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Non-Spinal Loading Workout For Sport

The following circuit would be used for athletes that cannot load the spine during leg workouts due to health conditions. This workout is not ideal for healthy athletes that can do spine loading activities.

Check one of the following boxes to indicate what level you want to complete for each exercise.

1) Piston Squat

2) Assisted Nordic Hamstring Curls

3) Partner Squat Oscillatory

Reps are to be doubled in this exercise.

Example: 2 sets of 8 reps equals 2 sets of 16 reps

4) Ball Band Leg Curls

5) Isometric Ball Groin Squeeze

Reps are representing seconds in the exercise.

6) Manual Clamshell

Reps are for each leg.

7) Power Step Up

Reps are for each leg.

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

