

EDDIE GEORGE'S TOP 5 PERFORMANCE BUILDERS

1. RUSSIAN TWIST WITH KETTLEBELL

This core strengthener is one of Eddie's favorites. Beginners should aim to do this twist for 1 minute, or 20 reps (10 on each side), building up from there.

Start in a seated position on the floor with knees bent and feet flat, holding a 25-pound kettlebell by the horn with both hands. To begin, lean back slightly and lift your feet off the floor about 3 inches. Use the weight to counterbalance yourself as you twist slowly and with control from side to side. Modify the pose by keeping your feet on the floor.



2. PIKE ON STABILITY BALL

This is an advanced move, so if you need to, try it first with your feet on the floor instead of a ball. (Wear socks, no shoes, so you can more easily slide on the floor into a pike and then back into push-up position.)

Start in push-up position with a stability ball near your feet. Place your toes on top of the ball so you're in push-up position with your hands on the floor. Start to roll the ball in toward your arms so your butt goes up in the air, then roll the ball back out to starting position. Aim for 3 sets of 10 to 15 reps, resting in between sets.



3. JUMP SQUAT

Add this exercise to your repertoire if you want to build endurance and strengthen quadriceps, thighs, hamstrings, and glutes. Do 2 sets of jump squats for 1½ minutes, with a rest of 30 to 45 seconds between sets.

A. Start in a standing position with feet hip-width apart and a light dumbbell (5 pounds or so) in each hand, palms facing in. Lower down into a squat, thighs parallel to the floor.

B. Explode up into a jump, pushing off with your calves, glutes, hamstrings, and thighs and then landing with your knees bent. Slowly return to another squat as you begin the next rep.



4. PIGEON

Eddie credits yoga-inspired moves with helping him to stay flexible and mostly injury-free as a pro.

A. Come to all fours on a mat. Draw your right knee forward and place your bent right leg on the mat in front of you with your right foot close to your left hip and your left leg extended behind you. Keep your hips level and your left knee pointed down to the floor as you support yourself on your arms. Breathe here for a breath or two.

B. Fold forward into the pose, releasing your head and chest down as close to the floor as you can (stay up on your hands or forearms or use a block if it's painful to release forward). Stay in the pose, breathing into your right hip for 1½ to 2 minutes, then gently release and repeat on the other side.

