



# LA SIERRA HIGH PE FILM PROJECT

## **Strength-Endurance Exercise Routine: White Team**

*\*Exercises performed in 8-count cadence unless marked otherwise*

*Move from Parade Rest to "Ready Position" on command then proceed.*

- 1. Side Straddle Hops (5 Sets of 8 Count)**
- 2. Push-Ups (5 Sets of 2 Count)**
- 3. Windmills (5 Sets of 8 Count)**
- 4. Push-Ups (5 Sets of 2 Count)**
- 5. Full Bends (5 Sets of 8 Count)**
- 6. Push-Ups (5 Sets of 2 Count)**
- 7. Straddle Hops (50-Feet Move Out)**
- 8. Push-Ups (5 Sets of 2 Count)**
- 9. Stride Hops (50-On Left Foot Forward)**
- 10. Push-Ups (5 Sets of 2 Count)**
- 11. Toe Hops (50-Feet Leave Ground)**
- 12. Push-Ups (5 Sets of 2 Count)**
- 13. Squat Thrusts (5 Sets of 8 Count)**
- 14. Mountain Climbers (5 Sets of 8 Count)**
- 15. Push-Ups (5 Sets of 2 Count)**