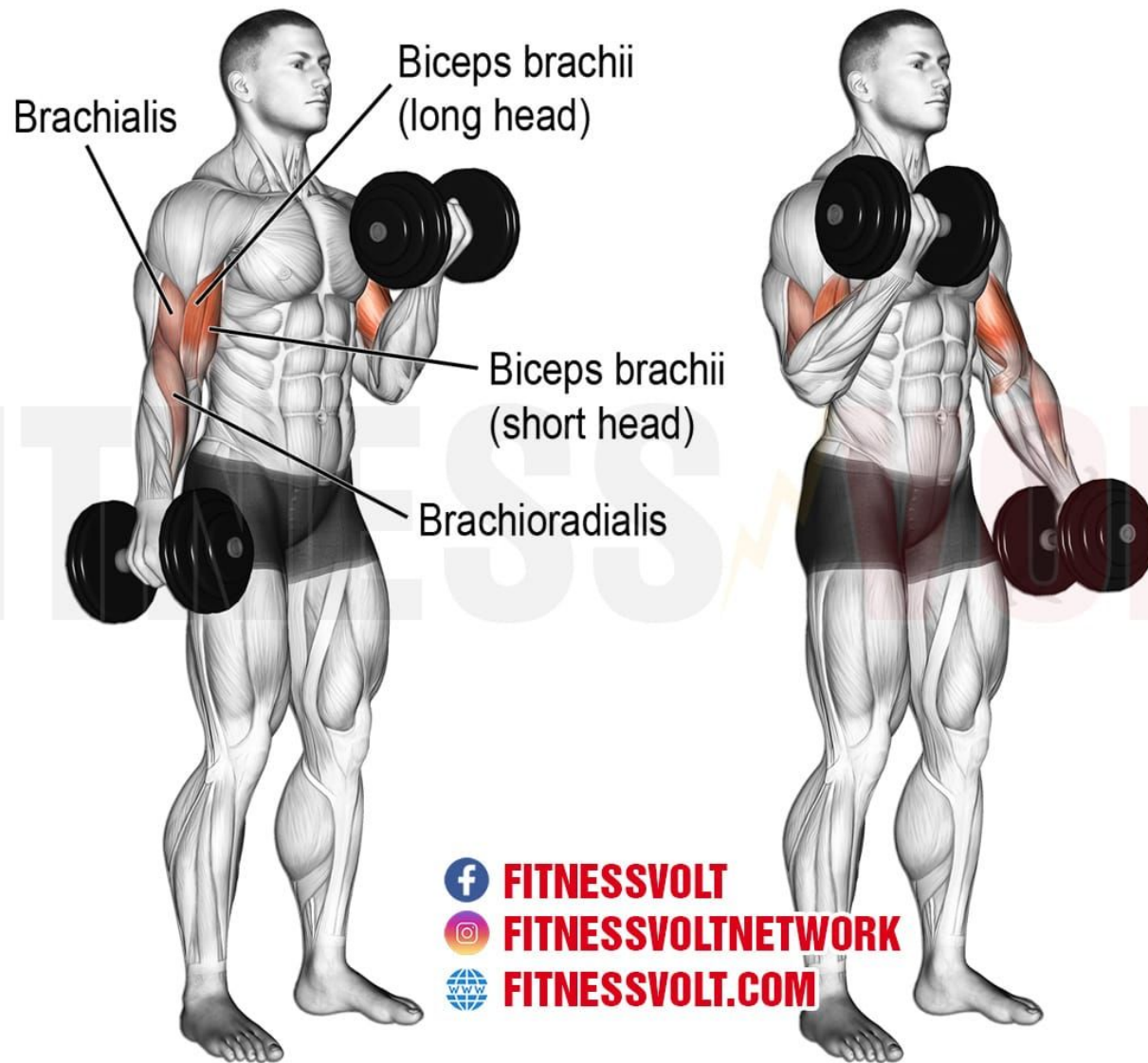


15 dropping right leg 15 dropping left leg total of 30



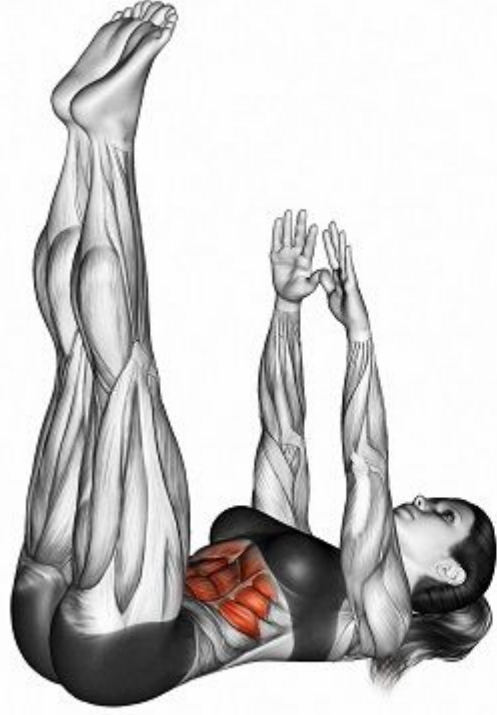


3- Reps move to next seat /20 reps move to next seat /10 reps then move to next seat/ 5 reps and hold up in air 30 sec.



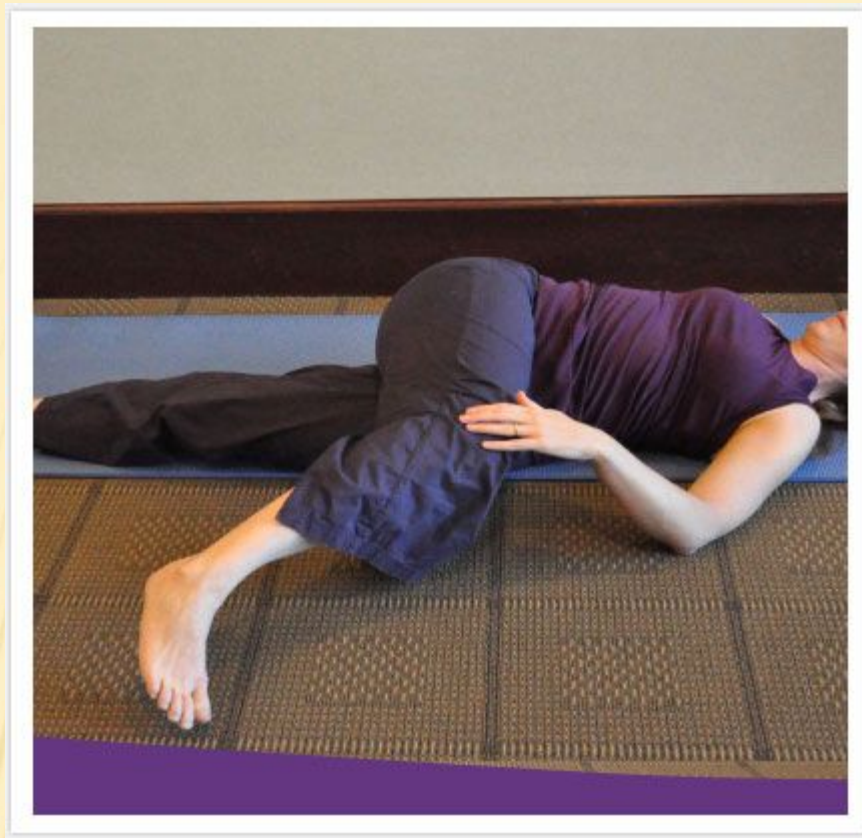
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Tip Toe during each curl!!



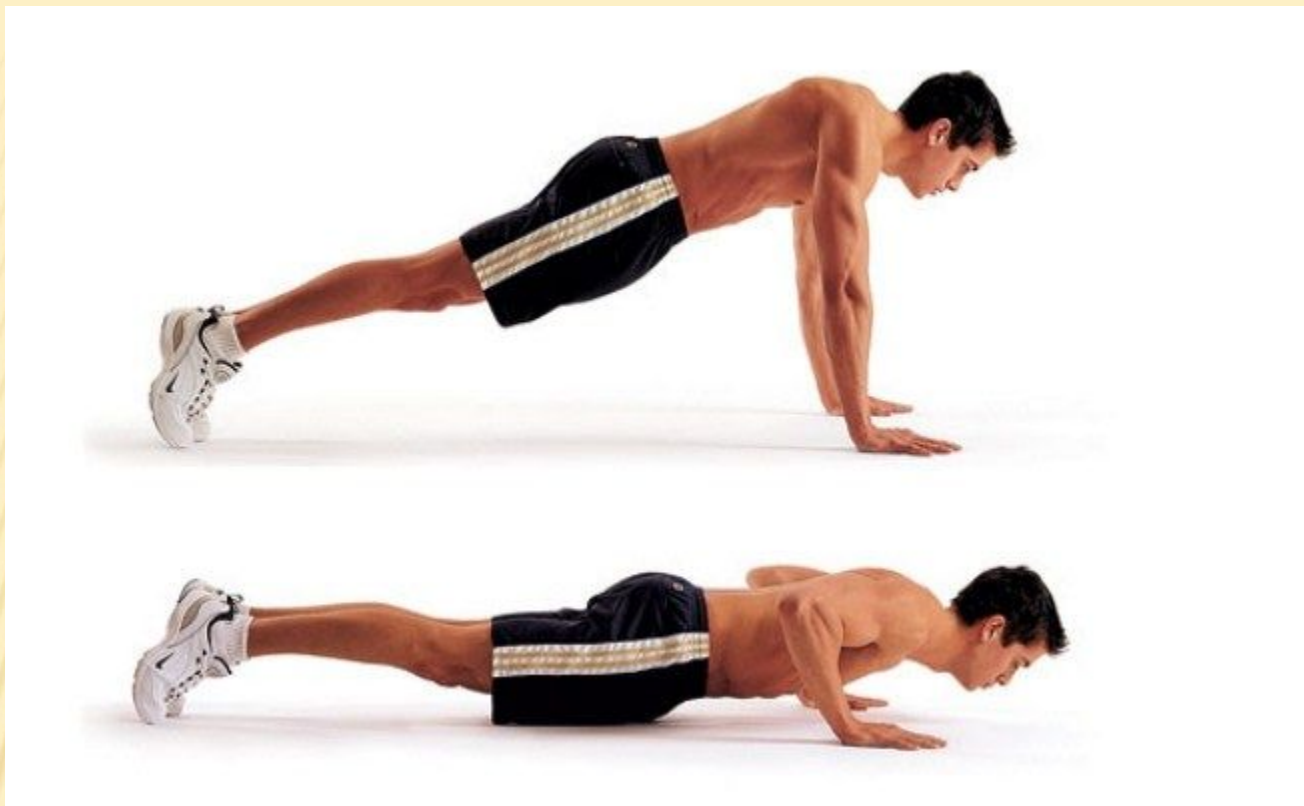




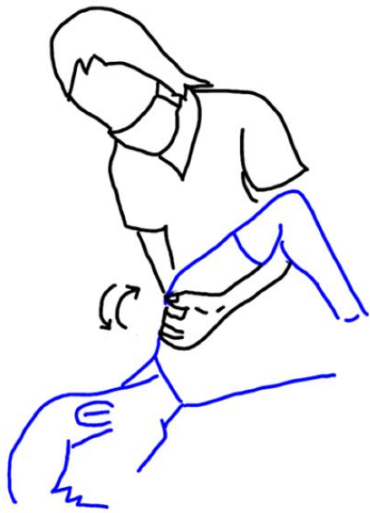


Actively swing each leg to kick the opposite hand 10 X each way

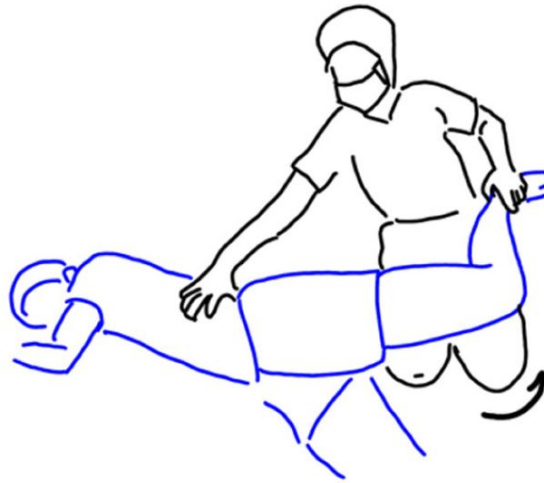




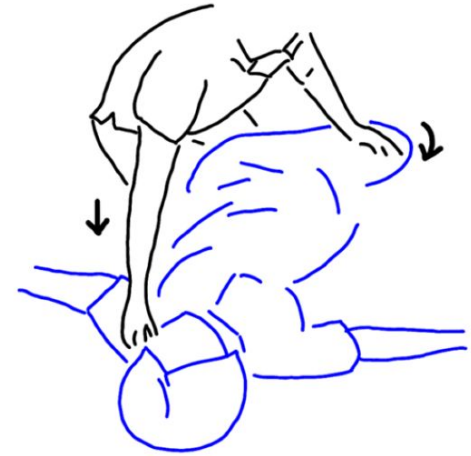




**(a)** PT stretch (mobilisation)—upper



**(b)** PT stretch—lower



**(c)** TTM stretch—trunk

Only after all rounds are complete