

## Murray Hill Run

Meet at Veale Center (stretch and warm up a bit). Squad Captain to organize team and “call” exercises. Captain also determines duration of each exercise and if exercise should be repeated by team due to individual slacking.

From Veale, jog up to and turn left onto Murray Hill Rd. to the bottom of Edgehill Road.

**Exercise 1:** *Push Ups* - Progressive Set (Held in UP position between sets)  
Back should be straight and bodies never touching the ground even in between sets.

Jog up to the top of Edgehill Rd. where it meets Overlook Rd.. → Indian Run

**Exercise 2:** *Arm Circles* - vary diameter of circles from small to extremely large (shoulders touching ears). Lactate will build up. If someone lowers their arms exercise starts over.

Jog along Overlook to the tennis courts at Carlton Rd.

**Exercise 3:** *Star Jumps* – Progressive Set (Held in DOWN squat position between sets)  
To execute a star jump, start in a baseball catcher’s squat position. From squat position, jump up into the air extending legs and arms out sideways (looks like a star). The jumps are easy, but holding the squat position between sets is where the lactate builds up. No one should touch the ground with their hands or support their weight with their arms-on-quads between sets.

Jog along Euclid Hts. Blvd. to the corner of Derbyshire Rd. (turn left).

**Exercise 4:** *Press Ups* – Builds lactate tolerance in shoulders. Exercise involves holding the push up position in three places: UP (elbows locked straight), DOWN (elbows 90 and body 1-2 inches off ground), MIDDLE (in between UP and DOWN). Exercise interrupted by normal push ups periodically.

Jog along Derbyshire Rd until it turns into Kenilworth Rd. Stop on corner of Kenilworth and Edgehill Rd..

**Exercise 5:** *Squat Thrusts* – Progressive Set (Held in DOWN squat position between sets)  
From squat position with hands on ground, kick out legs straight behind you horizontally. Then jump back to the squat, and then jump vertically into the air.

Jog to Lakeview Cemetery gate.

**Exercise 6:** *Rowing Sculls* – Progressive Set  
From a standing position and hands pulled into chest squat down to the ground while extending the arms out straight and to the about shoulder width. Should resemble a sculling stroke.

Jog to the bottom of Mayfield Rd. in Little Italy.

