**River Rock Training**

**With a rock weighing 10-35 lbs do the following as a circuit or as individual lifts. You can fill a backpack with weight and use it also.**

**\*Maintain an athletic posture during all exercises**

* **Rock Squats x8-10 reps (pull rock tight to chest)**
* **Rock Good Mornings x8-10 reps (pull rock tight to chest straight leg dead lift)**
* **Rock Bent Over Rows x8-10 reps (bend over so rock almost touches the ground when arms are fully extended)**
* **Rock Presses x8-10 reps (start with rock at the top of the chest then press rock up in an arc to a position directly over the shoulders)**
* **Rock curls x8-10 reps**
* **Rock overhead tricep extensions x8-10 reps**
* **Rock stationary Lunges of Walking Lunges, “overhead or hug to chest” x8 reps each leg**

**Repeat the entire list 4-5 times or do 4-5 fights sets of each lift then move to the next lift.**