

CANNONBALL ROUTINE

by Jay Johnson

1. DONKEY KICKS



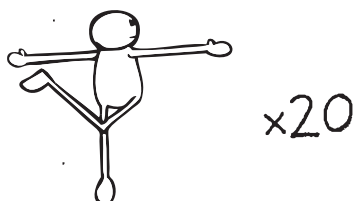
x10
per leg

7. AUSTRALIAN CRAWL

x20

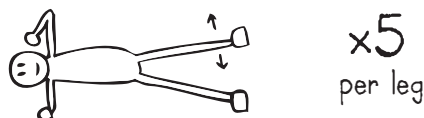


2. SCORPIONS



x20

8. PEDESTAL LEG LIFT



x5
per leg

3. PUSH UPS*



x5

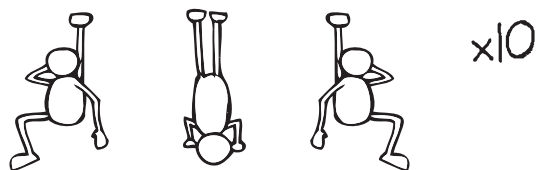
*or Rockies (add clap)

9. GROINERS



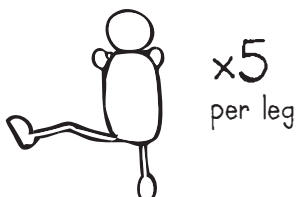
x10

10. HURDLE SEAT EXCHANGE



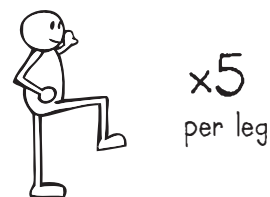
x10

4. DONKEY WHIPS



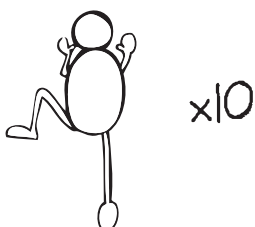
x5
per leg

11. LEG CYCLE



x5
per leg

5. LOWER BODY CRAWL

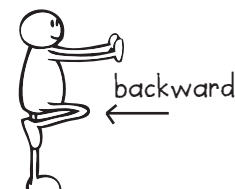


x10

12. TRAIL LEG

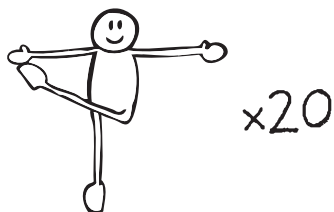
x10
per leg
each way

forward →



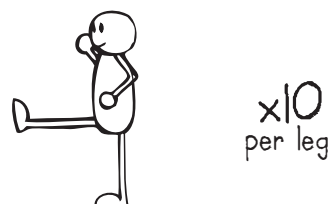
← backward

6. IRON CROSS



x20

13. FRONT LEG SWINGS



x10
per leg

14. SIDE

