

## O - Russian Tire Training

Vitaly Yerfilov-Dynamo Moscow

- 1) Bring tire overhead and down to ground- some bounce; both flat and on the side(with side go between the legs)
- 2) Rotate tire side to side and bring knee down to ground
- 3) Rotate tire above head
- 4) Hold Stable and in front and rotate trunk and tire from side to side as low as you can go
- 5) Flip and Catch Tire
- 6) Tire is on side; squat low and bring tire between legs and then explode and throw tire in the air and catch and bring back down
- 7) Flip in the air and catch and go into a squat as you catch
- 8) Bring around body as you go down onto 1 knee
- 9) Bring around body and the between legs
- 10) Squat down and drop tire and pick up tire as you come back up
- 11) Same as above but dropping down to 1 knee
- 12) Sit on one tire(flat) with legs spread out. Start on one side of body and drop bounce tire and then bounce tire in between legs and then bounce tire on the other side
- 13) Two players stand on either side of tire and when coach says "Go" both players will try to grab tire over to their side
- 14) Stand behind tire and jump up so both feet are on side of tire and bounce back down on other side and then jog backwards behind to starting position (Repeat doing the same thing backwards)
- 15) Two footed side jumps over tire
- 16) Tire flat on ground; jump so that you are straddling the tire and repeat 3X and then go back to starting position and jump with both feet to either side of tire
- 17) 1 footed hops to either side of the tire
- 18) Start with tire standing upright in front of you; roll tire between legs and spin around and grab and quickly roll back between legs
- 19) Tire lat in front of you; jump over and spin around while in the air; land facing tire and repeat

20) Start facing partner about 15 feet away with tire upright. Roll tire to partner and then spin around after you roll tire. When you receive the tire spin it around. Stay in low athletic squat position the entire time (Do same thing but after passing tire do short side lunge on either side)

21) Start with tire upright and right in front of you. Put both hands on tire and extend one leg out and the opposite knee down. Repeat the same thing on both side. \*

22) Spread 3 tires out on the ground in a straight line and zig zag sprint through tires and back backwards

23) Start on the side of a flat tire and 2 foot hop over and quickly shuffle over to the other side

24) Hold tire with both hands and in a squat position make figure 8's on the ground. (Should be about 8-9 feet in width)

25) Start standing in one tire with a second tire right next to it. Step into the 2nd tire and then pick up the 1st tire and place it next to the tire you are standing in and continue (Can do this facing a partner and race)

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A few youtube videos on this kind of training.

First is shown how you can use almost anything around you to create your own workout.

Urban Street Workout

<http://www.youtube.com/watch?v=9nFGX3XDVTI>

This is a great 7 minute demo on how to use tires in a workout. Many of the exercises in the Russian plan are here and more.

<http://www.youtube.com/watch?v=Rm6h-JfD0Lc>

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