**GENERAL STRENGTH EXERCISE PROGRAMS**

**Panther Strength “BLUE”:**

V-Sits Rocky’s Prone, Straight-Leg Hip Extensions

Prison Squats Lunge Walk Back Hypers W/Twist

Crunches Pushups Wrestler’s Bridges

Decline Pushups Rocket Jumps Leg Toss

**Panther Strength “GOLD”:**

V-Sits Leg Toss Wrestler’s Bridges

Back Hypers Crunch W/Twist Prone, Flexed-Leg Hip Extensions

Toe Touchers L-Overs Back Hypers

Side-Ups Low-Level Bicycle Double Leg Eagles

Lunge Walk Single-Leg Squat Pushup Toe Walk

**Panther Strength “PEDESTAL”:**

1. Faced Down on Elbows – Leg Lifts 6. Other Side Up on Elbow – Leg Lifts

2. Faced Up on Elbows – Leg Lifts 7. Side Up on Hands – Leg Lifts

3. Faced Down on Hands – Leg Lifts 8. Other Side Up on Hands – Leg Lifts

4. Faced Up on Hands – Leg Lifts 9. Faced Up on Elbows – Hip Lifts

5. Side Up on Elbow – Leg Lifts 10. Faced Up on Back – Hip Lifts

**Panther Strength “ABS CIRCUIT”:**

1. Regular Crunch 6. V-Sits

2. 6 Inch Crunch 7. Toe Touchers

3. Chair Crunch 8. 1 Leg Chair/1 Leg 6 Inch Crunch

4. Crossed 6 Inch Crunch 9. 1 Leg Chair/ 1 Leg 6 Inch HOLD

5. Split 6 Inch Crunch 10. Bicycle