



Training Manual - Youth to High School Athletes

All this information can be found and printed at www.xlathlete.com

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DYNAMIC WARM UP: The point of the dynamic warm up is to get your body moving in ways compatible with the demands of your sport. While your body gets moving, the temperature inside your body, muscles, etc. rises and the heart starts to pump more blood throughout your body. The further you progress in the dynamic warm up, the more functional your body comes and the easier it is to get the major muscle groups 'loose' and ready for an intense workout. The Dynamic Jogging is used to increase blood flow. This is followed by dynamic walking movements then followed by Dynamic warm up movements.

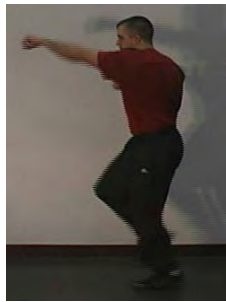
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Dynamic Jogging Sport Warm up #1-Page 1

1) Jogging - Forward/Backward
– 5 to 8 Seconds Each Direction



2) Jogging Throwing punches - Forward/ Backward 5 to 8 Seconds Each Direction



3) Jogging-High Knee Crossover Forward 5 to 8 Seconds



4) Skipping -Forward/ Backward 5 to 8 Seconds Each Direction



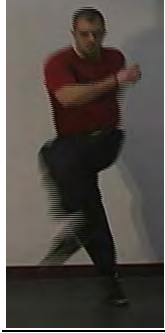
5) Skipping Straight Leg- Forward 5 to 8 Seconds Each Direction



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Dynamic Jogging Sport Warm up #1-Page 2

- 6) Carioca High Knee -
Right/Left - 5 to 8 Seconds Each
Direction



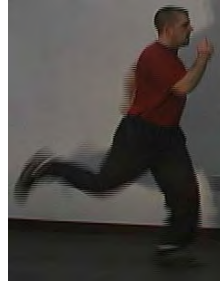
- 7) Shuffle - Right/Left - 5 to 8
Seconds Each Direction



- 8) Shuffle Straight Leg
Lateral Swing- Right/Left - 5
to 8 Seconds Each Direction



- 9) Backward Long Stride
Reach - 5 to 8 Seconds



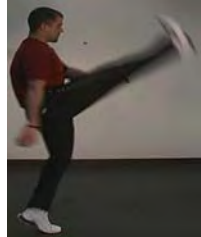
- 10) Backward Short Stride
Reach "DB Shuffle" - 5 to 8
Seconds



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Dynamic Walking Sport Warm up #1-Page 3

1) Walking Lunge to Straight Leg Kick - Forward- 5 to 7 Step both ways



2) Walking - Backward with Flare Knee – 3 to 5 Steps each leg



3) Walking High Knee Pull - Forward -3 to 5 Steps each leg



4) Frankenstein – 4 or 5 Each Leg



5) Reverse Walking with Straight Leg Toe Touch Hold – 5 to 7 steps Each Leg



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Dynamic Walking Sport Warm up #1-Page 4

6) Single Leg T RDL – 5 to 7 steps Each Leg



7) Shuffle Drag Foot – Right / Left – 3 to 5 steps each direction



8) Long Stride Reverse Reach – 3 to 5 steps each Leg



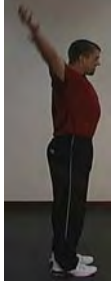
9) Spiderman Crawl – 3 to 5 steps each Leg



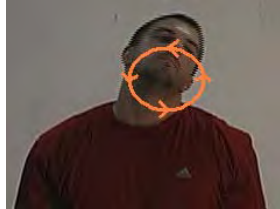
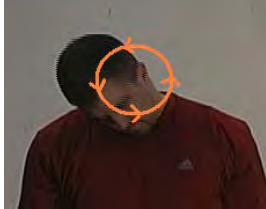
10) Lateral Shift Lunge – 3 to 5 steps each Leg



- 1) Standing Arm Circles
Forward /Backward – 5 to 8
Seconds Each Direction



- 2) Neck Rolls - 10 reps



- 3) Trunk Rolls – 5 Each
Direction



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- 4) Trunk Twist – 5 Each
Direction



- 5) Leg Swings on Wall/Partner
–Forward/Backward – 5 each
Leg



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Dynamic Sport Warm up #1-Page 6

6) [Toe Grab Squat](#) - 5 to 10 reps



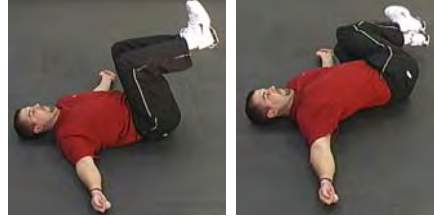
7) [Messier Squats](#) – 5 reps Each Way



8) [Spread Eagle Leg Swings](#) - 5 times each leg – Alternate



9) [Bent Leg Hip Rotation](#) - Legs Together 5 Each Way



10) [Lying Up and Over](#) – Leg together – 5 to 7 Seconds



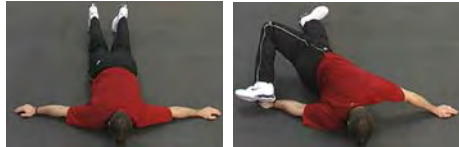
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Dynamic Sport Warm up #1-Page 7

11) Inverted Scissors - 5 to 7
Seconds



12) Scorpion - 5 times Each Leg
to Hand



13) Cat Cows on All Fours - 5
times up and down



14) Hip Circles on all Fours – 5
Each Legs

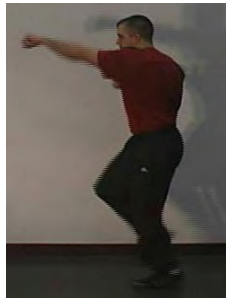


Dynamic Jogging Sport Warm up #2-Page 1

1) Jogging Arm Circles - Forward/Backward 5 to 8 Seconds Each Direction



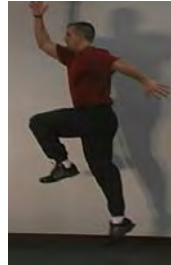
2) Jogging-Crossover Step- Forward/Backward 5 to 8 Seconds Each Direction



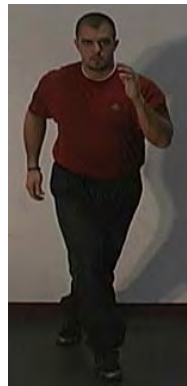
3) Skipping Backward Flaring Knees-5 to 8 Seconds Each Direction



4) Skipping Cherry picker- Forward/Backward 5 to 8 Seconds Each Direction



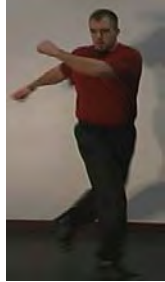
5) Carioca Facing - Right/Left- 5 to 8 Seconds Each Direction



Dynamic Jogging Sport Warm up #2-Page 2

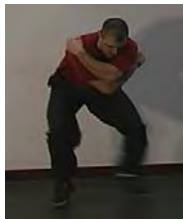
6) Carioca – Same Leg in Front -

All Time - Right/Left - 5 to 8
Seconds Each Direction



7) Shuffle Bent Over Cross

Arm Swing- Right/Left - 5 to 8
Seconds Each Direction

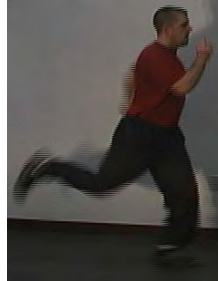


8) Shuffle Straight Leg Lateral Swing- Right/Left- 5 to 8 Seconds Each Direction



9) Backward Long Stride

Reach - 5 to 8 Seconds



10) Backward Short Stride

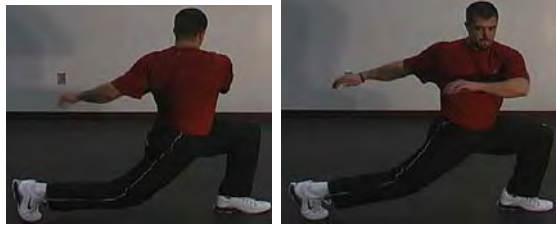
Reach “DB Shuffle” - 5 to 8
Seconds



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Dynamic Walking Sport Warm up #2-Page 3

1) Walking Lunge with Twist RT & LT - 3 to 5 Steps each leg



2) Spiderman Crawl – 3 to 5 steps each Leg



3) Walking High Knee Pull - Forward -3 to 5 Steps each leg



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4) Figure 4 Sit Walks – – 3 to 5 steps each Leg



5) Reverse Walking with Straight Leg Toe Touch Hold – 5 to 7 steps Each Leg



Dynamic Walking Sport Warm up #2-Page 4

6) Single Leg T RDL – 5 to 7 steps Each Leg



7) Shuffle Drag Foot – Right / Left – 3 to 5 steps each direction



8) Long Stride Reverse Reach – 3 to 5 steps each Leg



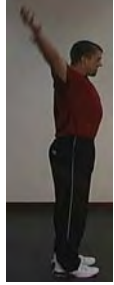
9) Duck Walk Short Step – Forward / Backward – 3 to 5 Each Leg



10) Lateral Shift Lunge – 3 to 5 steps each Leg



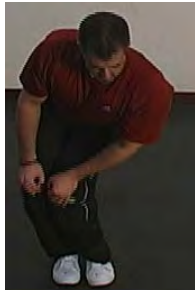
- 1) Standing Arm Circles Forward /Backward – 5 to 8 Seconds Each Direction



- 2) Trunk Rolls – 5 Each Direction



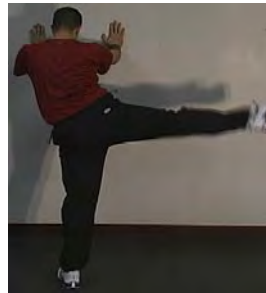
- 3) Knee Ankle Rolls – 5 Full Circles



- 4) Trunk Twist – 5 Each Direction



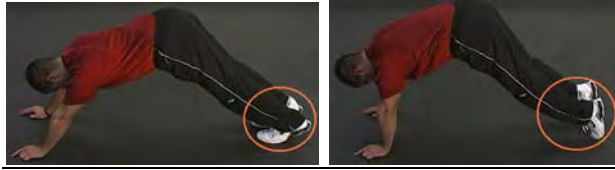
- 5) Hip Swings on Wall/Partner – Side To Side – 5 each Leg



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Dynamic Sport Warm up #2-Page 6

6) [Pike Position Toe Flips](#) – 5 Flips.



7) [Spread Eagle Leg Swings](#) - 5 times each leg – Alternate



8) [Lying on back Straight leg Kicks](#) – 5 Each Leg



9) [Leg Swings](#) - 5 to 7 Reps



10) [Lying Leg Swing](#) - 5 to 7 Reps



11) Laying Leg Circles - 5 Full circles Each Leg



12) Scorpion - 5 times Each Leg to Hand



13) Cat Cows on All Fours - 5 times up and down



14) Donkey Kick on all Fours - 5 Each Leg



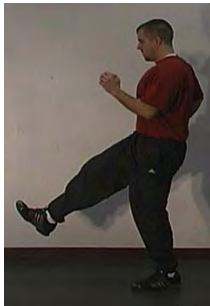
- 1) Jogging - Forward/Backward
– 5 to 8 Seconds Each Direction



- 2) Jogging-Crossover Step-
Forward/Backward 5 to 8
Seconds Each Direction



- 3) Skipping With a Kick –
Forward -5 to 8 Seconds Each
Direction

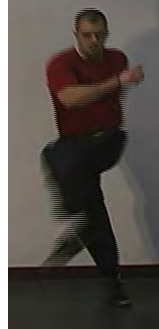


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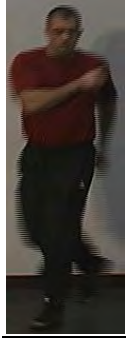
- 4) High Knee Jogging -
Forward/Backward - 5 to 8
Seconds Each Direction



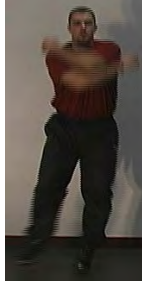
- 5) Carioca High Knee -
Right/Left - 5 to 8 Seconds Each
Direction



6) Carioca - Same Leg in Back-
Right/Left - 5 to 8 Seconds Each
Direction



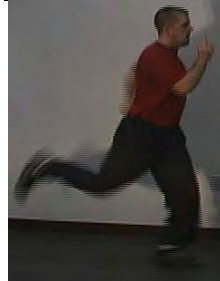
7) Shuffle Cross Arm Swing-
Right/Left - 5 to 8 Seconds Each
Direction



8) Shuffle Straight Leg
Lateral Swing- Right/Left - 5
to 8 Seconds Each Direction



9) Backward Long Stride
Reach - 5 to 8 Seconds



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10) Backward Short Stride
Reach "DB Shuffle" - 5 to 8



Seconds

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Dynamic Walking Sport Warm up #3-Page 3

- 1) Walking Lunge to Straight Leg Kick - Forward- 5 to 7 Step both ways



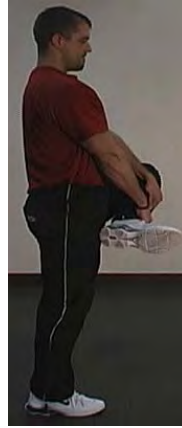
- 2) Hip Open Reverse Lunge with Twist - 4 or 5 Each Leg



- 3) Walking High Knee Pull - Forward -3 to 5 Steps each leg



- 4) Walking Ankle Grab - 3 to 5 Steps each leg



- 5) Reverse Walking with Straight Leg Toe Touch Hold - 5 to 7 steps Each Leg



6) Single Leg T RDL – 5 to 7 steps Each Leg



7) Shuffle Drag Foot – Right / Left – 3 to 5 steps each direction



8) Long Stride Reverse Reach– 3 to 5 steps each Leg



9) Spiderman Crawl – 3 to 5 steps each Leg



10) Lateral Shift Lunge – 3 to 5 steps each Leg



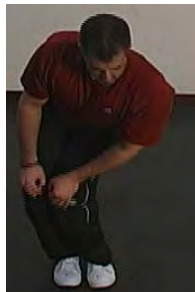
1) Neck Rolls- 10 reps



2) Trunk Rolls – 5 Each Direction



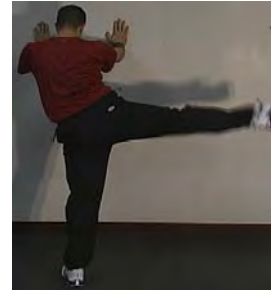
3) Knee Ankle Rolls – 5 Full Circles



4) Trunk Twist – 5 Each Direction



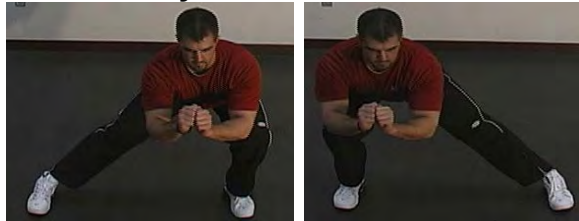
5) Hip Swings on Wall/Partner – Side To Side – 5 each Leg



6) Toe Grab Squat - 5 to 10 reps



7) Messier Squats – 5 reps Each Way



8) Spread Eagle Leg Swings - 5 times each leg – Alternate



9) Lying on back Straight leg Kicks – 5 Each Leg



10) Bent Leg Hip Rotation - Legs Together 5 Each Way



11) Lying Up and Over – Leg together – 5 to 7 Seconds



12) Scorpion - 5 times Each Leg to Hand



13) Cat Cows on All Fours - 5 times up and down



14) Donkey Kick on all Fours – 5 Each Leg



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Dynamic on your Feet - Hurdle Warm up #1-Page 1

1) [Hurdle Warm Up Forward](#) – 5 to 7 Hurdles Each Leg

2) [Windmill](#) – 6 Twist Each side

3) [Neck Roll](#) – 6 Each Way

4) [Hurdle Warm Up Lateral](#) – 5 to 7 Hurdles Each Leg/Direction

5) [Messier Squat](#) – 6 Each Way

6) [Trunk Rolls](#) – 6 Each Way

7) [Hurdle Warm Up Backward](#)
– 5 to 7 Hurdles Each Leg

8) [X Behind](#) – 6 Each Way

9) [Trunk Twist](#) – 6 Each Way

9) [Hurdle Warm Up Under Lateral](#) - 5 to 7 Hurdle Each Direction

10) [Knee Ankle Rolls](#) – 5 Rolls each way

11) [Goalie Squat](#) – 5 Each Leg

12) [Hurdle Warm Up Glute Lift Lateral](#) – 5 to 7 Hurdles Each Leg/Direction

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Pre Game or Practice Warm Up for Sport

Click on name to see videos

Dynamic Jogging Warm up

[Jogging Forward](#) -5 to 7 Seconds

[Jogging Backward](#) -5 to 7 Seconds

[Jogging Forward Arm Circles](#) -5 to 7 Seconds

[Jogging Forward High Knees 360 Turn](#) -5 to 7 Seconds

[Jogging High Knees Backward](#) -5 to 7 Seconds

[Knee Lifts Forward](#) -5 to 7 Seconds

[Shuffle Bent Over Arm Swing](#) -5 to 7 Seconds

[Skipping Forward With A Kick](#) -5 to 7 Seconds

[Forward Straight Leg Skip](#) -5 to 7 Seconds

[Carioca Quick Step](#) -5 to 7 Seconds – both directions

[DB Shuffle](#) -5 to 7 Seconds

[Backward Long Reach](#) -5 to 7 Seconds

[Carioca](#) -5 to 7 Seconds – both directions

[Straight Leg Lateral Shuffle](#) -5 to 7 Seconds – both directions

Dynamic Walking Warm Up

[Frankenstein With Skip](#) -5 to 7 Reps Each Leg

[High Knee Pulls](#) -5 to 7 Reps Each Leg

[Hip Open Reverse Lunge With Twist](#) -5 to 7 Reps Each Leg

[Lateral Shift Lunge](#) -5 to 7 Reps Each Leg

[Lunge Runner Start Knee Grab](#) -5 to 7 Reps Each Leg

[Single Leg T RDL](#) -5 to 7 Reps Each Leg

[Straight Leg Toe Touch](#) -5 to 7 Reps Each Leg

[Walking Lunge with Twist](#) -5 to 7 Reps Each Leg

Dynamic Warm up

[Jumping Jack Cross over](#) -5 to 7 Reps

[Windmill](#) -5 to 7 Reps

[Trunk Rolls](#) -5 to 7 Reps

[Goalie Squat](#) -5 to 7 Reps

[Toe Reach Squat](#) -5 to 7 Reps

[Spread Eagle](#) -5 to 7 Reps Each Leg

[Lying Leg Twist](#) -5 to 7 Reps Each Leg

[Laying Leg Circles](#) -5 to 7 Reps Each Leg

[Scorpion](#) 5 to 7 Reps Each Leg

[Supine Bent Knee Rotation](#) -5 to 7 Reps

[Cat Cow](#) -5 to 7 Reps



Core workout for Sport: These are core strength training workouts that you can use at the end of your workouts. There are two types of workouts available for your core; one with equipment that can be completed in a weight room. The other is a core workout without equipment that can be completed in a gym or hallway. The **Plate or Med Ball Workouts** are dynamic core training that will train the full body and the core as a whole. These Plate or Med Ball workouts can also be used as a conditioning tool after your regular training workout. This workout can be used in or out of season.

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Core Workout with Equipment #1

Complete Exercises in Order 1 – 3 Times

- 1) Half Bench Curl Up –
10 Reps



- 2) Partner Abs – 6 Reps



- 3) Swiss Ball Down Twist –
10 Reps E. Way



- 4) Glute Ham Over Head Dumbell Sit Up - 12 Reps



- 5) Glute Ham Isometric Sit Up Hold – 20 Seconds



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Core Workout with Equipment #2

Complete Exercises in Order 1 – 3 Times

1) Full Bench Curl Up –
10 Reps



4) Incline Over Head Sit Up –
12 Reps



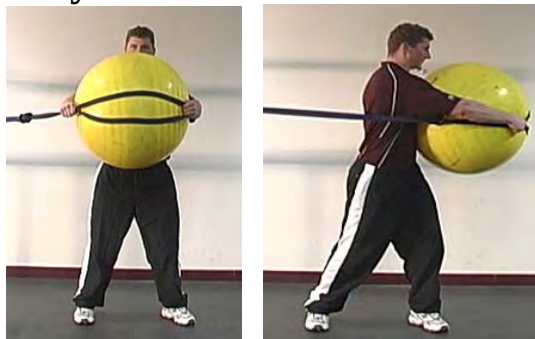
2) Partner Band Abs – 6 Reps



5) Pike Swiss Ball Abs – 10 Reps



3) Swiss Ball Twist – 10 Reps E.
Way



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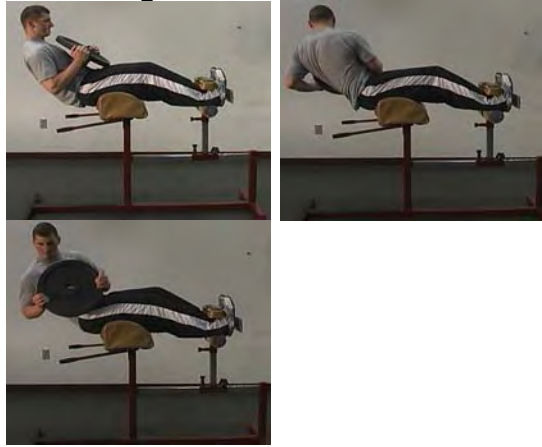
Core Workout with Equipment #3

Complete Exercises in Order 1 – 3 Times

1) Pike Partner Abs – 8 Reps



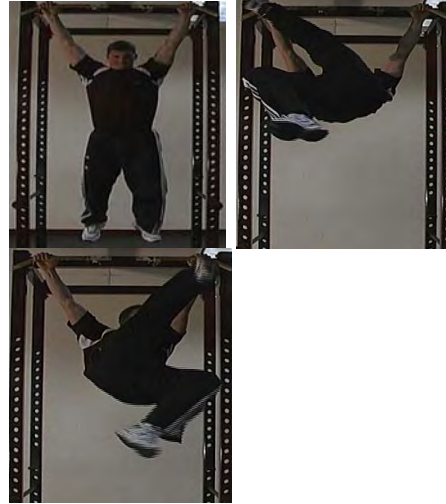
2) Glute Ham Hyper Russian Twist
– 25 Reps E. Way



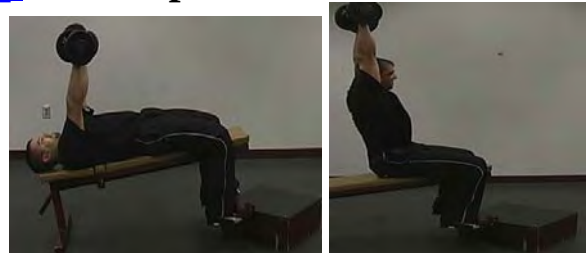
3) Glute Ham Isometric Sit Up
Hold – 20 Seconds



4) Cross Swing Abs – 8 Reps E. Way



5) Incline Dumbbell Over Head Sit Up
– 12 Reps



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Core Workout with Equipment #4

Complete Exercises in Order 1 – 3 Times

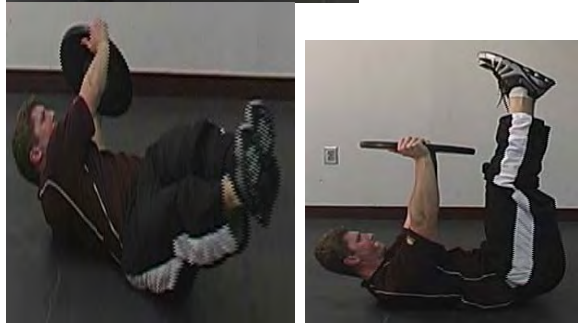
1) Glute Ham Over Head Dumbbell Sit Up – 12 Reps



4) Gopher U Abs – 8 Reps E. Way



2) Swiss Ball Twist – 8 Reps E. Way



3) Pike Swiss Ball Abs – 10 Reps



5) Partner Abs – 6 Reps_



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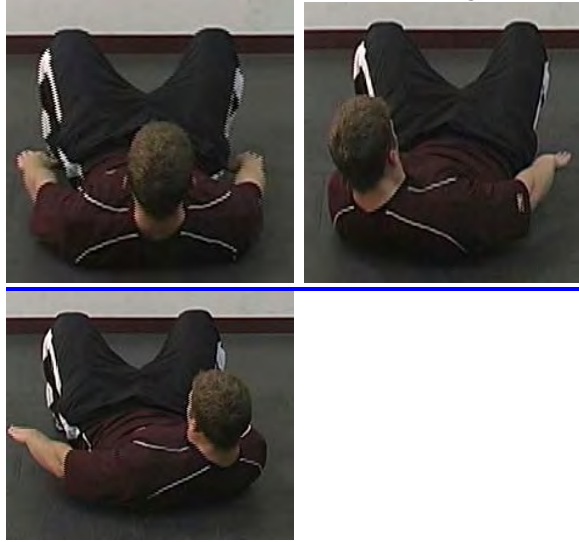
Core Workout without Equipment #1

Complete Exercises in Order 1 – 3 Times

1.) Supine Curl Ups – 10 Reps



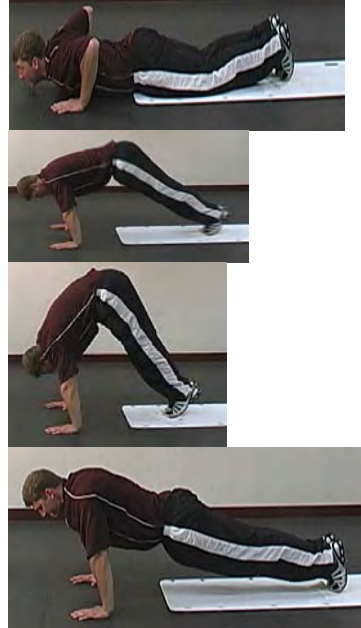
2.) Side Touch – 15 E. Way



3.) Cobra – 10 Reps with 3 Second Hold



4.) Pike Toe Drag – 10 Reps



5.) Alternating V Up Iso Hold – 12 Reps with 3 Second Hold E. Leg



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Core Workout without Equipment #2

Complete Exercises in Order 1 – 3 Times

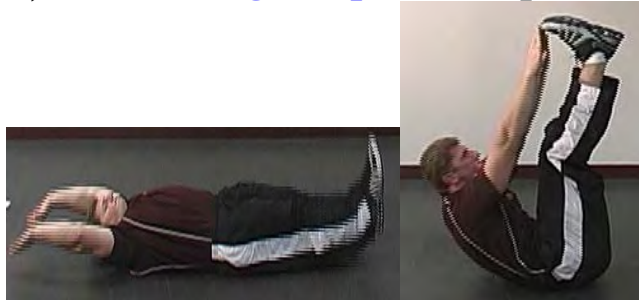
1.) [Straight Leg Up Crunch](#) – 25 Reps



2.) [Half Twist](#) – 20 Reps E. Way



3.) [Double Leg V Up](#) – 12 Reps



4.) [Oblique Double Leg Lift Crunch](#) – 15 Reps E. Side



5.) [Prone Forearm Bridge](#) – 45 Seconds

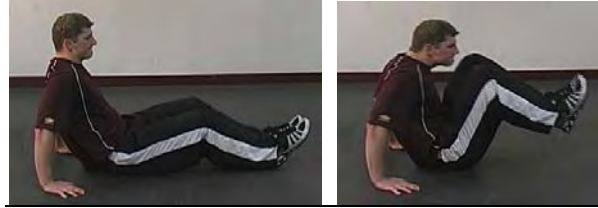


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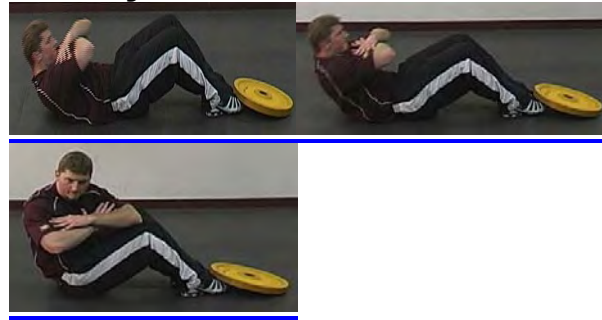
Core Workout without Equipment #3

Complete Exercises in Order 1 – 3 Times

1) Bent Knee Tuck – 20 Reps



2) Sit Up With Twist – 8 Reps E. Way



4) Supine Bridge Alternating Leg Lift – 8 Reps E. Leg with 3 Second Hold



5) Superman – 12 Reps with 3 Second Hold



3) Supine Leg Circles – 8 Reps E. Way



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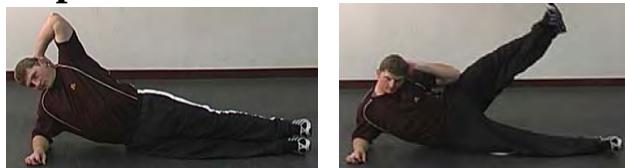
Core Workout without Equipment #4

Complete Exercises in Order 1 – 3 Times

1) Sit Up – 20 Reps



2) Oblique Leg Lift Crunch – 8 Reps E. Side



3) Supine Bridge – 30 Second Hold



4) Inch Worm – 12 Reps



5) Side Bridge – 30 Second Hold E. Way





SPORT ADAPTABILITY TRAINING: This is a unique type of training that will challenge you to push yourself to another level. Adaptability training is something that you would complete 3 days a week and **not** longer than 3 or 4 weeks in a row. You will notice that instead of sets and reps, you are given a time frame to lift as many reps and sets as possible in the given time depending on the level you choose.

You can pick a weight that you could perform 15 to 20 reps with maximum effort. After you have picked the weights on the prescribed exercises you are ready to begin that exercise cycle. Select 2 exercises, opposite to each other. An Example would be to start with [DB Incline](#) and complete 5 repetitions then quickly go to the [Lat Pull Down](#) and complete 5 additional repetitions. Then without rest complete the set again and again for the amount of time on the workout sheet, the time will depend on the level of difficulty you choose. Try to keep the same weight during the exercise sets. Mark off the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until the time is completed. Then follow the prescribed rest and go on to the next groups of exercise. Print a new sheet every workout to keep track of the sets on a weekly basis. Each week or workout you should increase the sets or increase the weight. Keep your weights the same throughout the complete cycle for that day, but feel free to try to increase weight and perform the same number of sets in the next workout. Only use this training method 3 to 4 weeks for optimal results.

The premise of adaptability training is exactly what it's name sounds like. The body is incredible at adapting to the stress (Exercise) that is loaded on it. In a 5 minute interval, you might do 12-15 sets of 5 reps of each. That's 60 reps of each instead of a more traditional 3x10 or 4x8 workouts. So because the volume has been increased, the body has to adapt to the given stress. As the body adapts to the stress, the athletes are able and capable of handling more intense training without getting hurt. The results are amazing! This is a phenomenal tool to use within a training cycle or at the beginning of a training cycle. When you complete this training of 3 to 4 weeks you should return to general strength training program.

When going through an adaptability program, remember that you need to keep correct form every set. This is important as you start to get tired towards the end of your time frame. Also, make sure that you start each set as quickly as possible and do not use any rest between the sets. There is time to rest at the end of the time interval.

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Sport Adaptability Training Level 1

Db Incline –
Lat Pull Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 2 Minutes.

Start with [DB Incline](#) and complete 5 repetitions then quickly go to the [Lat Pull Down](#) and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until two minutes is finished.

Wait 2 to 3 minutes Between Cycles

Right Leg Step Up-
Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 2 Minutes.

Start with Right leg [step up](#) and complete 5 repetitions and continue to the Left leg [step up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Side Delt Raise -
Bar Curl –
Tricep Push Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 2 Minutes just as the cycle before.

Wait 2 to 3 minutes Between Cycles

Back Ext W/ X Pattern -
Incline Over Head Sit Up -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 2 Minutes just as the cycle before.

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Print a new sheet every week to keep track of the sets on a weekly basis. Each week you should increase the sets or increase the weight. Keep your weights the same through the complete cycle. Increasing weights or sets with each workout. Only use this training method 3 to 4 weeks for optimal results.

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Sport Adaptability Training Level 2

Db Incline –
Lat Pull Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes.

Start with [DB Incline](#) and complete 5 repetitions then quickly go to the [Lat Pull Down](#) and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until three minutes is finished.

Wait 2 to 3 minutes Between Cycles

Right Leg Step Up-
Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes.

Start with Right leg [step up](#) and complete 5 repetitions and continue to the Left leg [step up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Side Delt Raise -
Bar Curl –
Tricep Push Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes just as the cycle before.

Wait 2 to 3 minutes Between Cycles

Back Ext W/ X Pattern -
Incline Over Head Sit Up -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 2 Minutes just as the cycle before.

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Print a new sheet every week to keep track of the sets on a weekly basis. Each week you should increase the sets or increase the weight. Keep your weights the same through the complete cycle. Increasing weights or sets with each workout. Only use this training method 3 to 4 weeks for optimal results.

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Sport Adaptability Training Level 3

Db Incline –
Lat Pull Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 4 Minutes.

Start with DB Incline and complete 5 repetitions then quickly go to the Lat Pull Down and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until four minutes is finished.

Wait 3 to 4 minutes Between Cycles

Right Leg Step Up-
Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 4 Minutes.

Start with Right leg step up and complete 5 repetitions and continue to the Left leg step up and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 3 to 4 minutes Between Cycles

Side Delt Raise -
Bar Curl –
Tricep Push Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 4 Minutes just as the cycle before.

Wait 3 to 4 minutes Between Cycles

Back Ext W/ X Pattern -
Incline Over Head Sit Up -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes just as the cycle before.

Complete one of the Recovery workouts after completing the Adaptability Program

Print a new sheet every week to keep track of the sets on a weekly basis. Each week you should increase the sets or increase the weight. Keep your weights the same through the complete cycle. Increasing weights or sets with each workout. Only use this training method 3 to 4 weeks for optimal results.

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Sport Adaptability Training Level 4

Db Incline –
Lat Pull Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 5 Minutes.

Start with [DB Incline](#) and complete 5 repetitions then quickly go to the [Lat Pull Down](#) and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until five minutes is finished.

Wait 3 to 5 minutes Between Cycles

Right Leg Step Up-
Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 4 Minutes.

Start with Right leg [step up](#) and complete 5 repetitions and continue to the Left leg [step up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 3 to 5 minutes Between Cycles

Side Delt Raise -
Bar Curl –
Tricep Push Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 4 Minutes just as the cycle before.

Wait 3 to 5 minutes Between Cycles

Back Ext W/ X Pattern -
Incline Over Head Sit Up -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes just as the cycle before.

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Print a new sheet every week to keep track of the sets on a weekly basis. Each week you should increase the sets or increase the weight. Keep your weights the same through the complete cycle. Increasing weights or sets with each workout. Only use this training method 3 to 4 weeks for optimal results.

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Sport Adaptability Training Level 5

Db Incline –
Lat Pull Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 5 Minutes.

Start with [DB Incline](#) and complete 5 repetitions then quickly go to the [Lat Pull Down](#) and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until five minutes is finished.

Wait 5 minutes Between Cycles

Right Leg Step Up-
Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 5 Minutes.

Start with Right leg [step up](#) and complete 5 repetitions and continue to the Left leg [step up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 5 minutes Between Cycles

Side Delt Raise -
Bar Curl –
Tricep Push Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 5 Minutes just as the cycle before.

Wait 3 to 5 minutes Between Cycles

Back Ext W/ X Pattern -
Incline Over Head Sit Up -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes just as the cycle before.

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Print a new sheet every week to keep track of the sets on a weekly basis. Each week you should increase the sets or increase the weight. Keep your weights the same through the complete cycle. Increasing weights or sets with each workout. Only use this training method 3 to 4 weeks for optimal results.

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Sport Adaptability Training Level 6

Db Incline –
Lat Pull Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 6 Minutes.

Start with [DB Incline](#) and complete 5 repetitions then quickly go to the [Lat Pull Down](#) and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until six minutes is finished.

Wait 5 minutes Between Cycles

Right Leg Step Up-
Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 6 Minutes.

Start with Right leg [step up](#) and complete 5 repetitions and continue to the Left leg [step up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 5 minutes Between Cycles

Side Delt Raise -
Bar Curl –
Tricep Push Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 6 Minutes just as the cycle before.

Wait 3 to 5 minutes Between Cycles

Back Ext W/ X Pattern -
Incline Over Head Sit Up -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes just as the cycle before.

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Print a new sheet every week to keep track of the sets on a weekly basis. Each week you should increase the sets or increase the weight. Keep your weights the same through the complete cycle. Increasing weights or sets with each workout. Only use this training method 3 to 4 weeks for optimal results.

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Sport Adaptability Training Level 7

Db Incline –
Lat Pull Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 7 Minutes.

Start with [DB Incline](#) and complete 5 repetitions then quickly go to the [Lat Pull Down](#) and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible in this sequence until seven minutes is finished.

Wait 5 to 7 minutes Between Cycles

Right Leg Step Up-
Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 7 Minutes.

Start with Right leg [step up](#) and complete 5 repetitions and continue to the Left leg [step up](#) and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 5 to 7 minutes Between Cycles

Side Delt Raise -
Bar Curl –
Tricep Push Down -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 5 to 5 Minutes just as the cycle before.

Wait 5 to 7 minutes Between Cycles

Back Ext W/ X Pattern -
Incline Over Head Sit Up -) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in 3 Minutes just as the cycle before.

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

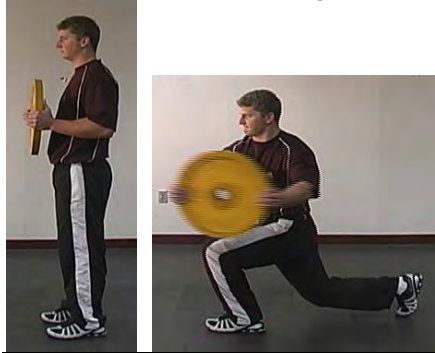
Print a new sheet every week to keep track of the sets on a weekly basis. Each week you should increase the sets or increase the weight. Keep your weights the same through the complete cycle. Increasing weights or sets with each workout. Only use this training method 3 to 4 weeks for optimal results.

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Plate or MedBall Workout for Sport #1 - Page 1

- 1) Rotational Lunge Out Side
5 Reps Each Way



- 5) OH Backward Walk Lunge –
5 Reps – Each leg



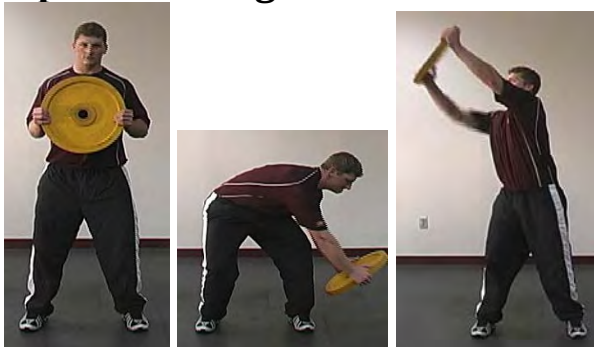
- 2) Dynamic OC Squats
5 inches up and down – 30 Reps



- 6) Lateral Squat Shuffle – 8 Reps
to Left and Right



- 3) Standing Twist and Press - 6
Reps – Each leg



- 4) Squatting and Plate Press
30 Reps



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Plate or Medball Workout for Sport #1 - Page 2

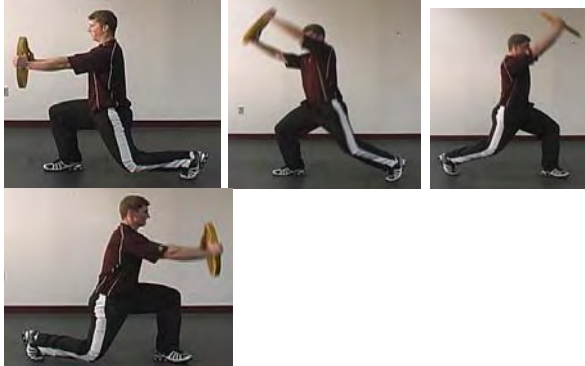
7) Squat and Punch – 10 Reps



8) Iso Split Squat and Punch – 10 Reps E. Leg



9) OH Rotational Lunge 10 Reps



10) 1 Leg RDL With Press 10 Reps Each Leg



11) Lunge with Plate Hold – 6 Reps E. Leg



12) Seated Twist and Punch – 20 Reps Each Side



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Plate Workout for Sport #2 - Page 1

1) Rotational Lunge In Side 5 Reps

E. Leg



4) OH Walk Lunge 8 Reps E. Leg



2) 1 Leg RDL With Press

5 Reps E. leg



5) Squat and Rotational Punch 10

Reps to Right and Left



3) Jump Squat and Press 10 Reps



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Plate Workout for Sport #2 - Page 2

7) Standing Twist and Punch – 20

Reps E. Way



10) Seated Plate Punches 20 Reps



8) OH Backward Walk Lunge – 6

Reps E. Leg

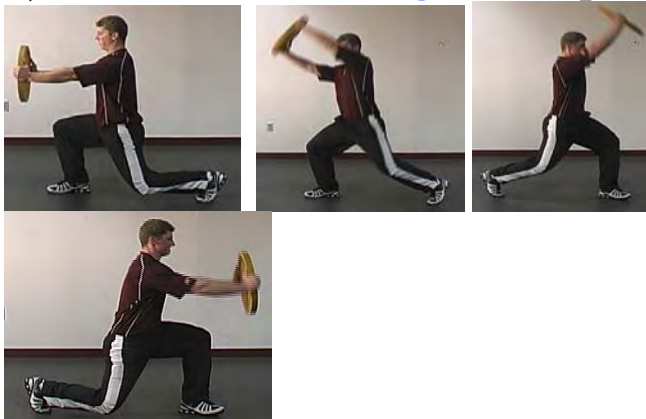


11) Squatting and Plate Press - 30

Reps



9) OH Rotational Lunge -10 Reps



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Sport Plyometric Workout Level 3

Prior to starting this plyometric program it is recommended that you warm up using a [Complete Dynamic Warm Up](#) or [Complete Hurdle Warm Up](#)

1) [Squat Jump Pause](#) – 3 Repetitions
of 2 Sets – 20 – 30 Seconds Rest Between Sets.

2) [Tuck Jump](#) – 3 Repetitions of 2 Sets
– 20 – 30 Seconds Rest Between Sets.

3) [Power Step Up](#) – 3 Repetitions
Each Leg of 2 Sets – 20 – 30 Seconds
Rest Between Sets.

4) [Relaxed Box Jump](#) – 3 Repetitions
of 2 Sets – 20 – 30 Seconds Rest Between Sets.

5) [Speed Skater For Distance](#) – 3
Repetitions of 2 Sets – 20 – 30 Seconds
Rest Between Sets.

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Sport Plyometric Workout Level 3

Prior to starting this plyometric program it is recommended that you warm up using a [Complete Dynamic Warm Up](#) or [Complete Hurdle Warm Up](#)

1) [Squat Jump Pause](#) – 3 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.

2) [Pike Jump](#) – 3 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.

3) [Power Step Up](#) – 3 Repetitions Each Leg of 2 Sets – 20 – 30 Seconds Rest Between Sets.

4) [Iso Release Box Jumps](#) – 3 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.

5) [1/2 Squat jump](#) – 3 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.

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Sport Plyometric Workout Level 5

Prior to starting this plyometric program it is recommended that you warm up using a [Complete Dynamic Warm Up](#) or [Complete Hurdle Warm Up](#)

1) [Squat Jump Pause](#) – 5 Repetitions
of 2 Sets – 20 – 30 Seconds Rest Between Sets.

2) [Tuck Jump](#) – 5 Repetitions of 2 Sets
– 20 – 30 Seconds Rest Between Sets.

3) [Power Step Up](#) – 5 Repetitions
Each Leg of 2 Sets – 20 – 30 Seconds
Rest Between Sets.

4) [Relaxed Box Jump](#) – 5 Repetitions
of 2 Sets – 20 – 30 Seconds Rest Between Sets.

5) [Speed Skater For Distance](#) – 5
Repetitions of 2 Sets – 20 – 30 Seconds
Rest Between Sets.

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Sport Plyometric Workout Level 5

Prior to starting this plyometric program it is recommended that you warm up using a [Complete Dynamic Warm Up](#) or [Complete Hurdle Warm Up](#)

1) [Squat Jump Pause](#) – 5 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.

2) [Pike Jump](#) – 5 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.

3) [Power Step Up](#) – 5 Repetitions Each Leg of 2 Sets – 20 – 30 Seconds Rest Between Sets.

4) [Iso Release Box Jumps](#) – 5 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.

5) [1/2 Squat jump](#) – 3 Repetitions of 2 Sets – 20 – 30 Seconds Rest Between Sets.



PREHAB WORKOUTS: These are extremely important in preparing your body for the intensity of the sport specific movements you will be performing. When doing these exercises, do not brush them. They are of utmost importance to prevent injury.

The prehab workouts are focusing on the smaller muscle groups that are designed to help stabilize the larger muscle groups or dynamic movements, like throwing. The body is designed in a way that the smaller muscles are always going to “give” or get tired first. The point of prehab exercises is to keep those smaller muscles as intact and strong as possible. They are essentially your weakest link. If you have been injured in the past you can use these prehab workouts to help prevent injury in the future for the specific body area

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Shoulder Circuit Prehab #1

1) Cuban Press F8

2 Sets - 6 Reps



2) Lateral Supine Figure 8

2 Sets - 8 Reps



3) Infraspinatus

2 Sets - 8 Reps



4) Overhead Standing Figure 8

2 Sets - 8 Reps



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Shoulder Circuit Prehab #2

1) Incline Cuban Press Figure 8

2 Sets - 8 Reps



2) Lateral Prone Figure 8

3 Sets - 8 Reps



3) Lateral Standing Figure 8

2 Sets - 8 Reps



10) Supraspinatus

2 Sets - 8 Reps



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Shoulder Circuit Prehab #3

1) Cuban Press F8

2 Sets - 6 Reps



2) Infraspinatus

2 Sets - 8 Reps



3) Lateral Standing Figure 8

2 Sets - 8 Reps



4) Supraspinatus

2 Sets - 8 Reps



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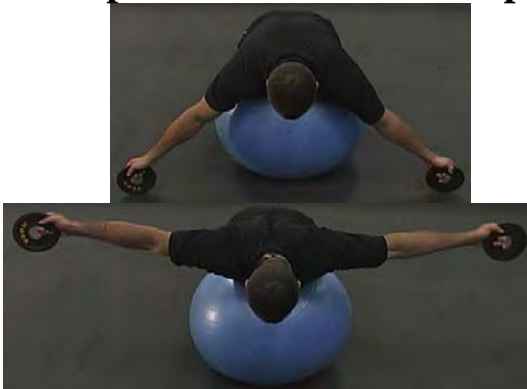
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Shoulder Y, T, L, W, Workout

1) L Raise with Scap Depression – 12 Reps-1 Set-5 Count Tempo



2) T Raise with Scap Depression– 12 Reps-1 Set-5 Count Tempo



3) W Raise with Scap Depression - 12 Reps-1 sets-5 Count Tempo



4) Y Raise with Scap Depression - 12 Reps-1 sets-5 Count Tempo



1) Db Shoulder Shrugs

1 Sets – 15-20 Reps



2) Push Up Shrug with band

1 Sets – 15-20 Reps



3) U Scap Pulls

1 Sets – 15-20 Reps



4) Overhead Shrug

1 Sets – 15-20 Reps



5) Lat Pull Straight Arm Shrug

1 Sets – 15-20 Reps



6) Dip Shrugs

1 Sets – 15-20 Reps



7) Supine Shrugs

1 Sets – 15-20 Reps



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Groin Prehab for Sport Workout 1

1) Iso Ball Groin Squeeze

15 Seconds Max Effort 1 Sets



2) Band Adduction

1 sets 15 –Each Leg



3) Kneeling Internal Rotation

1 sets 10 –Each Leg



4) Squatting Internal Rotation

1 sets of 10



5) Messie Front Squat

1 sets of 10



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Groin Prehab Workout 2

1) 90/90 Grion Iso Squeeze

15 Seconds Max Effort 2 Sets



2) Band Adduction

1 sets 15 –Each Leg



3) Kneeling Internal Rotation

1 sets 10 –Each Leg



4) Squatting Internal Rotation

1 sets of 10



5) Messie Front Squat

1 sets of 10



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Hip Flexor Prehab Workout

1) Hip Flexor Band Pulls

1 or 2 Sets of 15 Reps



2) Hip Flex Iso Pull

1 or 2 sets 15 Seconds



3) Band Hip Flexor Pulls

15 Reps of 1 or 2 Sets



4) Lateral Band Hip Flexor Pulls

10 Reps of 1 or 2 Sets



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Sport Forearm Circuit Workout #1

1) 2 Way Wrist Curls – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



4) Thors Hammer – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



2) Bam Bams – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



5) Bar Holds – 30 to 90 Seconds of 2 Sets – 20 – 30 Seconds Rest Between Sets.



3) Plate Pinchers – 30 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



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Sport Forearm Circuit Workout #2

1) Wrist Curls Flexion – 15
Repetitions of 2 to 3 Sets – 20 – 30
Seconds Rest Between Sets.



4) Thors Hammer – 15 Repetitions of
2 to 3 Sets – 20 – 30 Seconds Rest
Between Sets.



2) Bam Bams – 15 Repetitions of 2 to 3
Sets – 20 – 30 Seconds Rest Between
Sets.



5) Bar Holds – 30 to 90 Seconds of 2
Sets – 20 – 30 Seconds Rest Between
Sets.



3) Round House – 10 Repetitions of 2
to 3 Sets – 20 – 30 Seconds Rest Between
Sets.





Cone Agility Drills for Sport: These drills imitate a more realistic situation in sports where multi-directional changes occur constantly. Again, these drills will be most beneficial when starting fresh, and not immediately following a hard lifting session.

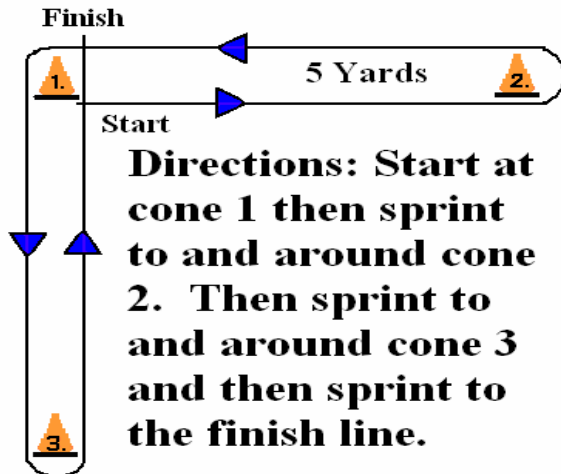
In the cone drills you want to start in your natural athletic stance. Because of the constant directional changes, as you come to the cone or are about to change directions, make sure that you keep your center of gravity (hips) at that lower athletic stance. The lower your center of gravity the easier the change of direction will be.

This concept is very important, especially with directional changes going from backwards to forwards, and vice versa. As you anticipate the change coming, remember to get your hips under you to be able to drive forwards again. In keeping your center of gravity under control, you are teaching your body a new, very functional habit.

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Sport Cone Drills #1

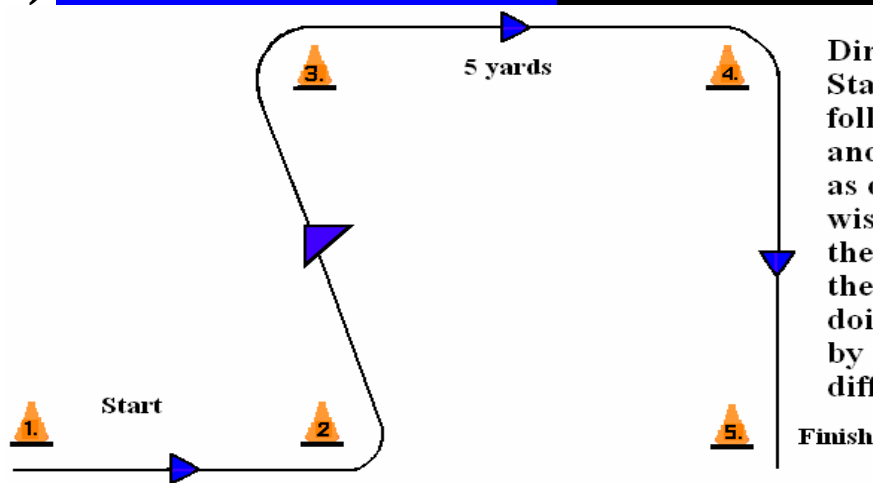
1) 3 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 then sprint to and around cone 2. Then sprint to and around cone 3 and then sprint to the finish line.

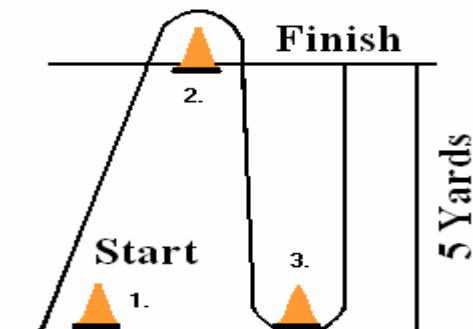
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2) 5 Cone Corner Cut Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

3) 3 Cone Sprint Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

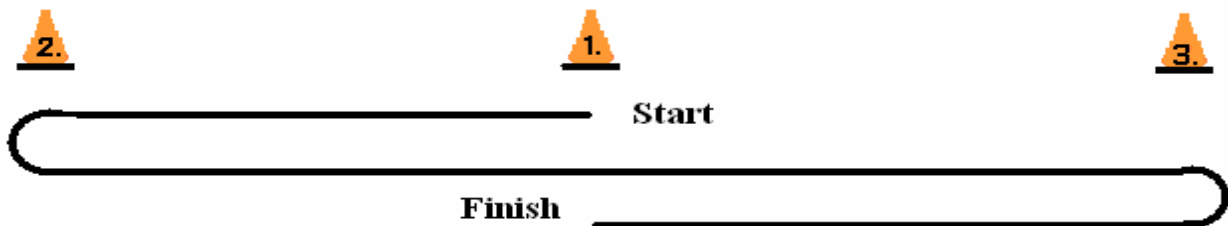


Directions: Start at cone 1 then sprint to and around cone 2. Then sprint to and around cone 3 and then sprint to the finish line.

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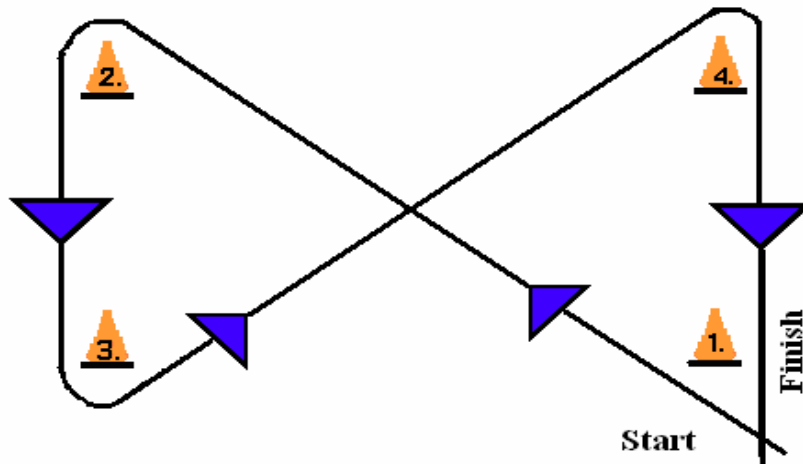
Sport Cone Drills #2

- 1) Pro Agility – 2 to 3 Reps- 45 Second to 1 Minute Rest



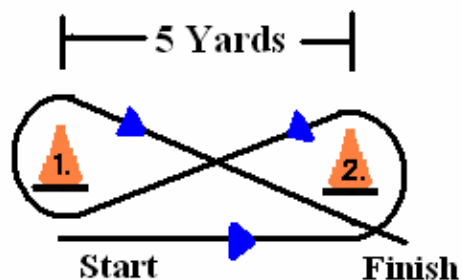
Directions: Start at the middle cone and sprint to the end of cone 2 and touch the ground. Sprint to the other end past cone 1 to cone 3 and touch the ground again. Sprint to the finish at cone 1.

- 2) 4 Cone "X" Pattern – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and follow the arrows and cones in order as shown. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

- 3) 5 Yard Figure 8 Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

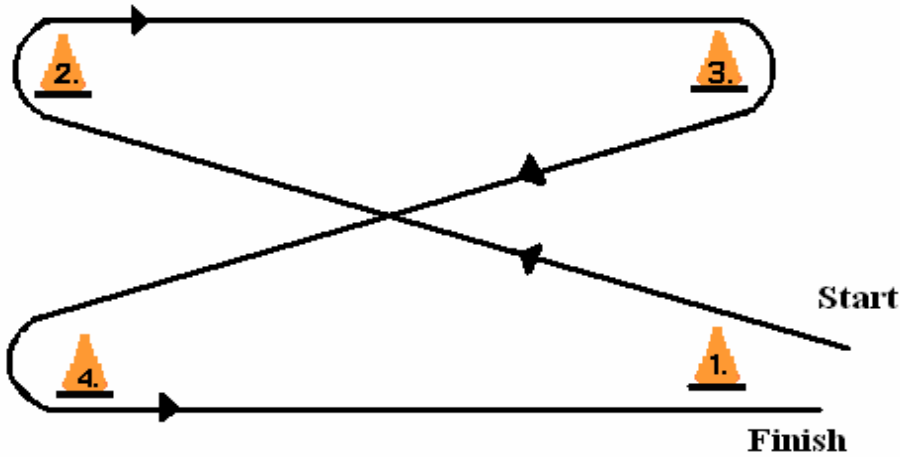


Directions: Start at cone 1 then sprint to and around cone 2, and then back to and around cone 1, ending at cone 2.

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Sport Cone Drills #3

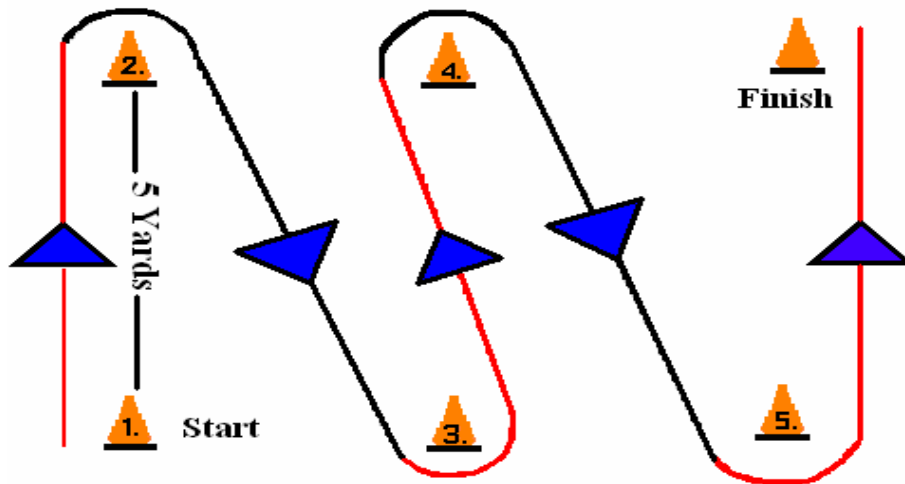
1) 4 Cone Cross – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions:

Start at cone 1 and follow the arrows and cone in order. It is possible to change the exercise when you pass each separate cone.

2) Back Peddle Sprint Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start by facing backwards at cone 1, and back peddle to cone 2. Sprint to cone 3, back peddle to cone 4, sprint to cone 5 and finish by back peddling to cone 6.

3) "D" Shuffle Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

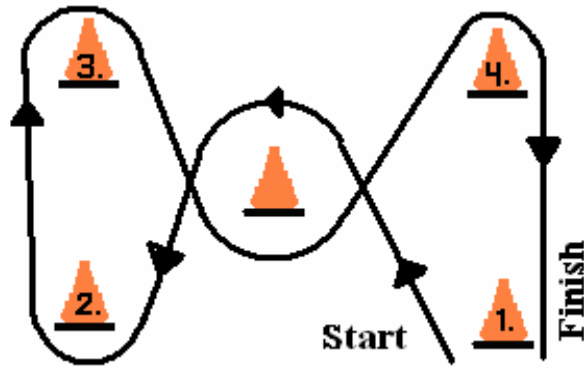


Directions: Start at cone 1 and then sprint to cone 2, from cone 2 shuffle around cones 3 and 4 and finish back at cone 1.

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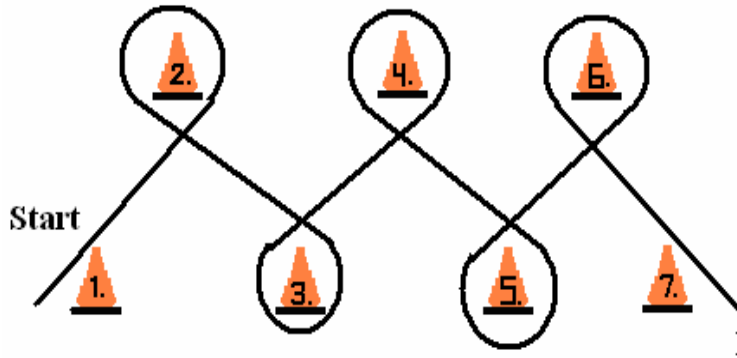
Sport Cone Drills #4

1) 5 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



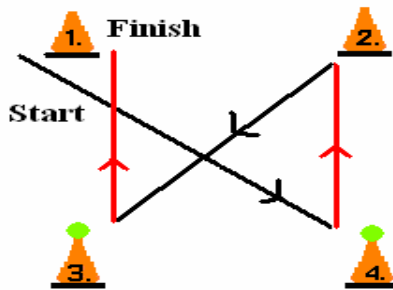
Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

2) “S” Pattern Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to the far side of cone 2. Go around cone 2 and sprint to the far side of cone 3. Continue doing this until all of the cones have been rounded and you finish at cone 7.

3) 4 Cone Tennis Ball Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Have the athlete start at cone 1 and sprint towards cone 4, when they get to cone 4 grab the tennis ball off the top of the cone and sprint to cone 2 and place the tennis ball on top of cone 2. Then sprint to cone 3 and grab the tennis ball on the top of the cone and sprint to cone 1 and then place the tennis ball on top of cone 1. As you are sprinting on the red line you should be carrying the tennis ball.

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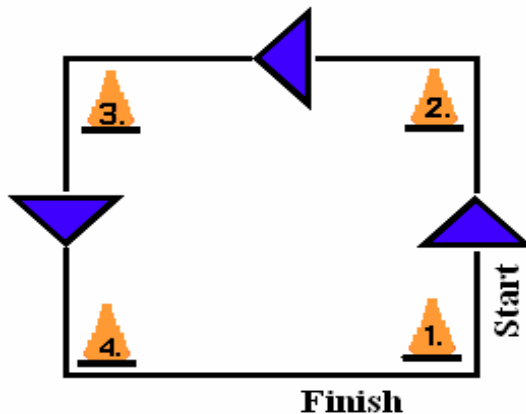
Sport Cone Drills #5

1) Snake Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



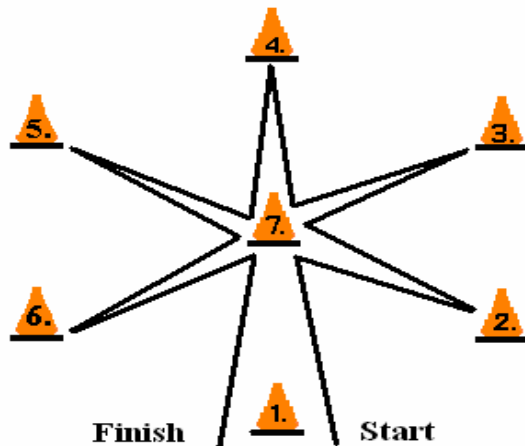
Directions: Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving through all the cones.

2) 4 Corner Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then follow the path from cone to cone until you are back at cone 1 then you are done. As you turn past each cone you can have the athletes make sharp 90 degree turns around each cone.

3) 7 Cone Star Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then sprint to cone 7. From cone 7 sprint to cone 2 and then back to cone 7.

Continue this order until a full circle is completed and you finish at cone 1.

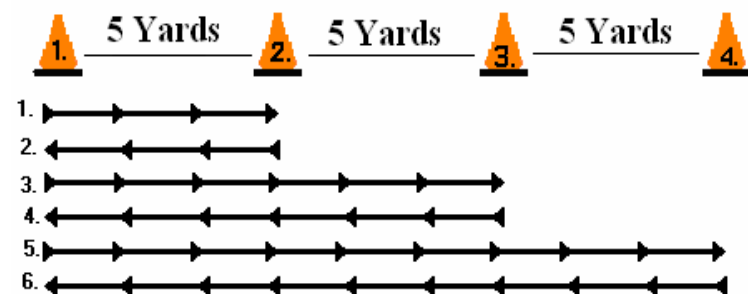
Order of Cones Touched:

1-7-2-7-3-7-4-7-5-7-6-7-1

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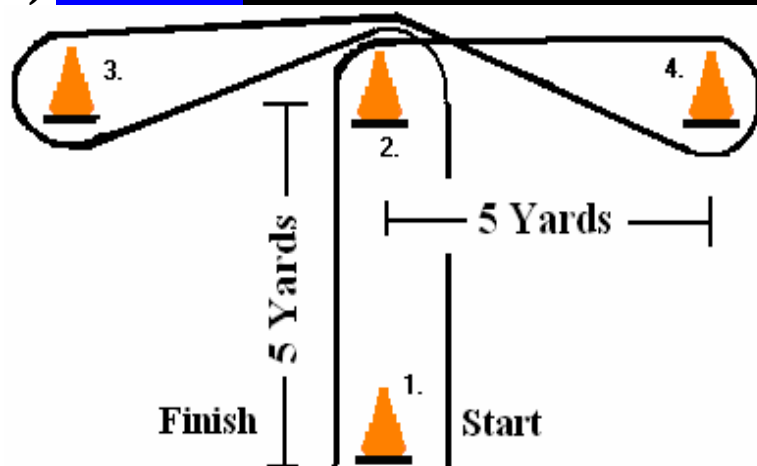
Sport Cone Drills #6

1) Shuttle Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



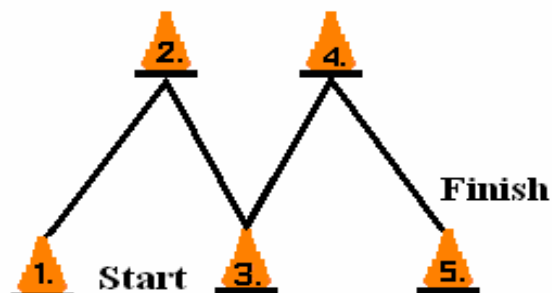
Directions: Start at cone 1 and then sprint to cone 2 and back. Then sprint 10 yards to cone 3 and back. Finally, sprint 15 yards to cone 4 and then finish at cone 1.

2) "T" Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then sprint around cone 2 to cone 3. Go around cone 3, past cone 2 to cone 4. Sprint back around cone 4 and back around cone 2. Finally finishing at cone 1.

3) 5 Cone "M" Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

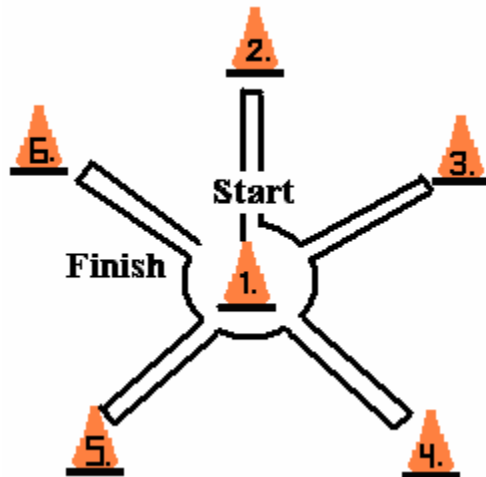


Directions: Start at cone 1 and sprint to cone 2. Back peddle from cone 2 to cone 3. Run across from cone 3 to cone 4. Then run across the opposite way from cone 4 to finish at cone 5.

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Sport Cone Drills #7

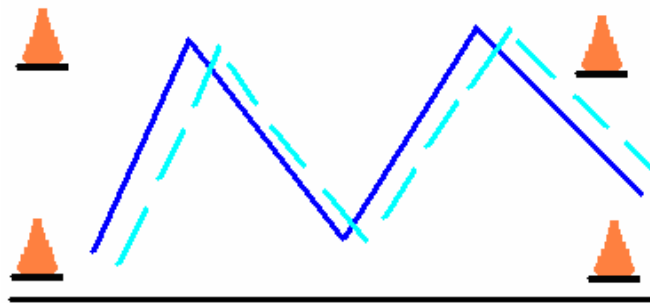
1) Star Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start in the middle of the star at cone 1, and sprint out to cone 2. Then as always return to cone 1 and follow the order of cones. Note: After each cone touch, always sprint back to cone 1.

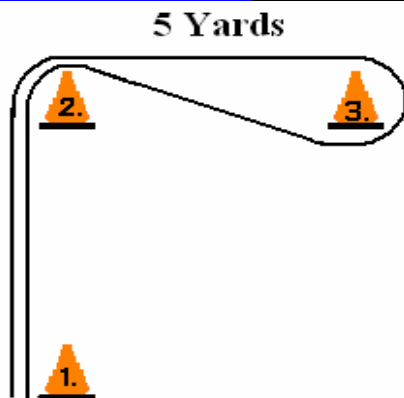
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2) Mirror Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: This drill takes 2 people. There is an offensive player and a defensive player. To begin, players face one another. The goal of the offensive player is to make separate your self from the defensive player. The goal of the defensive player is to not allow separation from the offensive player.

3) 5 Cone “L” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



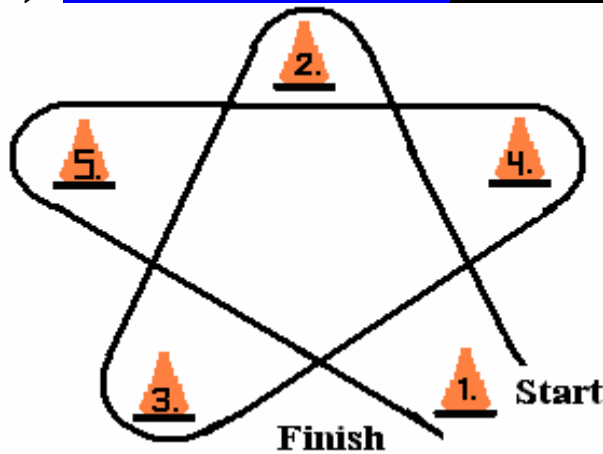
Finish Start

Directions: Start at cone 1. Sprint around cone 2 to cone 3. Sprint around cone 3, back around cone 2 and finishing at cone 1.

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Sport Cone Drills #8

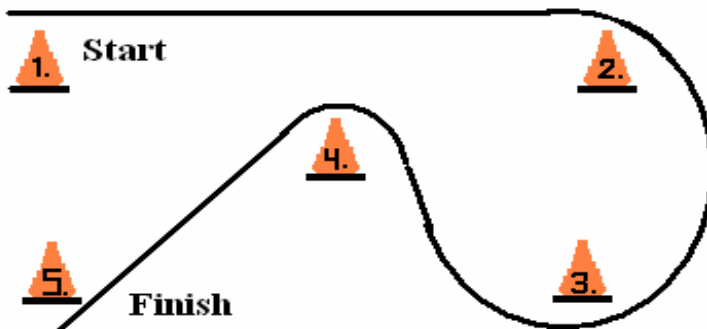
- 1) Star Cone Drill #5 – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to each cone in chronological order, finishing the drill at the point of origin.

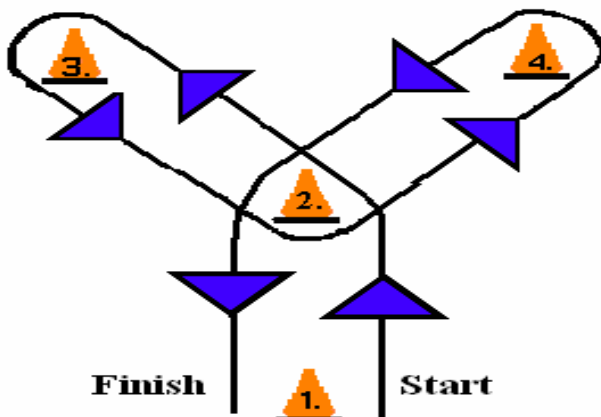
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- 2) “R” Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at con 1 and run and run an “R” pattern finishing at cone 5.

- 3) 4 Cone “Y” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

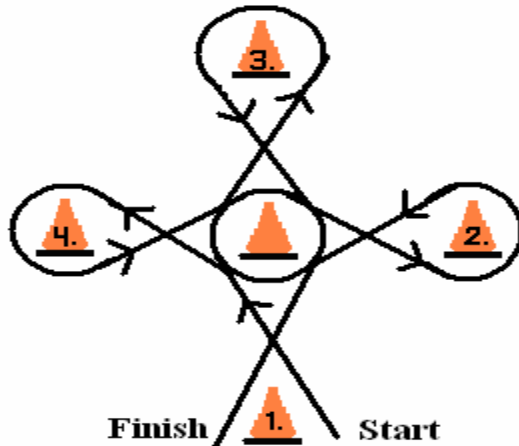


Directions: Start at cone 1 and sprint to cone 2 then to cone 3 and then back to cone 2. Sprint around cone 4 then back around cone 2 back to cone 1.

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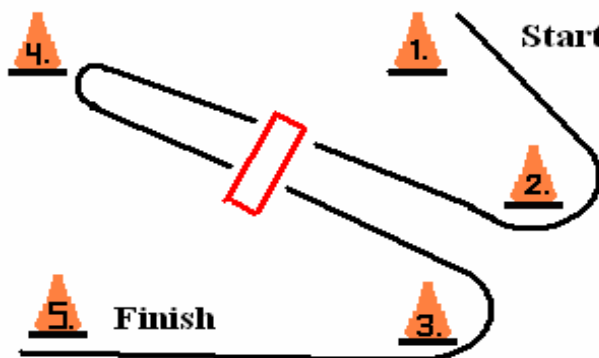
Sport Cone Drills #9

1) Star Cone Drill #4 – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at the right of cone 1, run to the left side of the center cone where you will make a right turn around the center cone and run towards cone 2. Run to the right side of cone 2 and go around it back to the left side of the center cone. Make a right turn around the center cone and run towards cone 3. Follow the same pattern until you end back up at cone 1.

2) Agility Jump Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1. Sprint around the arc at cone 2 to cone 3. Sprint diagonally to cone 4 by jumping over the hurdle or any object. Go touch cone 4 then back towards cone 3, jumping over the box again. Sprint to cone 5 and then sprint hard and finish at cone 4.

3) 6 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

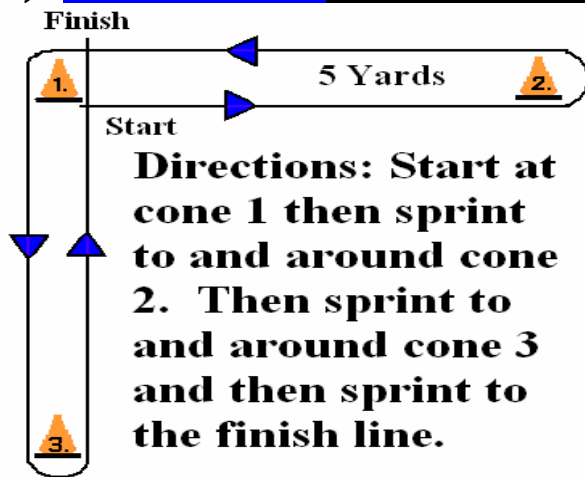


Direction: start at the bottom left with cone 1. Following the pattern and returning at cone 1.

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Sport Cone Drills #10

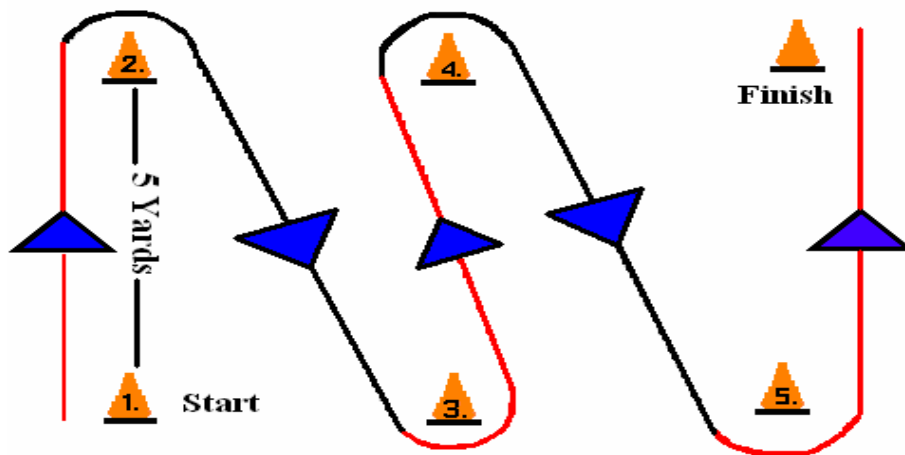
1) 3 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 then sprint to and around cone 2. Then sprint to and around cone 3 and then sprint to the finish line.

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2) Back Peddle Sprint Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start by facing backwards at cone 1, and back peddle to cone 2. Sprint to cone 3, back peddle to cone 4, sprint to cone 5 and finish by back peddling to cone 6.

3) “D” Shuffle Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

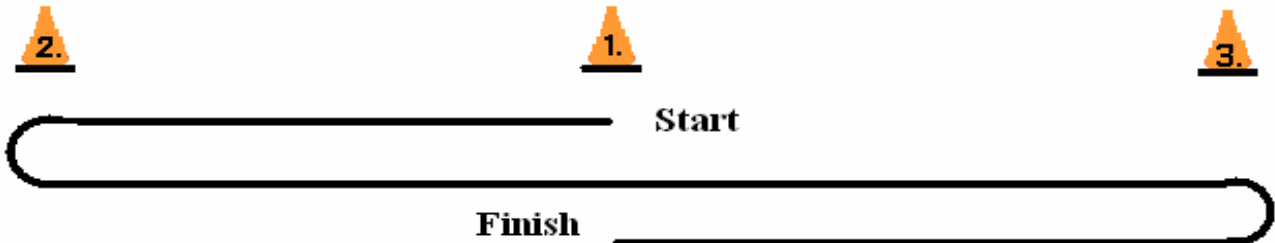


Directions: Start at cone 1 and then sprint to cone 2, from cone 2 shuffle around cones 3 and 4 and finish back at cone 1.

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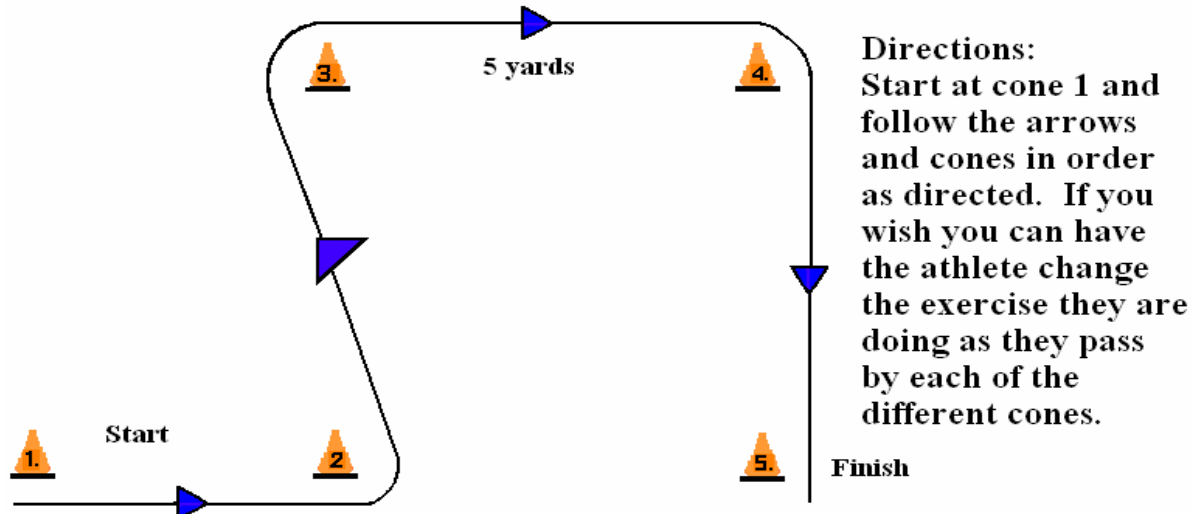
Sport Cone Drills #11

- 1) Pro Agility – 2 to 3 Reps- 45 Second to 1 Minute Rest

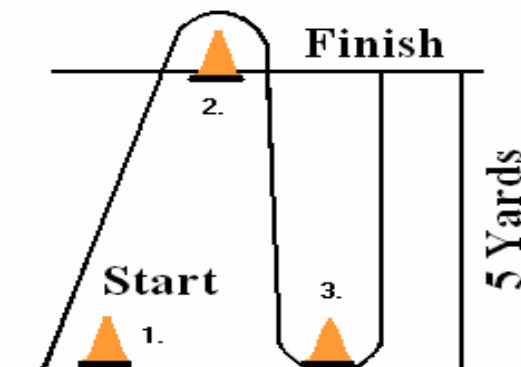


Directions: Start at the middle cone and sprint to the end of cone 2 and touch the ground. Sprint to the other end past cone 1 to cone 3 and touch the ground again. Sprint to the finish at cone 1.

- 2) 5 Cone Corner Cut Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



- 3) 3 Cone Sprint Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

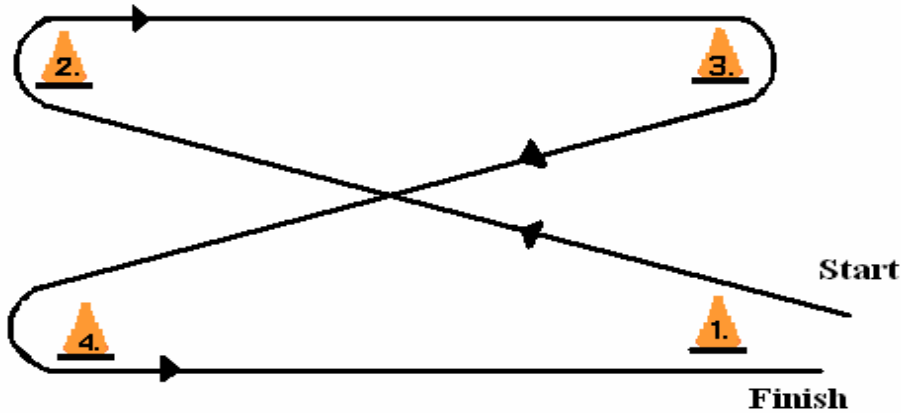


Directions: Start at cone 1 then sprint to and around cone 2. Then sprint to and around cone 3 and then sprint to the finish line.

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Sport Cone Drills #12

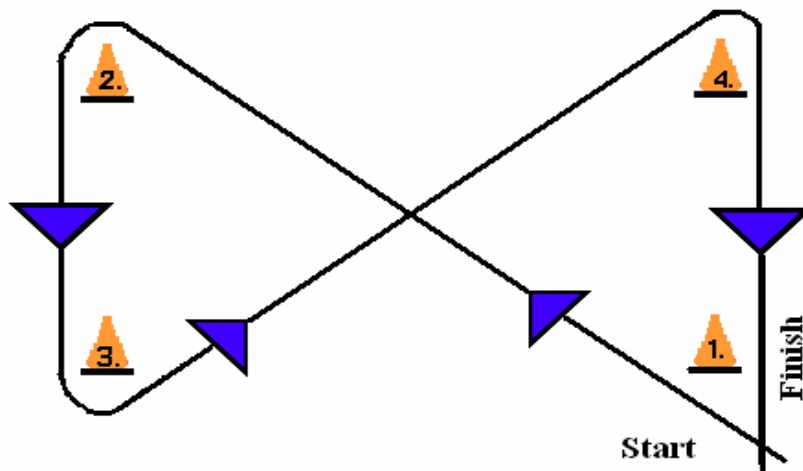
1) 4 Cone Cross – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions:

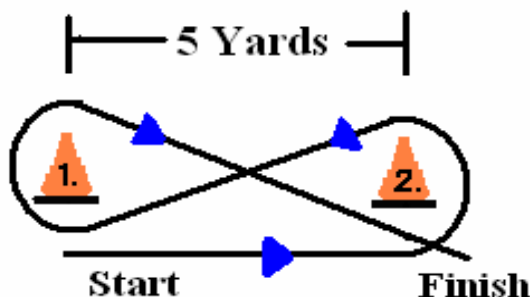
Start at cone 1 and follow the arrows and cone in order. It is possible to change the exercise when you pass each separate cone.

2) 4 Cone "X" Pattern – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and follow the arrows and cones in order as shown. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

3) 5 Yard Figure 8 Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

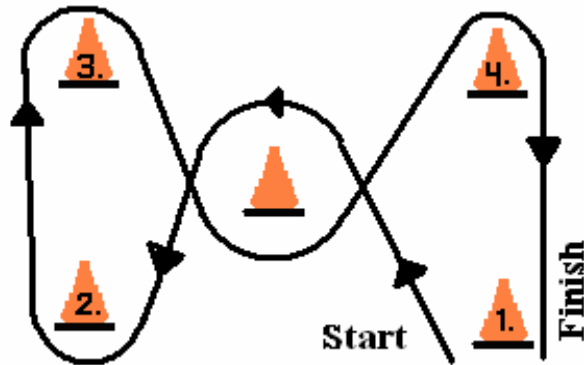


Directions: Start at cone 1 then sprint to and around cone 2, and then back to and around cone 1, ending at cone 2.

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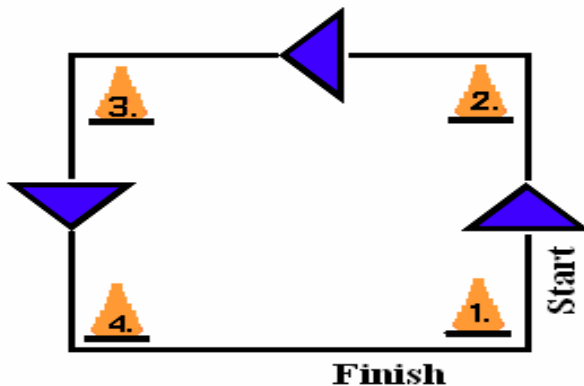
Sport Cone Drills #13

- 1) 5 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



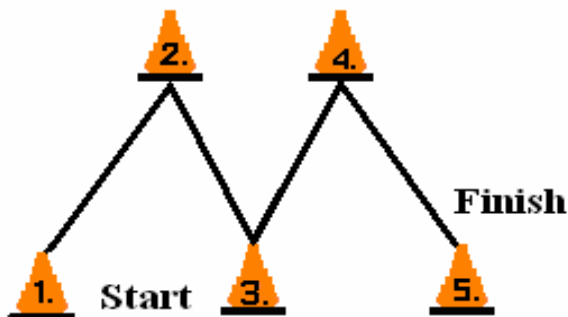
Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

- 2) 4 Corner Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then follow the path from cone to cone until you are back at cone 1 then you are done. As you turn past each cone you can have the athletes make sharp 90 degree turns around each cone.

- 3) 5 Cone “M” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to cone 2. Back peddle from cone 2 to cone 3. Run across from cone 3 to cone 4. Then run across the opposite way from cone 4 to finish at cone 5.

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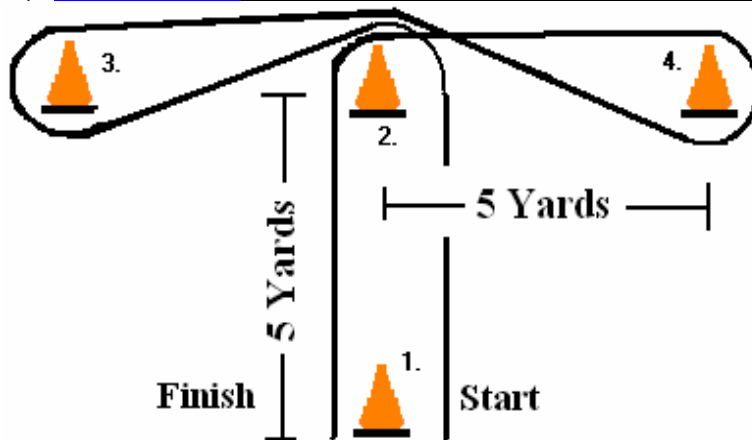
Sport Cone Drills #14

1) Snake Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



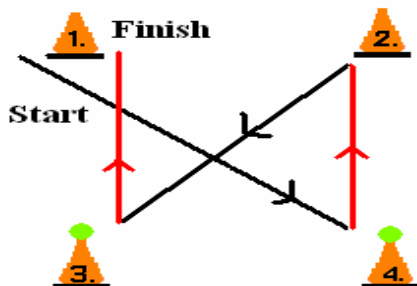
Directions: Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving through all the cones.

2) “T” Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then sprint around cone 2 to cone 3. Go around cone 3, past cone 2 to cone 4. Sprint back around cone 4 and back around cone 2. Finally finishing at cone 1.

3) 4 Cone Tennis Ball Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

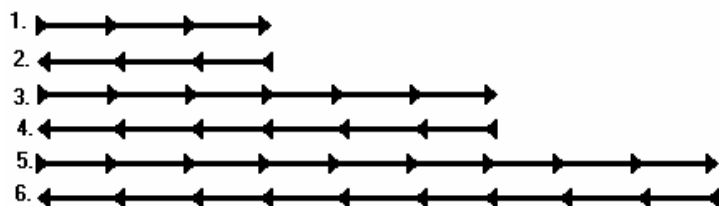
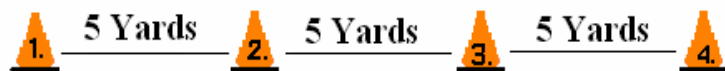


Directions: Have the athlete start at cone 1 and sprint towards cone 4, when they get to cone 4 grab the tennis ball off the top of the cone and sprint to cone 2 and place the tennis ball on top of cone 2. Then sprint to cone 3 and grab the tennis ball on the top of the cone and sprint to cone 1 and then place the tennis ball on top of cone 1. As you are sprinting on the red line you should be carrying the tennis ball.

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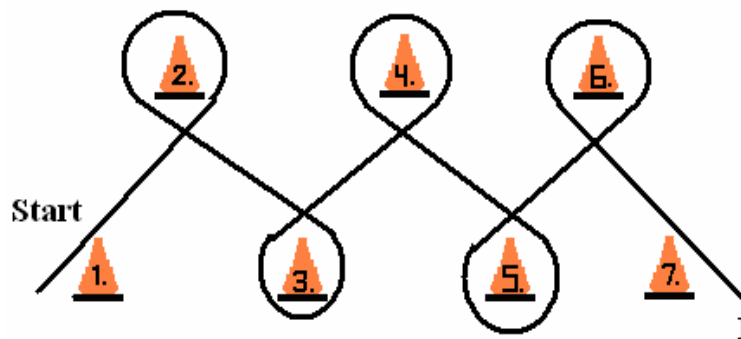
Sport Cone Drills #15

1) Shuttle Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



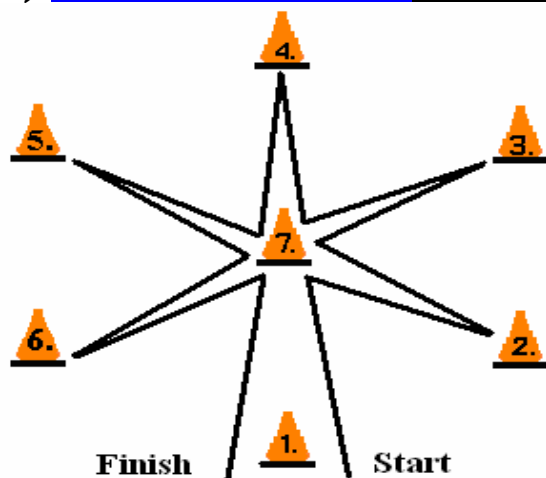
Directions: Start at cone 1 and then sprint to cone 2 and back. Then sprint 10 yards to cone 3 and back. Finally, sprint 15 yards to cone 4 and then finish at cone 1.

2) “S” Pattern Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to the far side of cone 2. Go around cone 2 and sprint to the far side of cone 3. Continue doing this until all of the cones have been rounded and you finish at cone 7.

3) 7 Cone Star Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then sprint to cone 7. From cone 7 sprint to cone 2 and then back to cone 7.

Continue this order until a full circle is completed and you finish at cone 1.

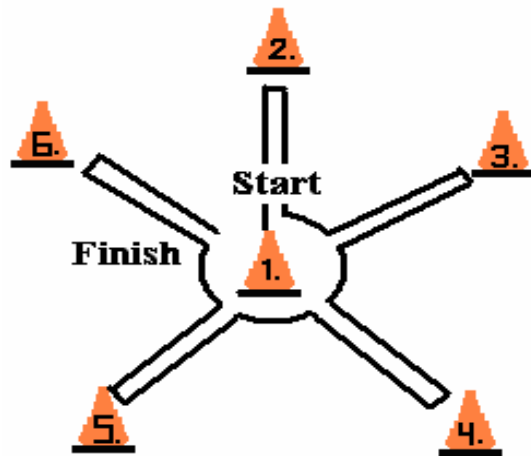
Order of Cones Touched:

1-7-2-7-3-7-4-7-5-7-6-7-1

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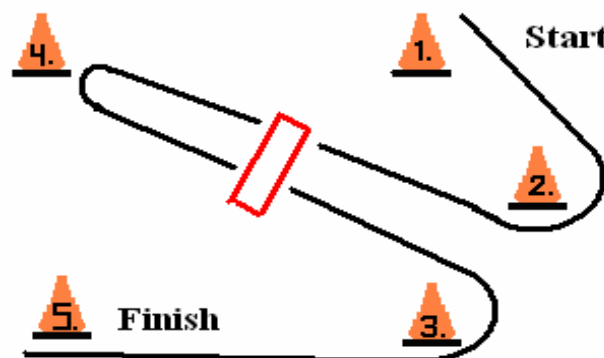
Sport Cone Drills #16

- 1) Star Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



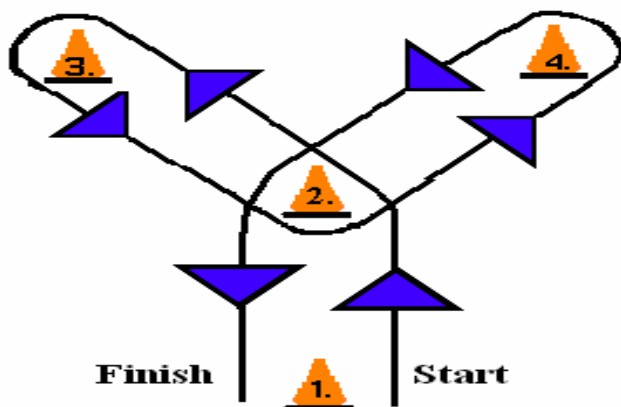
Directions: Start in the middle of the star at cone 1, and sprint out to cone 2. Then as always return to cone 1 and follow the order of cones. Note: After each cone touch, always sprint back to cone 1.

- 2) Agility Jump Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1. Sprint around the arc at cone 2 to cone 3. Sprint diagonally to cone 4 by jumping over the hurdle or any object. Go touch cone 4 then back towards cone 3, jumping over the box again. Sprint to cone 5 and then sprint hard and finish at cone 4.

- 3) 4 Cone “Y” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

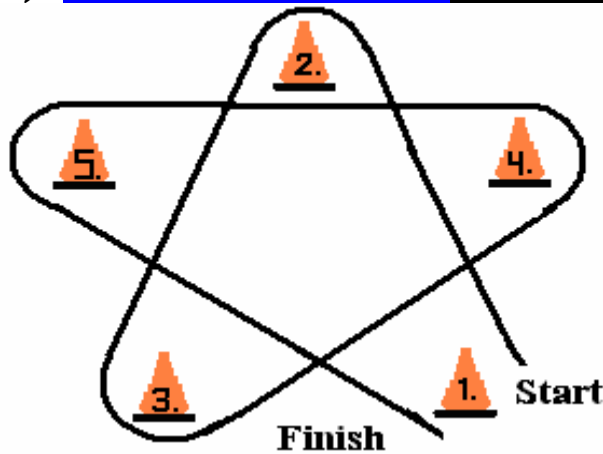


Directions: Start at cone 1 and sprint to cone 2 then to cone 3 and then back to cone 2. Sprint around cone 4 then back around cone 2 back to cone 1.

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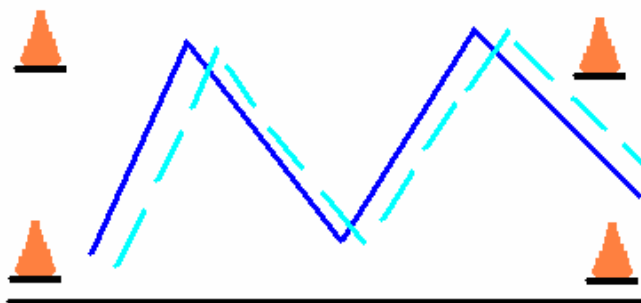
Sport Cone Drills #17

- 1) Star Cone Drill #5 – 2 to 3 Reps- 45 Second to 1 Minute Rest



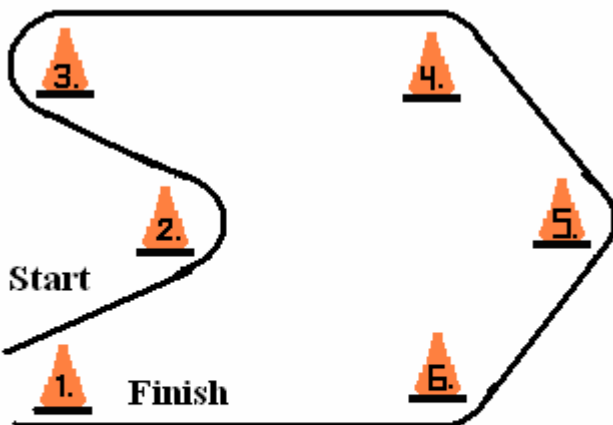
Directions: Start at cone 1 and sprint to each cone in chronological order, finishing the drill at the point of origin.

- 2) Mirror Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: This drill takes 2 people. There is an offensive player and a defensive player. To begin, players face one another. The goal of the offensive player is to make separate your self from the defensive player. The goal of the defensive player is to not allow separation from the offensive player.

- 3) 6 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

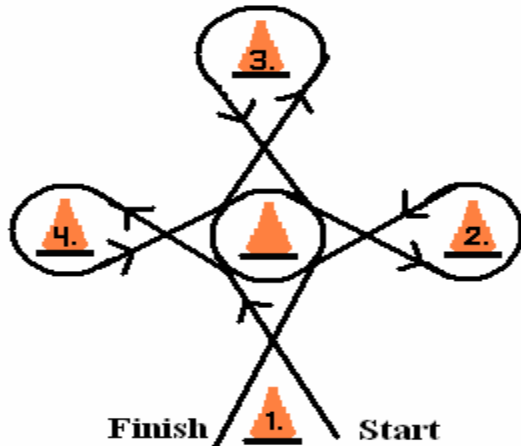


Direction: start at the bottom left with cone 1. Following the pattern and returning at cone 1.

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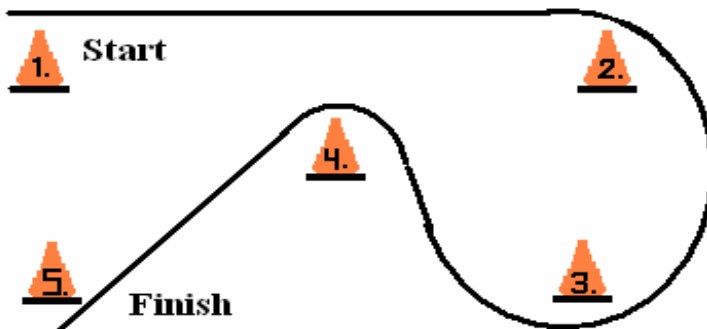
Sport Cone Drills #18

1) Star Cone Drill #4 – 2 to 3 Reps- 45 Second to 1 Minute Rest



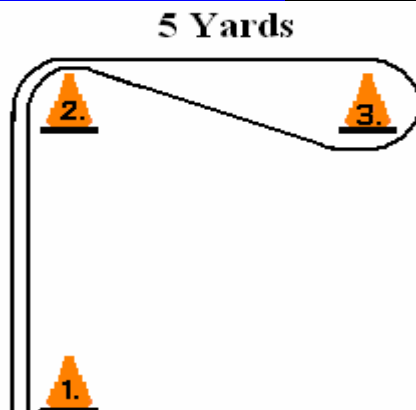
Directions: Start at the right of cone 1, run to the left side of the center cone where you will make a right turn around the center cone and run towards cone 2. Run to the right side of cone 2 and go around it back to the left side of the center cone. Make a right turn around the center cone and run towards cone 3. Follow the same pattern until you end back up at cone 1.

2) “R” Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at con 1 and run and run an “R” pattern finishing at cone 5.

3) 5 Cone “L” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Finish Start

Directions: Start at cone 1.
Sprint around cone 2 to cone 3.
Sprint around cone 3, back around cone 2 and finishing at cone 1.

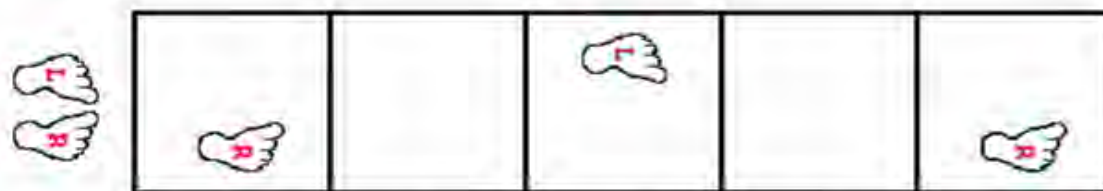


Ladder Drills Coaching Points: Before starting ladder drills there are a couple things to keep in mind. First, make sure you are fresh – especially if you are focusing on improving your footwork. The best times to perform these Ladder Drills are after a [Complete Dynamic Sport Warm Up](#) or prior to a strength training workout or prior to your [Pregame or Practice Warm Up](#). If you are doing these drills as a conditioning tool, make your rest intervals shorter. Inversely, if you are concentrating on improving footwork and foot speed, make sure your rest intervals are a little longer. Start in a natural, athletic stance. When performing the following drills you want to only lift your knee/foot as high as you need to in order to perform the drill. Don't concentrate too much on getting your knees too high etc. When completing the drills, your body position should be in an athletic stance so that you can move in any direction at anytime during the ladder drills.

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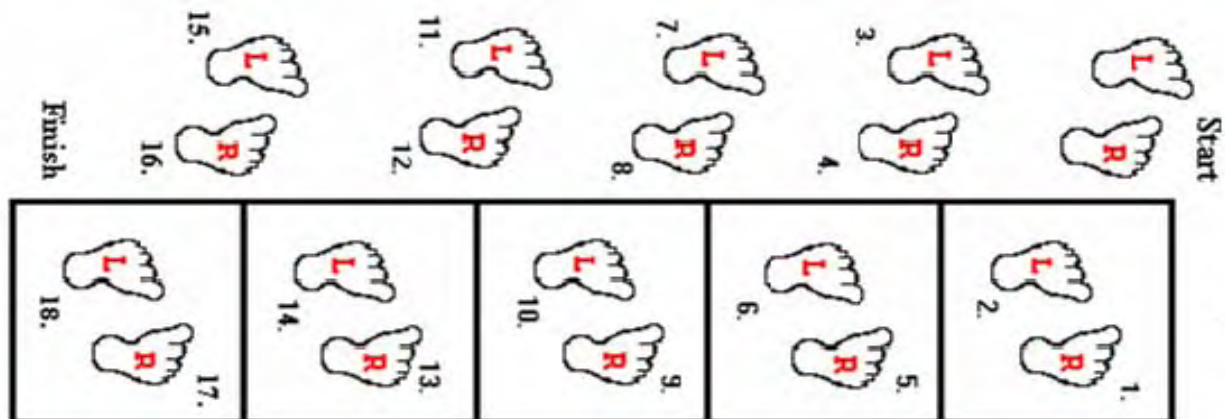
Sport Ladder Drills #1

1) One Foot Every Other Square Forward and Backward -2 Reps

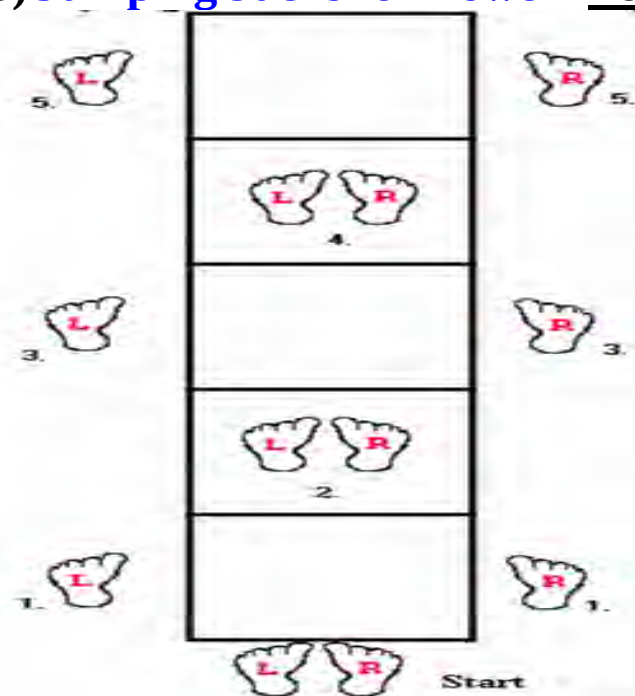


One Foot Every Other Square

2) 2 in 2 out Side (Left Side) Backward and Forward 2 Reps



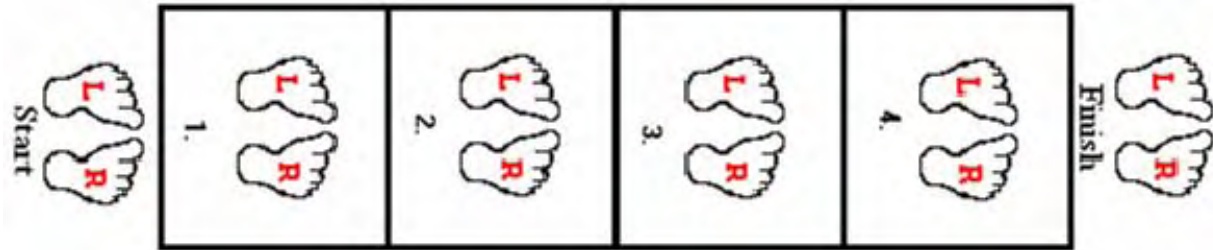
3) Jumping Jacks for Power- Forward and Backward 2 Reps



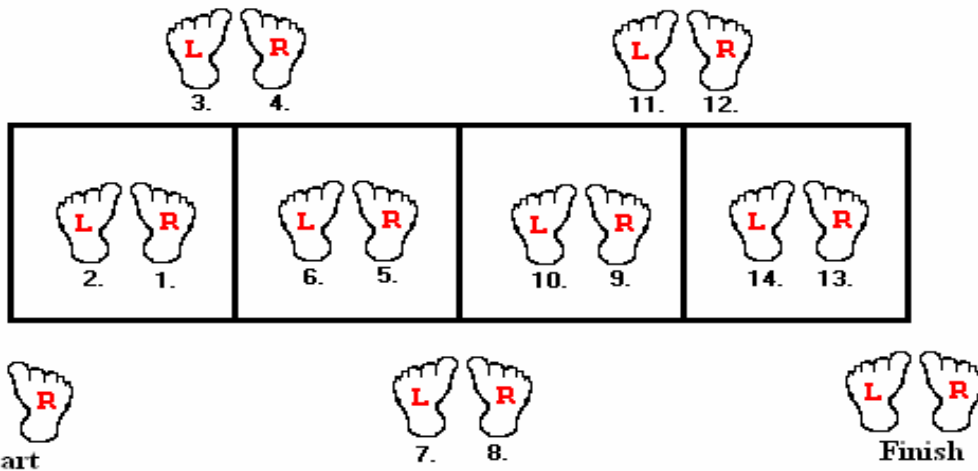
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Sport Ladder Drills #2

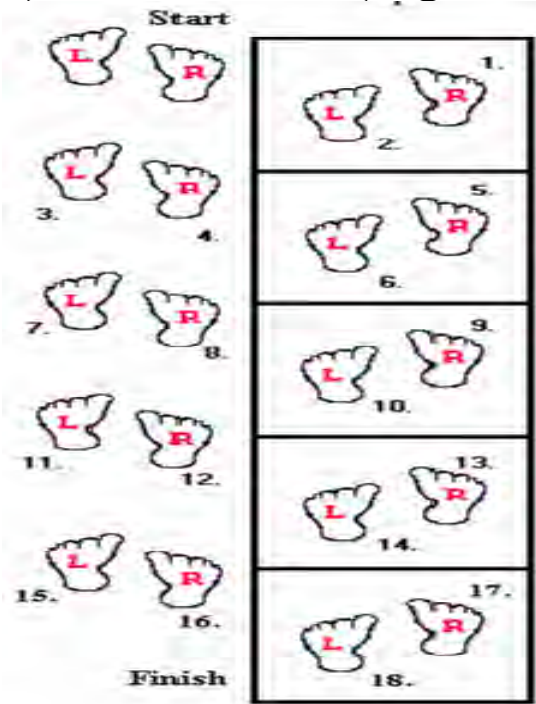
1) Two Feet Every Square – Forward and Backward-2 Reps



2) 2 in 2 out (Forward-Backward) Right and Left 2Reps



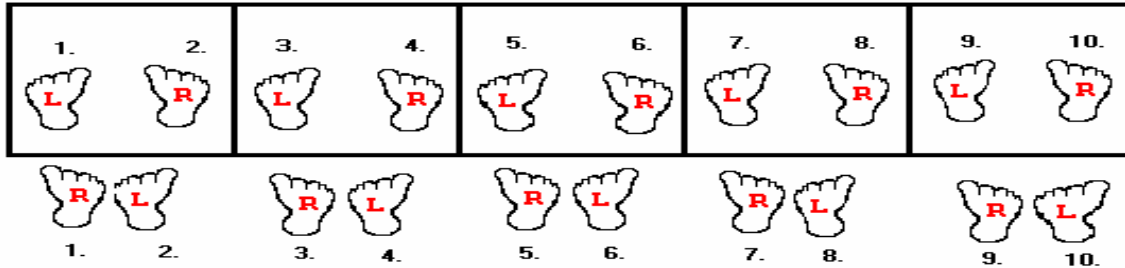
3) 2 in 2 out Side (Right Side) Backward and Forward 2 Reps



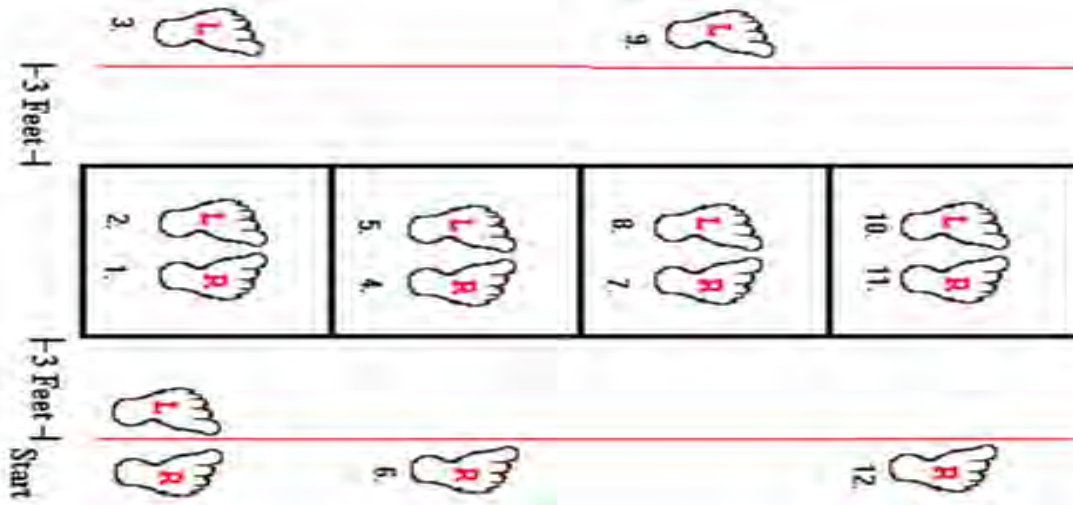
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Sport Ladder Drills #3

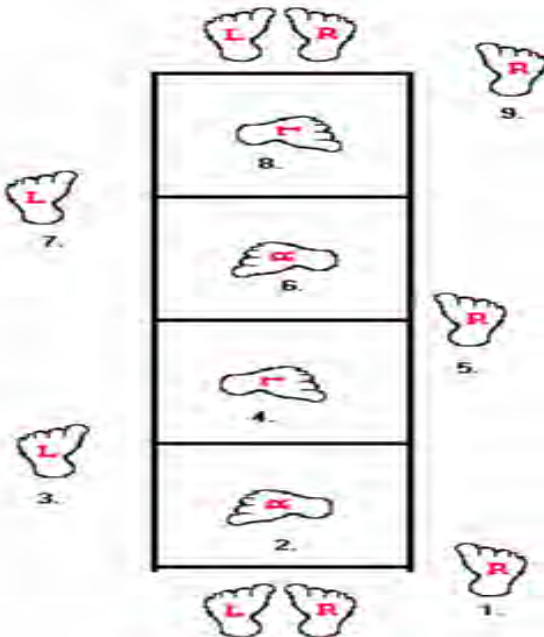
1) Scissor- Left and Right 2 Reps



2) Out 2 in Hockey Hold for 2 Seconds - – Forward 3 Reps



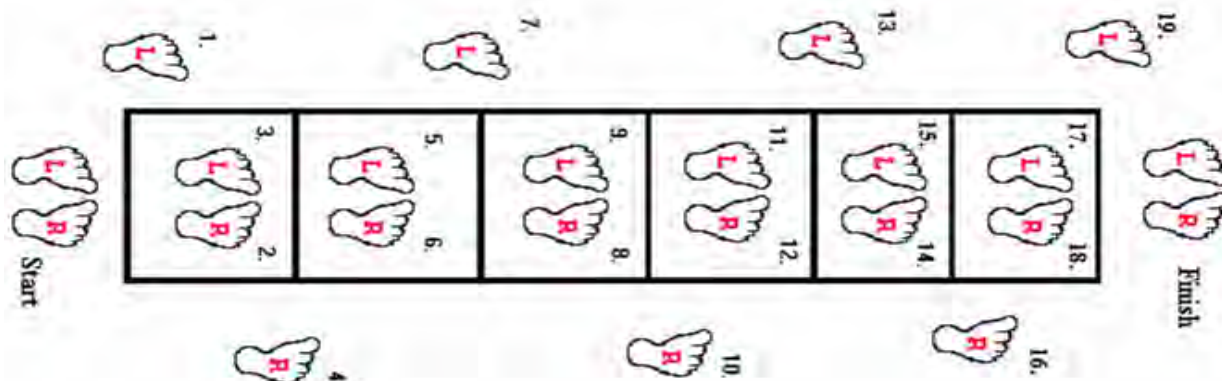
3) One Leg Snake - Forward and Backward 2 Reps



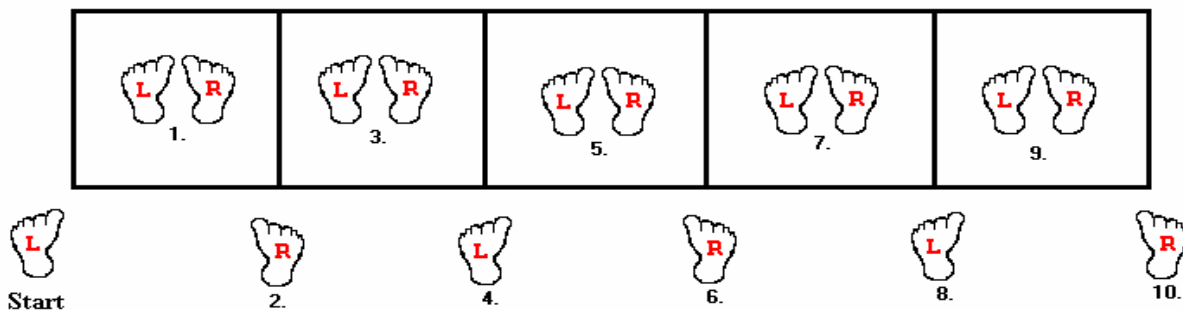
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Sport Ladder Drills #4

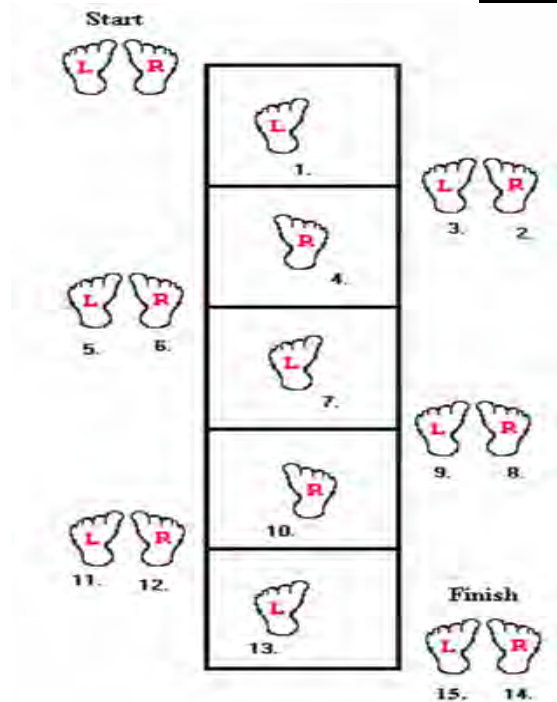
1) Ikey Shuffle – Forward and Backward 2 Reps



2) In In Out – Right & Left 2 Reps



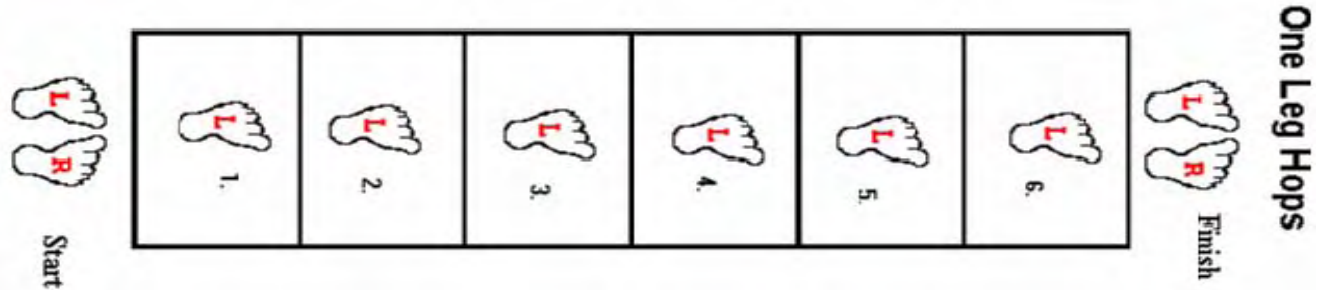
3) Outside Foot Behind -- Backward 2 Reps



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Sport Ladder Drills #5

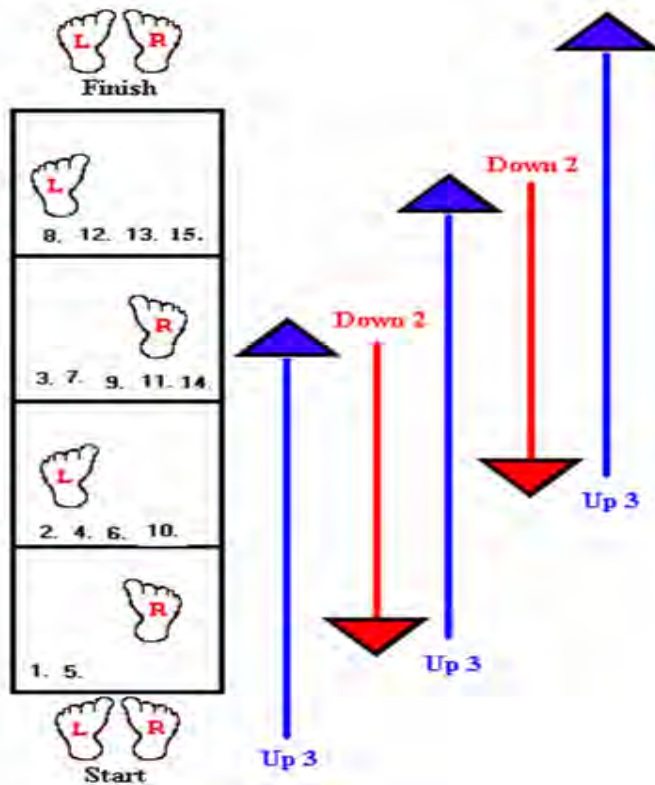
1) One Leg Hops – Forward and Backwards 2reps



2) 90 Degree side Turns – Forward and Backward 2 Reps



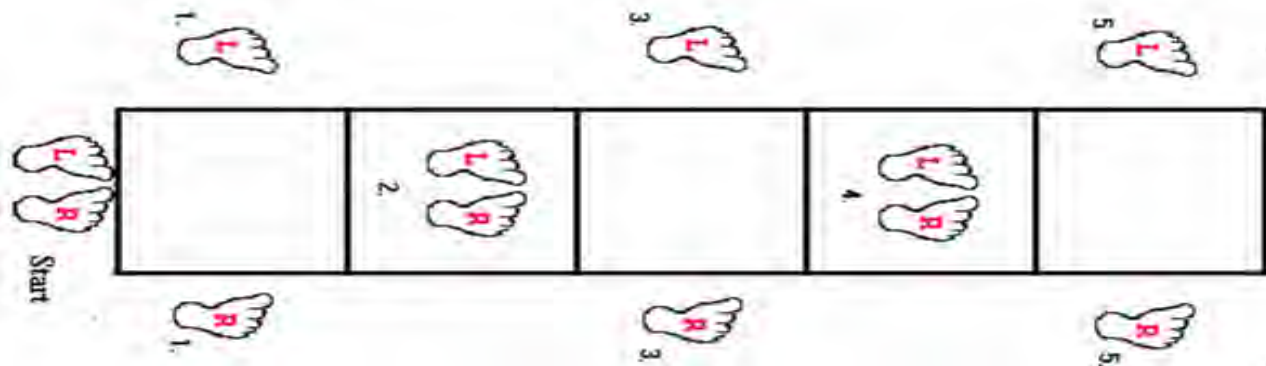
3 Hesitation Drill Forward & Backward 2 Reps



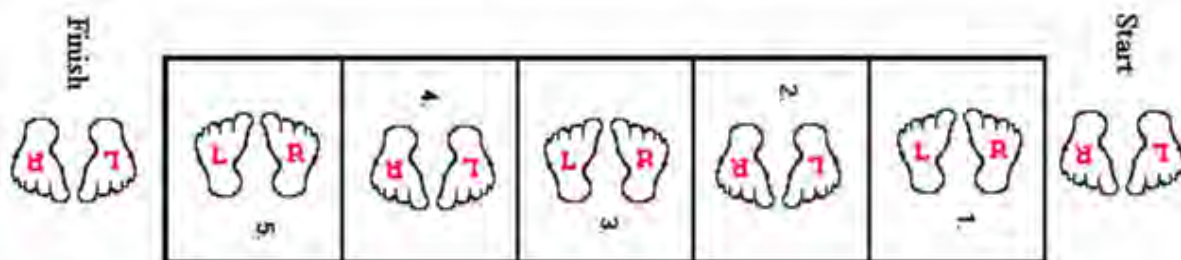
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Sport Ladder Drills #6

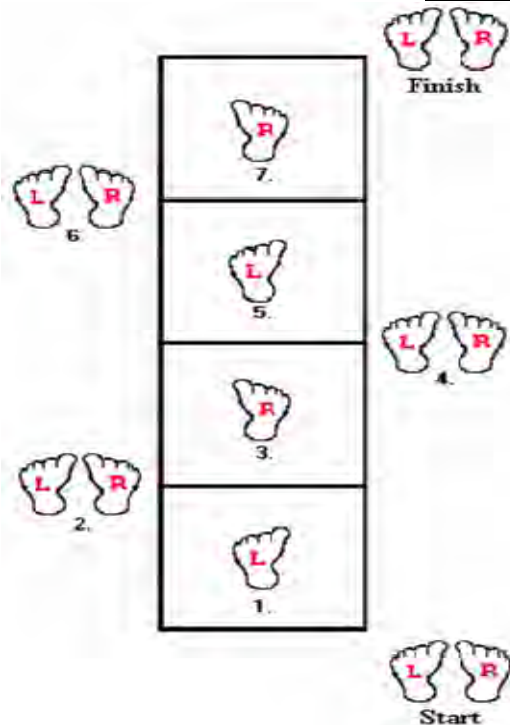
1) **Jumping Jacks for Speed** - Forward and Backward 2 Reps



2) **180 Degree Turns** - Turning Forward and Backward -2 reps



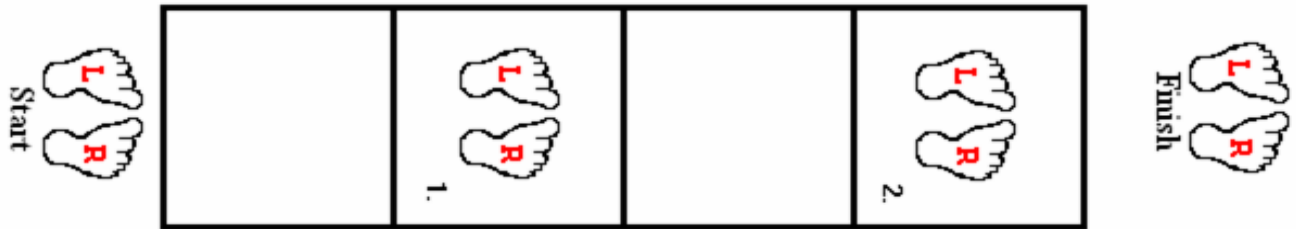
3) **Ice Skater Two Feet** – Forward and Backward 2 Reps



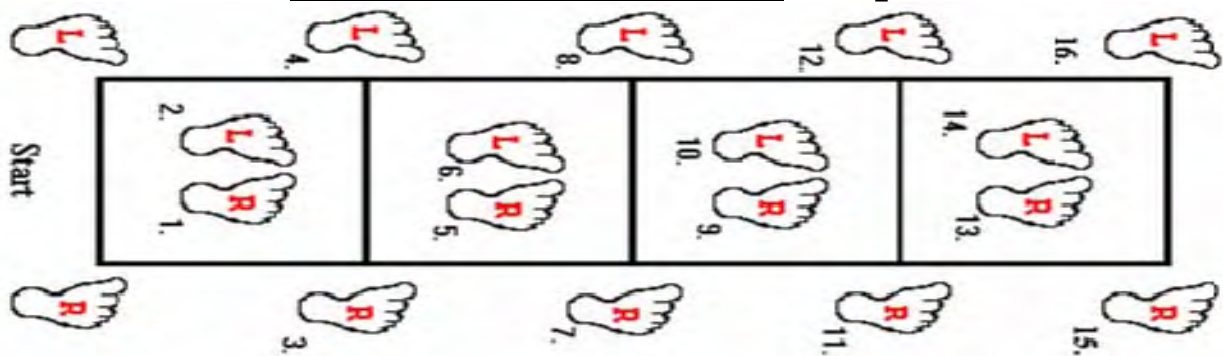
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Sport Ladder Drills #7

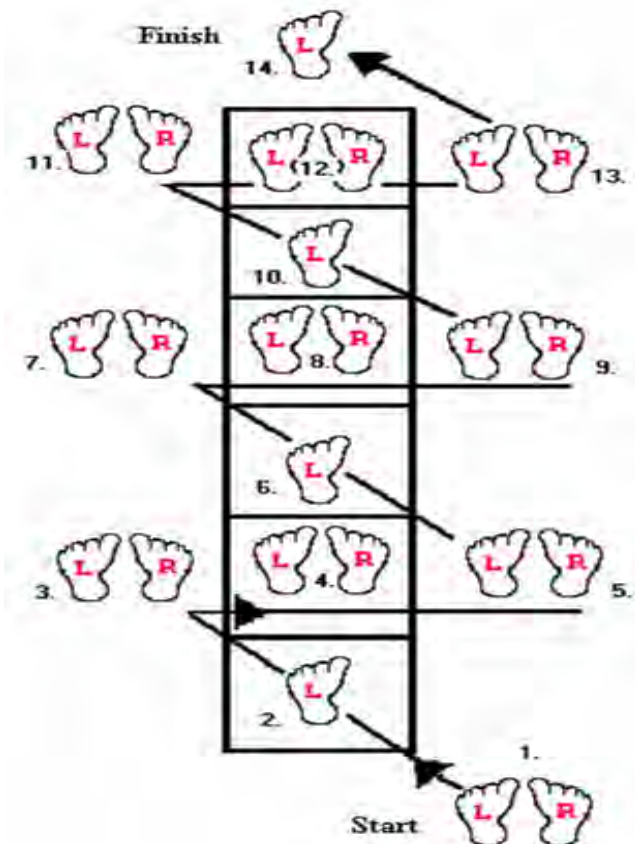
1) **Two Feet Every other Square**– Forward and Backward-2 Reps



2) **In and Out** – Forward and Backward 2 reps



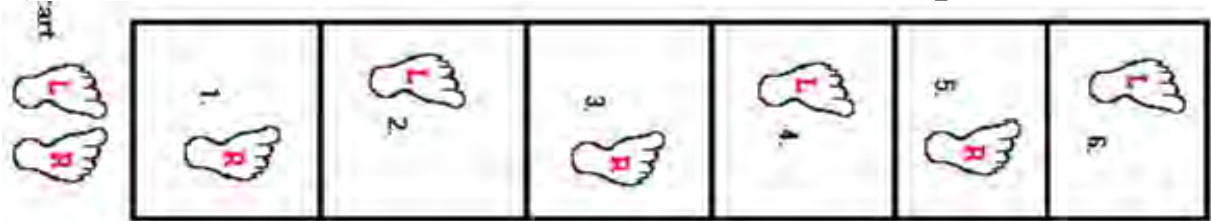
3) **Lighting Bolt** – Forward and Backward 2 reps



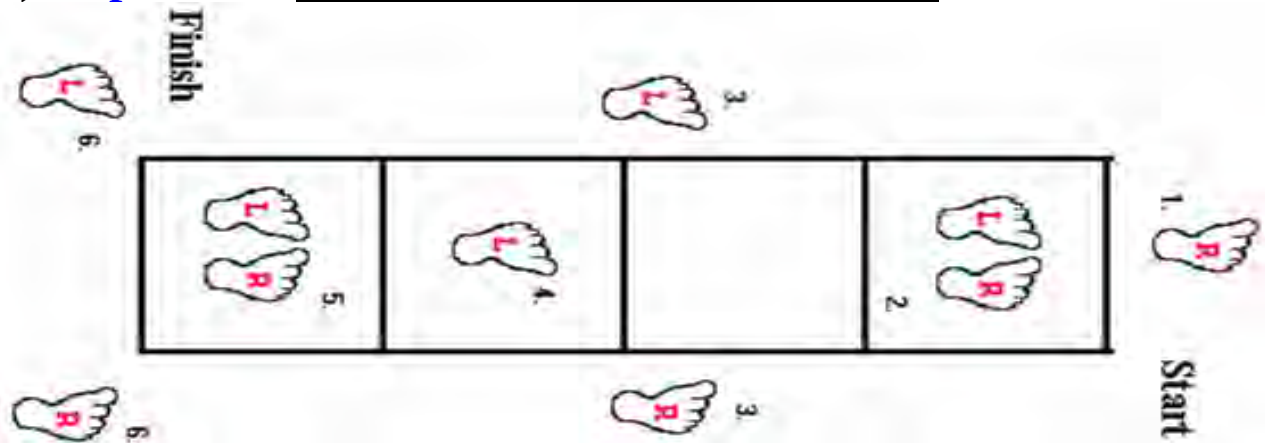
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Sport Ladder Drills #8

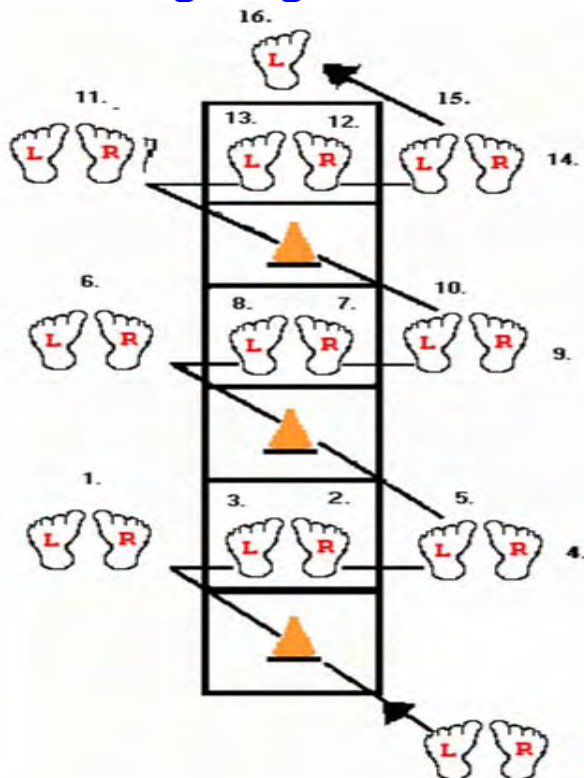
1) One Foot In – Forward and Backward 2 Reps



2) Hop Scotch Backward and Forward 2 Reps



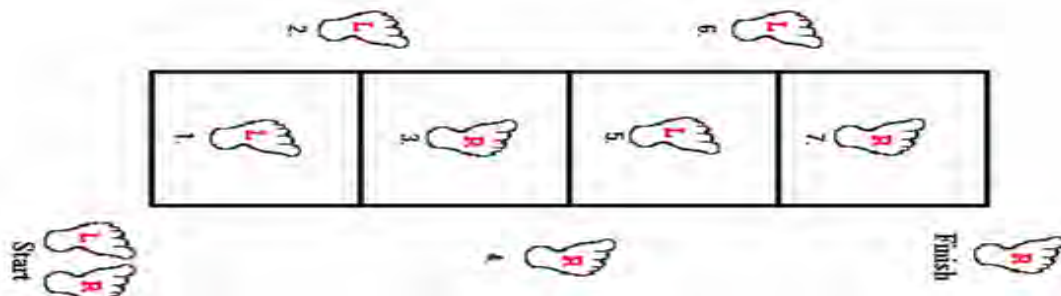
3) Power Lighting Bolt Shuffle – Forward and Backward 2 Reps



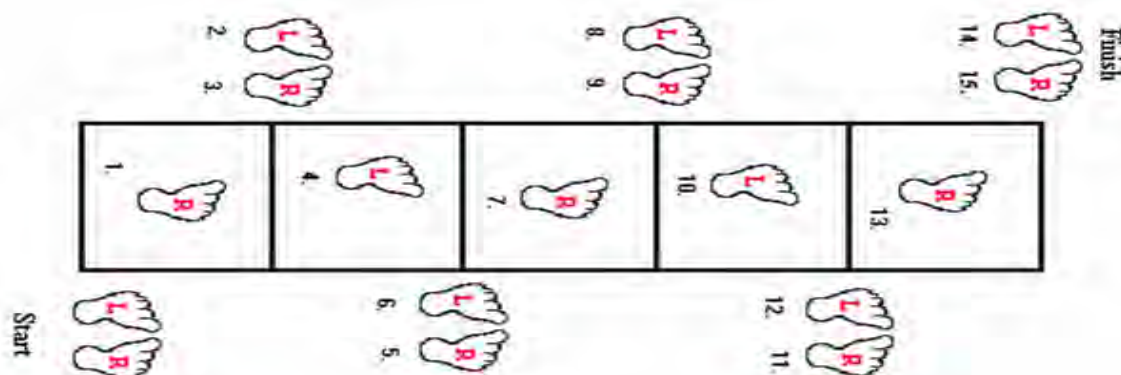
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Sport Ladder Drills #9

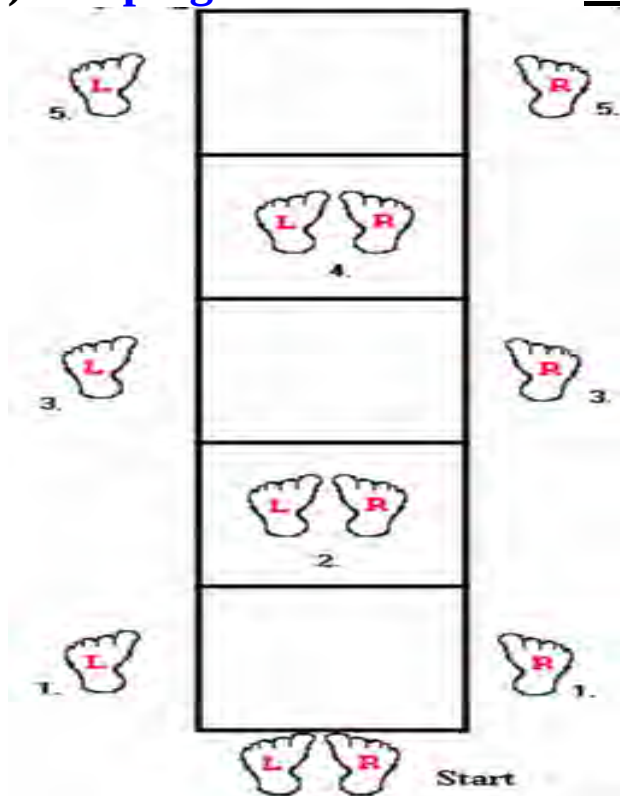
1) Ice Skater one Foot – Forward and Backward 2 Reps



2) Outside Foot in – Forward 2 reps



3) Jumping Jacks for Power- Forward and Backward 2 Reps



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8 Week Level 5 Conditioning Plan for Sport - Week 1

Complete Each sprint with 100% Effort

Workout #1

Set #1

4 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

4 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

4 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout #2

Set #1

3 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

3 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

2 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout # 3

Set #1

5 Repetitions of 90 Yards
45 Seconds Rest Between Reps

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8 Week Level 5 Conditioning Plan for Sport - Week 2

Complete Each sprint with 100% Effort

Workout # 4

Set #1

4 Repetitions of 15 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

3 Repetitions of 30 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

3 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout # 4

Set #1

3 Repetitions of 50 Yards
35 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

3 Repetitions of 100 Yards

45 Seconds Rest Between Reps

Workout # 6

Set #1

5 Repetitions of 90 Yards
45 Seconds Rest Between Reps

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8 Week Level 5 Conditioning Plan for Sport - Week 3

Complete Each sprint with 100% Effort

Workout #7

Set #1

3 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

4 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

3 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout # 8

Set #1

5 Repetitions of 15 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

4 Repetitions of 30 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout # 9

Set #1

3 Repetitions of 50 Yards
35 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

4 Repetitions of 100 Yards
45 Seconds Rest Between Reps

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8 Week Level 5 Conditioning Plan for Sport - Week 4

Complete Each sprint with 100% Effort

Workout #10

Set #1

6 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

6 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

6 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout #11

Set #1

4 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

4 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

4 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout # 12

Set #1

6 Repetitions of 90 Yards

45 Seconds Rest Between Reps

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8 Week Level Conditioning Plan for Sport- Week 5

Complete Each sprint with 100% Effort

Workout #13

Set #1

6 Repetitions of 15 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

5 Repetitions of 30 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout #14

Set #1

4 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

4 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

4 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout # 15

Set #1

7 Repetitions of 90 Yards

45 Seconds Rest Between Reps

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8 Week Level 5 Conditioning Plan for Sport- Week 6

Complete Each sprint with 100% Effort

Workout #16

Set #1

7 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

7 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

7 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout #17

Set #1

5 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

5 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

5 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout # 18

Set #1

5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

5 Repetitions of 100 Yards
45 Seconds Rest Between Reps

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8 Week Level 5 Conditioning Plan for Sport- Week 7

Complete Each sprint with 100% Effort

Workout #19

Set #1

6 Repetitions of 15 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

6 Repetitions of 30 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout #20

Set #1

8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout # 21

Set #1

8 Repetitions of 90 Yards
45 Seconds Rest Between Reps

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8 Week Level 5 Conditioning Plan for Sport- Week 8

Complete Each sprint with 100% Effort

Workout #22

Set #1

6 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

6 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

6 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout #23

Set #1

8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout # 24

Set #1

5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

5 Repetitions of 100 Yards

45 Seconds Rest Between Reps



GAME SPEED CONDITIONING: Game speed conditioning was designed to simulate the high metabolic action of a game situation.. You can change the rest interval between each repetition to better simulate your sport. This is one of the most game specific conditioning tools you can use.

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Game Speed Field Conditioning for Sport

Complete Each Sprint with 60% Effort - Level 1

Set 1 – 20 Seconds Between Reps

1.) Sprint Forward – 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle- 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward – 5 Yard Line 3x's

1:30 Rest Between Sets

Set 2– 20 Seconds Between Reps

1.) Shuffle – 5 Yard Line & Back 3x's

2.) Tuck Jump - 5 Reps/ Sprint 20 Yard Line & Back

3.) Carioca Same Leg in Front 25 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

1:30 Rest Between Sets

Set 3– 20 Seconds Between Reps

1.) Sprint Forward/Sprint Backward- 5 Yard Line 3x's

2.) Squat Jump - 5 Reps/ Sprint 25 Yard Line & Back

3.) Carioca Same Leg Behind – 20 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

1:30 Rest Between Sets

Set 4– 20 Seconds Between Reps

1.) Sprint Forward - 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle to 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 3x's

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Game Speed Field Conditioning for Sport

Complete Each Sprint with 80% Effort

Set 1 – 20 Seconds Between Reps

1.) Sprint Forward – 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle- 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward – 5 Yard Line 3x's

1:30 Rest Between Sets

Set 2– 20 Seconds Between Reps

1.) Shuffle – 5 Yard Line & Back 3x's

2.) Tuck Jump - 5 Reps/ Sprint 20 Yard Line & Back

3.) Carioca Same Leg in Front 25 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

1:30 Rest Between Sets

Set 3– 20 Seconds Between Reps

1.) Sprint Forward/Sprint Backward- 5 Yard Line 3x's

2.) Squat Jump - 5 Reps/ Sprint 25 Yard Line & Back

3.) Carioca Same Leg Behind – 20 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

1:30 Rest Between Sets

Set 4– 20 Seconds Between Reps

1.) Sprint Forward - 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle to 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 3x's

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Game Speed Field Conditioning for Sport

Complete Each Sprint with 100% Effort

Set 1 – 20 Seconds Between Reps

1.) Sprint Forward – 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle- 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward – 5 Yard Line 3x's

1:30 Rest Between Sets

Set 2– 20 Seconds Between Reps

1.) Shuffle – 5 Yard Line & Back 3x's

2.) Tuck Jump - 5 Reps/ Sprint 20 Yard Line & Back

3.) Carioca Same Leg in Front 25 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

1:30 Rest Between Sets

Set 3– 20 Seconds Between Reps

1.) Sprint Forward/Sprint Backward- 5 Yard Line 3x's

2.) Squat Jump - 5 Reps/ Sprint 25 Yard Line & Back

3.) Carioca Same Leg Behind – 20 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

1:30 Rest Between Sets

Set 4– 20 Seconds Between Reps

1.) Sprint Forward - 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle to 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 3x's

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Game Speed Field Conditioning for Sport

Complete Each Sprint with 100% Effort

Set 1 – 20 Seconds Between Reps

- 1.) Sprint Forward – 5 Yard Line & Back 3x's
- 2.) Carioca – 20 Yard Line & Back 2x's
- 3.) DB Backward Shuffle- 25 Yard Line & Forward Sprint Back 2x's
- 4.) Sprint Forward/Sprint Backward – 5 Yard Line 3x's
- 5.) PowerSkip to 50 Yard line / Sprint Backward

2:00 Rest Between Sets

Set 2– 20 Seconds Between Reps

- 1.) Shuffle – 5 Yard Line & Back 3x's
- 2.) Tuck Jump - 5 Reps/ Sprint 20 Yard Line & Back
- 3.) Carioca Same Leg in Front 25 Yard line & Back 2x's
- 4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's
- 5.) Split Jump Squat – 12 Reps

2:00 Rest Between Sets

Set 3– 20 Seconds Between Reps

- 1.) Sprint Forward/Sprint Backward- 5 Yard Line 3x's
- 2.) Squat Jump - 5 Reps/ Sprint 25 Yard Line & Back
- 3.) Carioca Same Leg Behind – 20 Yard line & Back 2x's

- 4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

- 5.) PowerSkip/Sprint Backward- 40 Yard Line

2:00 Rest Between Sets

Set 4– 20 Seconds Between Reps

- 1.) Sprint Forward - 5 Yard Line & Back 3x's
- 2.) Carioca – 20 Yard Line & Back 2x's
- 3.) DB Backward Shuffle to 25 Yard Line & Forward Sprint Back 2x's
- 4.) Sprint Forward/Sprint Backward - 5 Yard Line 3x's
- 5.) PowerSkip to 40 Yard Line Sprint Backward to Start

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Game Speed Field Conditioning for Sport

Complete Each Sprint with 100% Effort

Set 1 – 20 Seconds Between Reps

1.) Sprint Forward – 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle- 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward – 5 Yard Line 3x's

5.) PowerSkip to 50 Yard line / Sprint Backward

6.) Sprint Forward – 50 Yard Line & Back 2'x's

2:00 Rest Between Sets

Set 2– 20 Seconds Between Reps

1.) Shuffle – 5 Yard Line & Back 3x's

2.) Tuck Jump - 5 Reps/ Sprint 20 Yard Line & Back

3.) Carioca Same Leg in Front 25 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

5.) Split Jump Squat – 12 Reps

6.) Sprint Forward – 50 Yard Line & Back 2'x's

2:00 Rest Between Sets

Set 3– 20 Seconds Between Reps

1.) Sprint Forward/Sprint Backward- 5 Yard Line 3x's

2.) Squat Jump - 5 Reps/ Sprint 25 Yard Line & Back

3.) Carioca Same Leg Behind – 20 Yard line & Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 4x's

5.) PowerSkip/Sprint Backward- 40 Yard Line

6.) Sprint Forward – 50 Yard Line & Back 2'x's

2:00 Rest Between Sets

Set 4– 20 Seconds Between Reps

1.) Sprint Forward - 5 Yard Line & Back 3x's

2.) Carioca – 20 Yard Line & Back 2x's

3.) DB Backward Shuffle to 25 Yard Line & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - 5 Yard Line 3x's

5.) PowerSkip to 40 Yard Line Sprint Backward to Start

6.) Sprint Forward – 50 Yard Line & Back 2'x's

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Game Speed Gym Conditioning for Sport

Complete Each sprint with 60% Effort

Set 1– 20 Seconds Between Reps

1.) Sprint Forward - Foul Line & Back 3x's

2.) Carioca - Half Court & Back 2x's

3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 3x's

1:30 Rest Between Sets

Set 2– 20 Seconds Between Reps

1.) Shuffle - Foul Line & Back 3x's

2.) Tuck Jump - 5 Reps/ Sprint Half Court & Back

3.) Carioca Same Leg in Front - Half Court & Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 4x's

1:30 Rest Between Sets

Set 3– 20 Seconds Between Reps

1.) Sprint Forward/Sprint Backward- Foul Line 3x's

2.) Squat Jump - 5 Reps/ Sprint Half Court & Back

3.) Carioca Same Leg Behind - Half Court & Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 4x's

2:00 Rest Between Sets

Set 4– 20 Seconds Between Reps

1.) Sprint Forward - Foul Line & Back 3x's

2.) Carioca - Half Court & Back 2x's

3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 3x's

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Game Speed Gym Conditioning for Sport

Complete Each sprint with 80% Effort

Set 1– 20 Seconds Between Reps

1.) Sprint Forward - Foul Line & Back 3x's

2.) Carioca - Half Court & Back 2x's

3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 3x's

1:30 Rest Between Sets

Set 2– 20 Seconds Between Reps

1.) Shuffle - Foul Line & Back 3x's

2.) Tuck Jump - 5 Reps/ Sprint Half Court & Back

3.) Carioca Same Leg in Front - Half Court & Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 4x's

1:30 Rest Between Sets

Set 3– 20 Seconds Between Reps

1.) Sprint Forward/Sprint Backward- Foul Line 3x's

2.) Squat Jump - 5 Reps/ Sprint Half Court & Back

3.) Carioca Same Leg Behind - Half Court & Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 4x's

2:00 Rest Between Sets

Set 4– 20 Seconds Between Reps

1.) Sprint Forward - Foul Line & Back 3x's

2.) Carioca - Half Court & Back 2x's

3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 3x's

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Game Speed Gym Conditioning for Sport

Complete Each sprint with 100% Effort

Set 1– 20 Seconds Between Reps

- 1.) Sprint Forward - Foul Line & Back 3x's
- 2.) Carioca - Half Court & Back 2x's
- 3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 3x's

1:30 Rest Between Sets

Set 2– 20 Seconds Between Reps

- 1.) Shuffle - Foul Line & Back 3x's
- 2.) Tuck Jump - 5 Reps/ Sprint Half Court & Back
- 3.) Carioca Same Leg in Front - Half Court & Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 4x's

1:30 Rest Between Sets

Set 3– 20 Seconds Between Reps

- 1.) Sprint Forward/Sprint Backward- Foul Line 3x's
- 2.) Squat Jump - 5 Reps/ Sprint Half Court & Back
- 3.) Carioca Same Leg Behind - Half Court & Back 2x's

- 4.) Sprint Forward/Sprint Backward - Foul Line 4x's

2:00 Rest Between Sets

Set 4– 20 Seconds Between Reps

- 1.) Sprint Forward - Foul Line & Back 3x's
- 2.) Carioca - Half Court & Back 2x's
- 3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 3x's

XLathlete.com

Game Speed Gym Conditioning for Sport

Complete Each sprint with 100% Effort

Set 1– 20 Seconds Between Reps

- 1.) Sprint Forward - Foul Line & Back 3x's
- 2.) Carioca - Half Court & Back 2x's
- 3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 3x's
- 5.) PowerSkip/Sprint Backward - Full Court

2:00 Rest Between Sets

Set 2– 20 Seconds Between Reps

- 1.) Shuffle - Foul Line & Back 3x's
- 2.) Tuck Jump - 5 Reps/ Sprint Half Court & Back
- 3.) Carioca Same Leg in Front - Half Court & Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 4x's
- 5.) Split Jump Squat – 12 Reps

2:00 Rest Between Sets

Set 3– 20 Seconds Between Reps

- 1.) Sprint Forward/Sprint Backward- Foul Line 3x's
- 2.) Squat Jump - 5 Reps/ Sprint Half Court & Back
- 3.) Carioca Same Leg Behind - Half Court & Back 2x's

4.) Sprint Forward/Sprint Backward - Foul Line 4x's

- 5.) Sprint Forward - Full Court & Back 2'x's

2:00 Rest Between Sets

Set 4– 20 Seconds Between Reps

- 1.) Sprint Forward - Foul Line & Back 3x's
- 2.) Carioca - Half Court & Back 2x's
- 3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 3x's
- 5.) Sprint Forward - Full Court & Back 2'x's

XLathlete.com

Game Speed Gym Conditioning for Sport

Complete Each sprint with 100% Effort

Set 1– 20 Seconds Between Reps

- 1.) Sprint Forward - Foul Line & Back 3x's
- 2.) Carioca - Half Court & Back 2x's
- 3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 3x's
- 5.) PowerSkip/Sprint Backward - Full Court
- 6.) Sprint Forward - Full Court & Back 2'x's

2:00 Rest Between Sets

Set 2– 20 Seconds Between Reps

- 1.) Shuffle - Foul Line & Back 3x's
- 2.) Tuck Jump - 5 Reps/ Sprint Half Court & Back
- 3.) Carioca Same Leg in Front - Half Court & Back 2x's
- 4.) Sprint Forward/Sprint Backward - Foul Line 4x's
- 5.) Split Jump Squat – 12 Reps
- 6.) Sprint Forward - Full Court & Back 2'x's

2:00 Rest Between Sets

Set 3– 20 Seconds Between Reps

- 1.) Sprint Forward/Sprint Backward- Foul Line 3x's
- 2.) Squat Jump - 5 Reps/ Sprint Half Court & Back
- 3.) Carioca Same Leg Behind - Half Court & Back 2x's

- 4.) Sprint Forward/Sprint Backward - Foul Line 4x's

- 5.) PowerSkip/Sprint Backward- Full Court

- 6.) Sprint Forward - Full Court & Back 2'x's

2:00 Rest Between Sets

Set 4– 20 Seconds Between Reps

- 1.) Sprint Forward - Foul Line & Back 3x's

- 2.) Carioca - Half Court & Back 2x's

- 3.) DB Backward Shuffle- Half Court & Forward Sprint Back 2x's

- 4.) Sprint Forward/Sprint Backward - Foul Line 3x's

- 5.) PowerSkip/Sprint Backward - Full Court

- 6.) Sprint Forward - Full Court & Back 2'x's



STADIUM STEP WORKOUTS: This workout can be done as a leg workout for conditioning or after a workout to build up your work capacity. The big difference in these stadium workouts is that YOU DO NOT RUN up the steps. Although that is a variation that certainly can be done, this is another version of the stadium steps workout.

This workout has a broad range of advantages and uses. It can be used as a rehab tool to strengthen a large portion of leg muscles, a conditioning workout that increases work capacity or a strength workout for you legs.

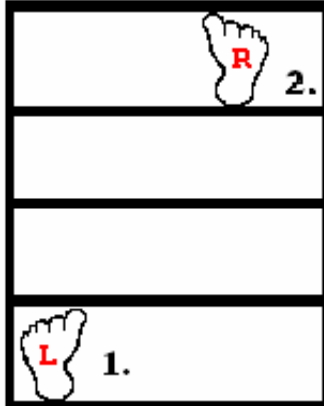
When starting the stadium steps, be careful not to slouch. Just like doing a lunge, a squat, a dead lift etc. you need to keep your chest tall.

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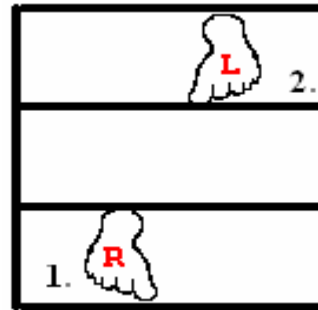
Stadium Step Workout #1

Complete as many times through as needed.

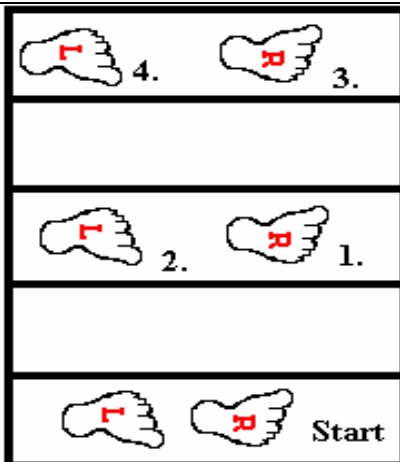
1) 3 Step Walking



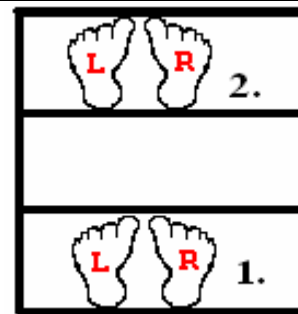
4) Walking Backward – Up Steps 2 at a Time



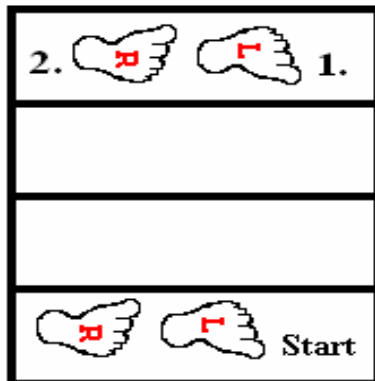
2) Cross over Steps to Right and Left Side - Perform in Squatting Stance



5) Double Leg Hops (2steps) – Legs Slightly Bent



3) Internal Steps to Right and Left Side - Perform in Squatting Stance.

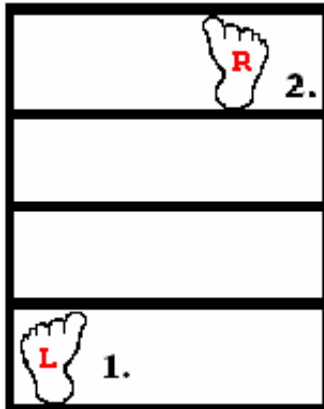


XLathlete.com

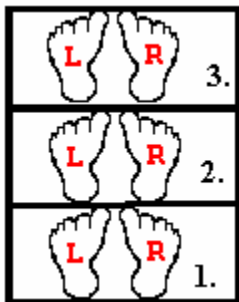
Stadium Step Workout #2

Complete as many times through as needed.

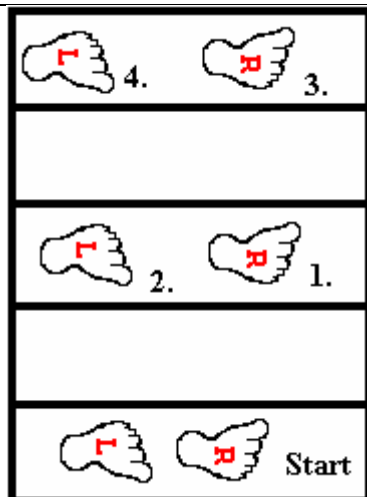
1) 3 Step Walking



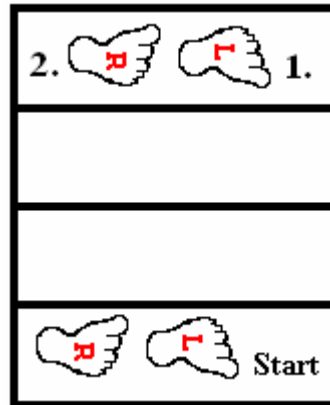
2) Double Leg Hops – Legs Slightly Bent



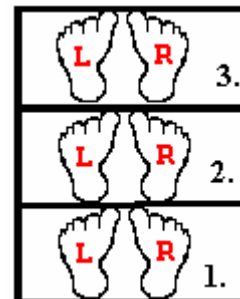
3) Cross over Steps to Right and Left Side - Perform in Squatting Stance



4) Internal Steps to Right and Left Side - Perform in Squatting Stance.



5) Squatting Double Leg Hops – Perform in Squat Position

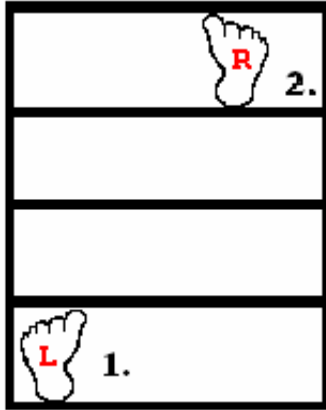


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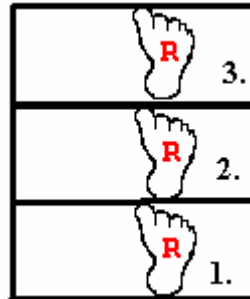
Stadium Step Workout #3

Complete as many times through as needed.

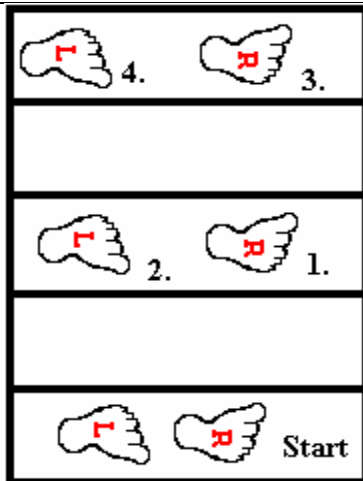
1) 3 Step Walking



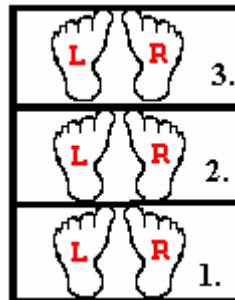
4) Single Leg Hops – Right and Left Leg - Leg Slightly Bent



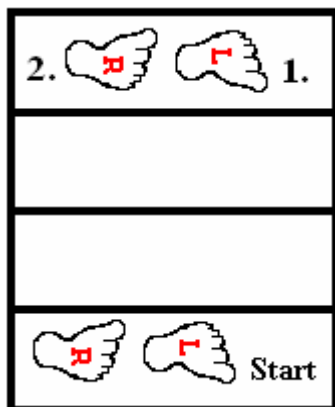
2) Cross over Steps to Right and Left Side - Perform in Squatting Stance



5) Squatting Double Leg Hops – Perform in Squat Position



3) Internal Steps to Right and Left Side - Perform in Squatting Stance.

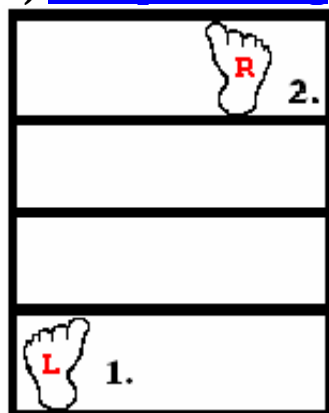


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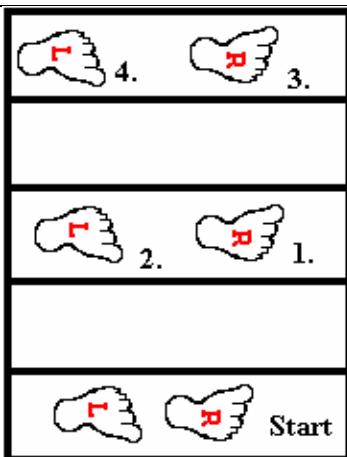
Advanced Stadium Step Workout #1

Complete as many times through as needed.

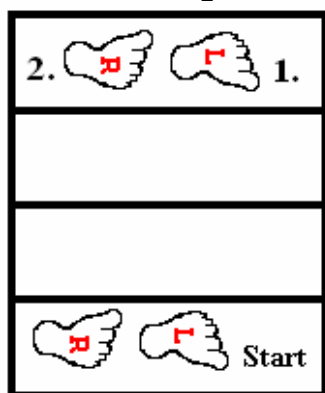
1) 3 Step Walking



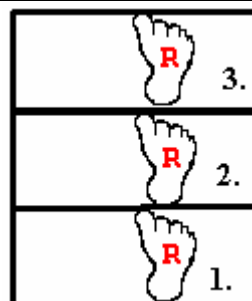
2) Cross over Steps to Right and Left Side - Perform in Squatting Stance



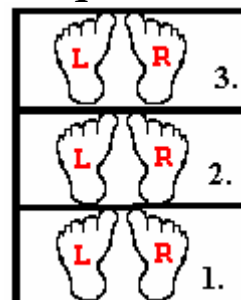
3) Internal Steps to Right and Left Side - Perform in Squatting Stance.



4) Single Leg Hops – Right and Left Leg - Leg Slightly Bent



5) Squatting Double Leg Hops – Perform in Squat Position

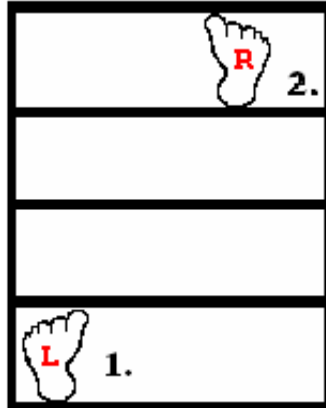


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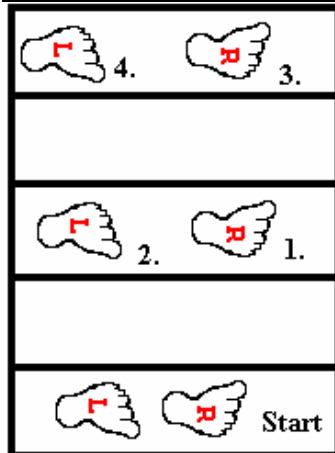
Advanced Stadium Step Workout #2

Complete as many times through as needed.

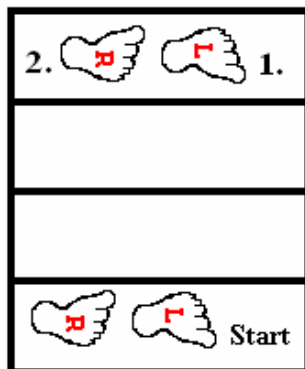
1) 3 Step Walking



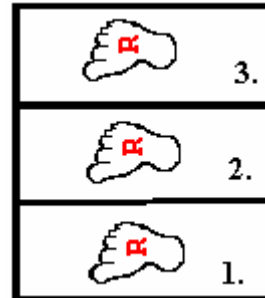
2) Cross over Steps to Right and Left Side - Perform in Squatting Stance



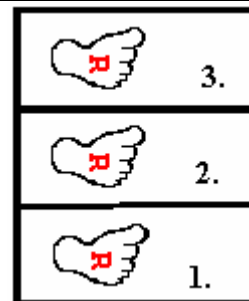
3) Internal Steps to Right and Left Side – Perform in Squatting Stance.



4) Internal Single Leg Hops – Right and Left Leg - Leg Slightly Bent



5) External Single Leg Hops – Right and Left Leg - Leg Slightly Bent

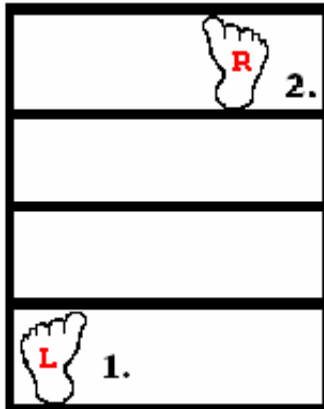


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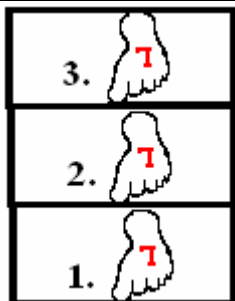
Advanced Stadium Step Workout #3

Complete as many times through as needed.

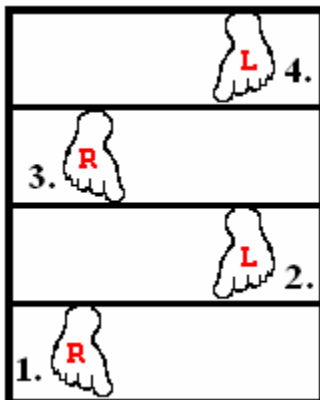
1) 3 Step Walking



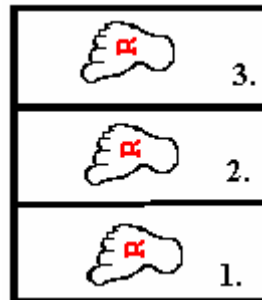
2) Backward Single Leg Hops – Right and Left Leg - Leg Slightly Bent



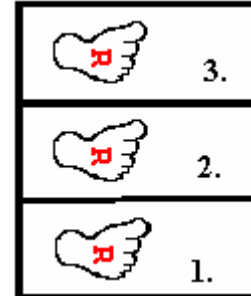
3) Walking Backward – Up One Steps at a Time



4) Internal Single Leg Hops – Right and Left Leg - Leg Slightly Bent



5) External Single Leg Hops – Right and Left Leg - Leg Slightly Bent





FLYING 90's TOP END SPEED DEVELOPMENT: This drill is focusing on your top-end speed. This is maximized by starting from a jog and ending with a jog. By the time you get to the 30 yard mark, you should be sprinting as hard as you can and sustain that for the next 30 yards. As you cross the 60 yard mark, the deceleration phase is activated by long strides as you slow down. DO NOT come to a sudden stop. To review, in the first 30 yards you are building up to full speed. From 30 yards to 60 yards, you are at TOP SPEED. From 60 yards to 90 yards you are decelerating, using long strides. The same progression is used for the Flying 60's, but each segment is reduced to twenty yards, totaling 60 instead of 90.

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Flying 90's – Top End Speed Development

Complete each rep with 100% effort - 4 to 8 reps – 1:30 to 2:00 Rest

Build Up Jogging	100% Sprinting	Stride Out Jogging
— First 30 Yards —	— Second 30 Yards —	— Third 30 Yards —

First – 30 Yards

This is a gradual build up of speed for thirty yards, reaching top speed at the start of the second thirty. This is a great time to work proper running form.

Second – 30 Yards

This is a complete full sprint at top speed for thirty yards while maintaining proper running form during the complete duration at full speed.

Third – 30 Yards

This is a gradual decreasing of speed for thirty yards; ending at the speed of a slow jog.

The purpose of this drill is to complete each rep at max speeds.

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Flying 60's – Top End Speed Development

Complete each rep with 100% effort - 4 to 8 reps – 1:30 to 2:00 Rest

Build Up Jogging	100% Sprinting	Stride Out Jogging
— First 20 Yards —	— Second 20 Yards —	— Third 20 Yards —

First – 20 Yards

This is a gradual build up of speed for thirty yards, reaching top speed at the start of the second thirty. This is a great time to work proper running form.

Second – 20 Yards

This is a complete full sprint at top speed for thirty yards while maintaining proper running form during the complete duration at full speed.

Third – 20 Yards

This is a gradual decreasing of speed for twenty yards; ending at the speed of a slow jog.

The purpose of this drill is to complete each rep at max speeds.



Pool Workouts – These workouts can be used for many different situations in athletics. They can be used for injured athletes that need to keep in shape in the off season and in season. They can also be used as an alternative conditioning workout for any athlete that wants to have a variety of training.

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Pool Workout with Large Patterns

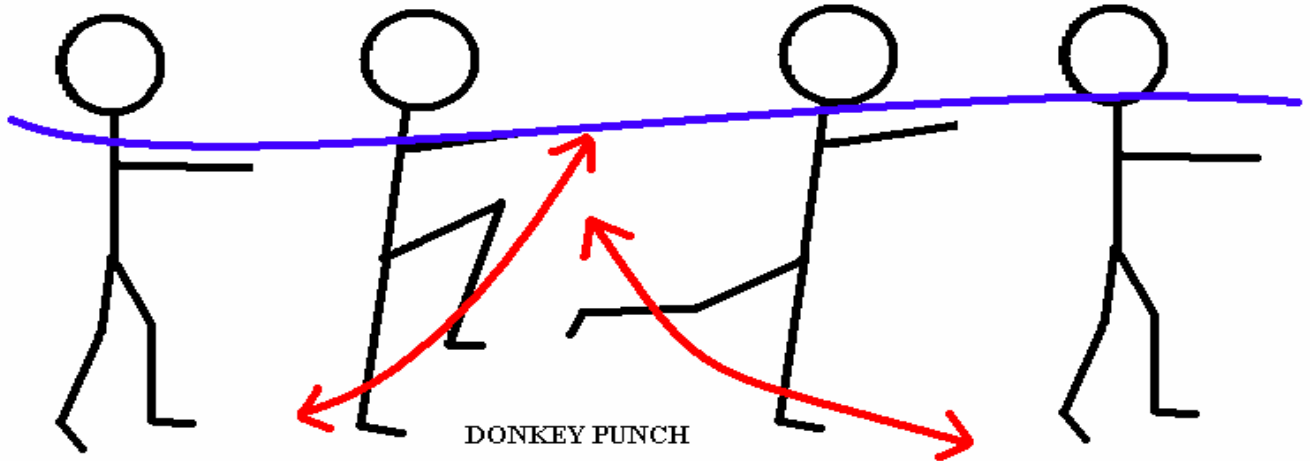
Complete Exercises in Order 1 – 3 Times – Page 1

Donkey Punch - 20 Reps – Each leg – 3 Sets

STARTING
POSITION

Side View

ENDING
POSITION



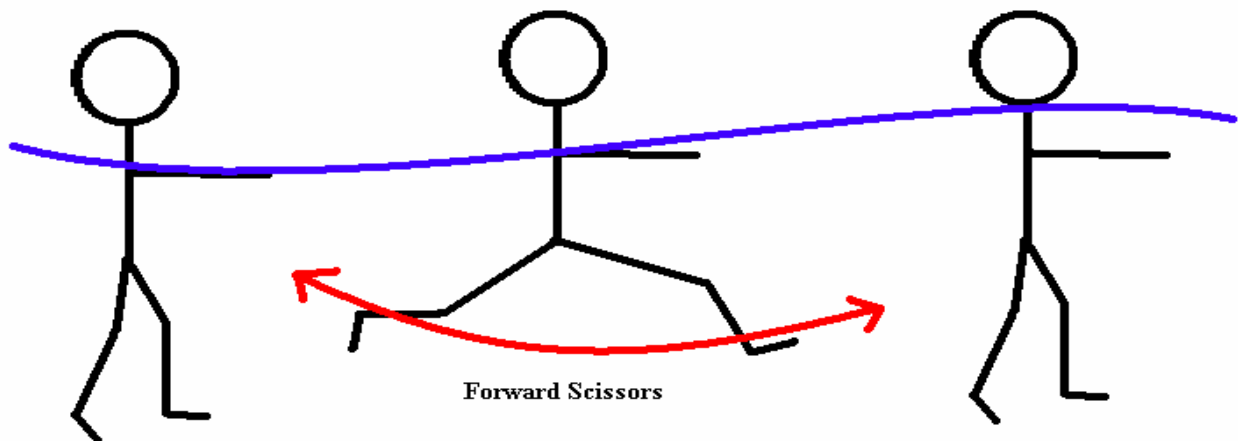
From a standing position, pull one leg up towards your chest as fast as possible, when your knee reaches the peak position, forcefully kick the leg backwards as far as possible. Do the prescribed number of repetitions then repeat with other leg.

Forward Scissors - 20 Reps – Each leg – 3 Sets

STARTING
POSITION

Side View

ENDING
POSITION

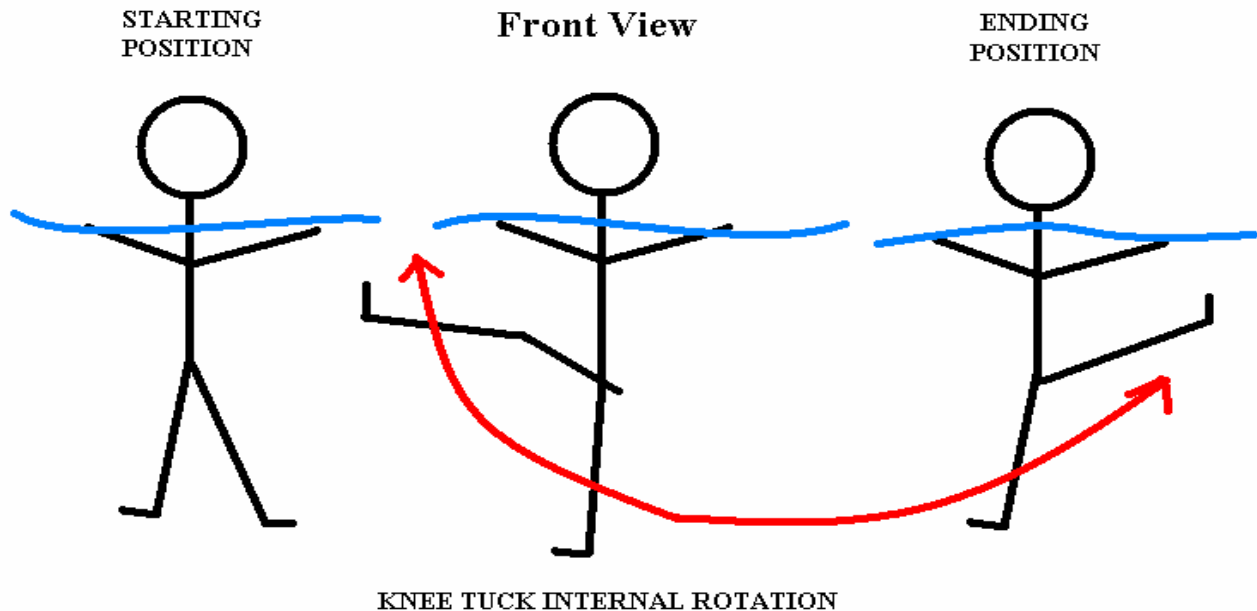


From a standing position, pull one leg out in front of you, and the other behind you; alternate this movement with each repetition. Variation of this would be performing the exercise laterally.

Pool Workout with Large Patterns

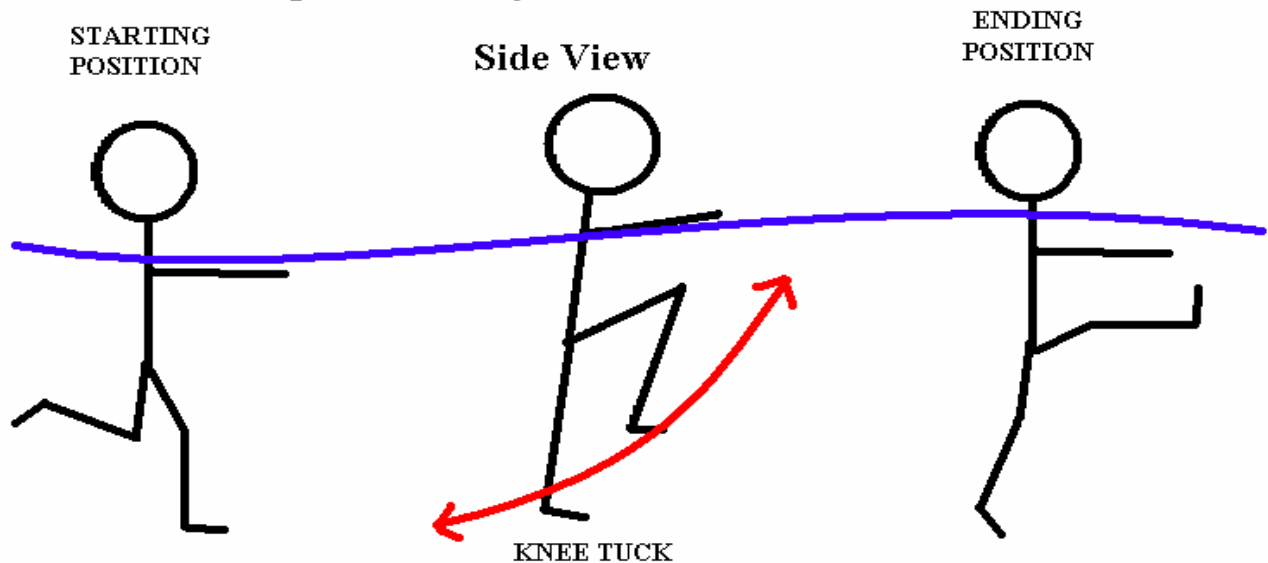
Complete Exercises in Order 1 – 3 Times – Page 2

Knee Tuck Internal Rotation - 20 Reps – Each leg – 3 Sets



Starting from a standing position, internally rotate your leg and swing it up towards the side of your chest, keeping it as straight as possible. Finish in the same standing position as you started.

Knee Tuck 20 Reps – Each leg – 3 Sets



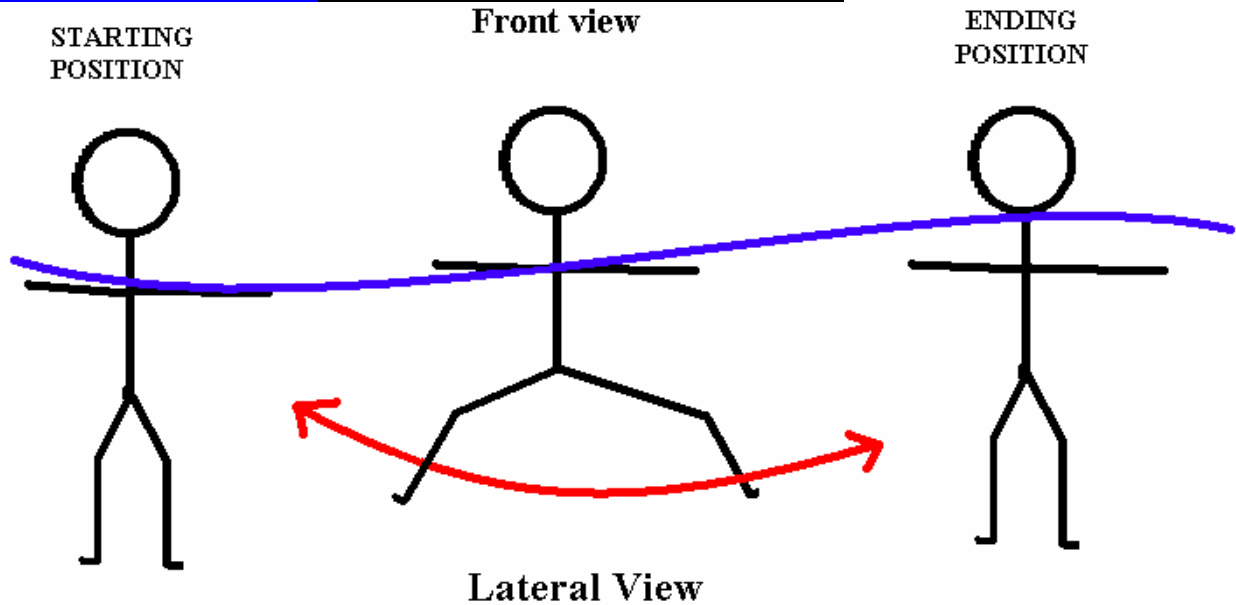
From a standing position, pull one leg up towards your chest as fast as possible. Do the prescribed number of repetitions then repeat with other leg.

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Pool Workout with Large Patterns

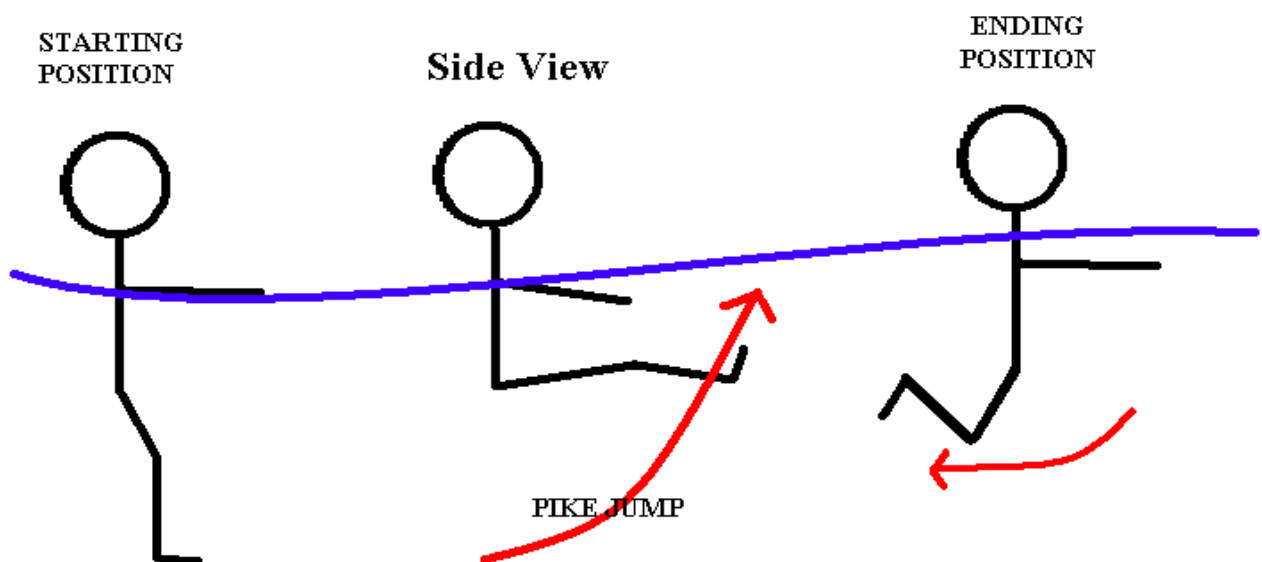
Complete Exercises in Order 1 – 3 Times – Page 3

Groin & Abductor - 20 Reps – Each leg – 3 Sets



From a standing position, pull one leg out in front of you, and the other behind you; alternate this movement with each repetition. Variation of this would be performing the exercise laterally.

Pike Jump - 20 Reps – Both Legs – 3 Sets



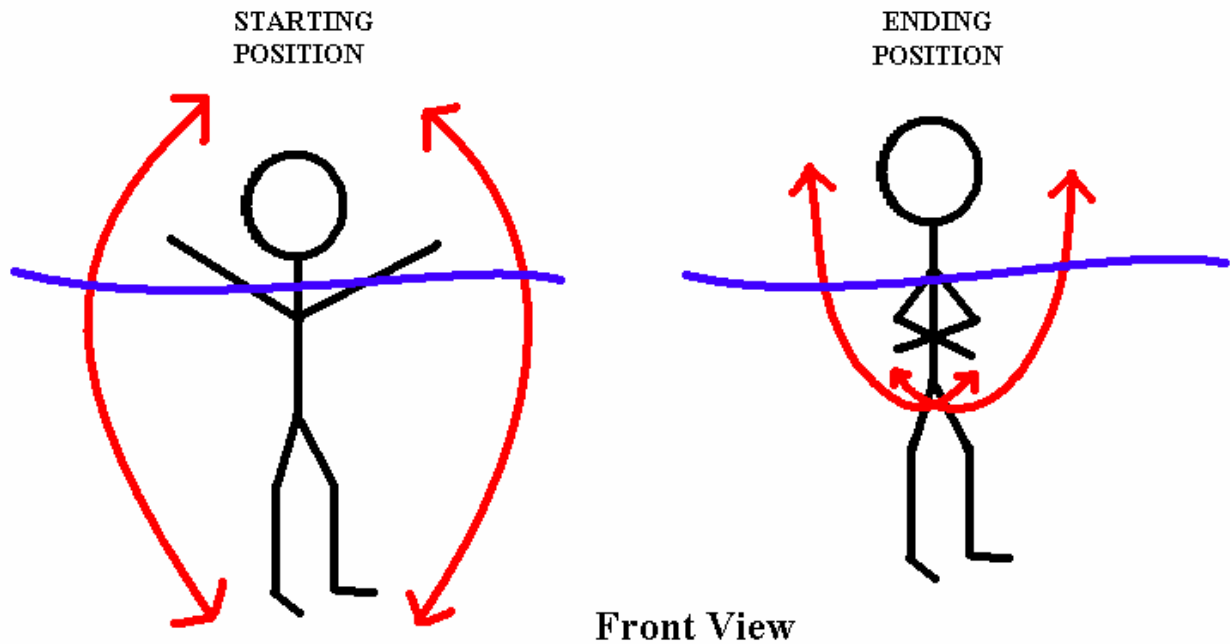
From a standing position, pull your legs up, keeping them as straight as possible and trying to touch your toes; finish in the same position as you started.

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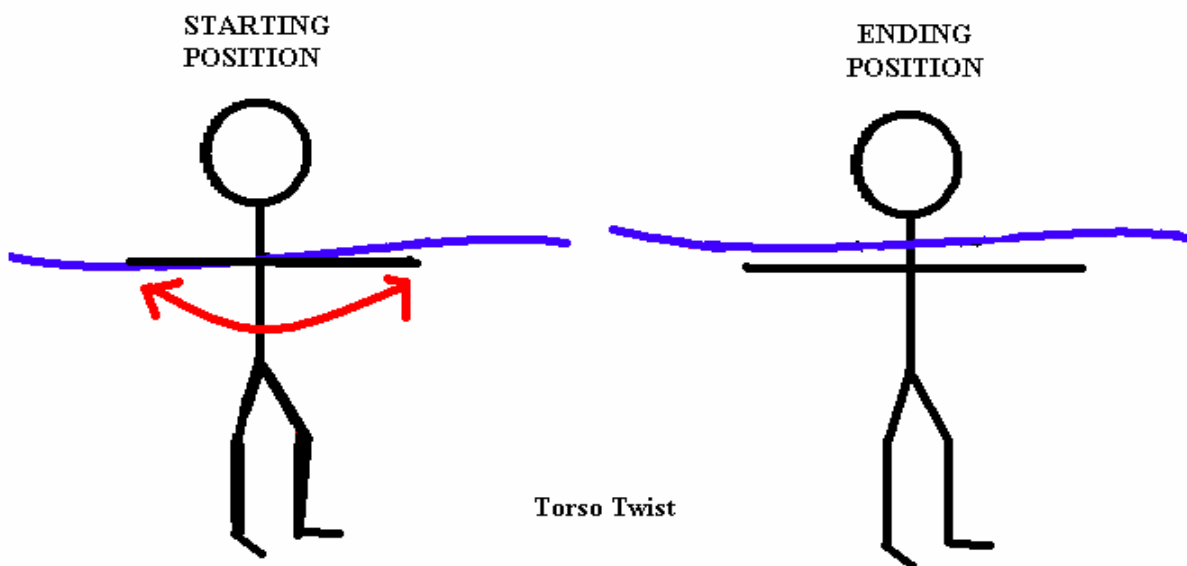
Pool Workout with Large Patterns

Complete Exercises in Order 1 – 3 Times – Page 4

Arms Cross Pattern 20 Reps – Both Arms – 3 Sets



Torso Twist - 20 Reps – 3 Sets



Beginning in a standing position, raise arms to a parallel level. Twist your body back and forth as fast as possible

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Laying Band Stretching Work

1) Lying Band Hamstring Stretch 15-20 seconds



2) Lying Band Adductor/Hamstring 15-20 seconds



3) Lying Band Adductor/Hamstring/ Lower Back Stretch 15-20 seconds



4) Lying Band Glute Stretch- 15-20 seconds



5) Lying Band Quad Stretch- 15-20 seconds



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Sitting Band Stretching Work

- 1) Sitting Band Hamstring/Calf/Achilles**
Right Side 15-20 seconds



- 2) Sitting Band Hamstring/Calf/Achilles**
Left Side 15-20 seconds (each side)



- 3) Sitting Band Straight Leg Hamstring**
Stretch 15-20 seconds (each side)



- 4) Sitting Band Lower Back/Lat/Oblique**
Stretch 15-20 seconds (each side)



Partner Stretching #1-Page 1

1) Partner L Hamstring Stretch 15-20 seconds



2) Partner Hamstring Stretch Middle 15-20 seconds



3) Partner Reach Hamstring Stretch Right 15-20



4) Partner Lower Back Stretch Right 15-20 seconds



5) Partner Lower Back Stretch Left 15-20 seconds



6) Partner Butterfly Stretch 15-20 seconds



7) Partner Crossover Stretch 15-20 seconds



Partner Stretching #1-Page 2

1) Partner L Hamstring Stretch 15-20 seconds



2) Partner Hamstring Stretch Middle 15-20 seconds



3) Partner Reach Hamstring Stretch Right 15-20



4) Partner Lower Back Stretch Right 15-20 seconds



5) Partner Lower Back Stretch Left 15-20 seconds



6) Partner Butterfly Stretch 15-20 seconds



7) Partner Crossover Stretch 15-20 seconds



Partner Stretching #1-Page 3

1) Partner Hamstring Stretch 15-20 seconds Each Leg



2) Partner Bent Knee Hamstring/Groin Stretch 15-20 seconds Each Leg



3) Partner Hamstring Stretch w/ Slight Bend 15-20 Seconds Each Leg.



4) Partner Side Adductor/Hamstring Stretch 15-20 seconds Each Leg



5) Partner Abductor/Glute Stretch 15-20 seconds Each Side



6) Partner Butterfly Stretch 15-20 seconds



Partner Stretching #1-Page 4

1) Partner Internal Rotation Stretch 15-20 seconds Each Leg



2) Partner External Rotation Stretch 15-20 seconds Each Leg



3) Lying Partner Groin Stretch 15-20 seconds



4) Partner External Rotation VMO 15-20 Seconds Each Leg.



5) Partner External Rotation Stretch 15-20 seconds Each Side



6) 1 leg Internal Rotation Stretch 15-20 seconds Each Side



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Stretching-Page 1

1) Standing Toe Touch/Hamstring Stretch
15-20 seconds



2) Leg Crossover (R over L)Hamstring Stretch then (L over R) 15-20 seconds



3) Wide 1 Leg Reach Right
Hamstring/Lower Back15-20 seconds



4) Wide Leg Middle Hamstring/Lower Back Stretch 15-20 seconds



5) Wide Leg Left Hamstring/Lower Back Stretch 15-20 seconds



6) Kneeling Hip Flexor Stretch 15-20 seconds



7) Kneeling Hamstring Stretch 15-20 seconds



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Stretching-Page 2

1) Hamstring Stretch 15-20 seconds



2) Lying Hamstring/Glute Stretch 15-20 seconds



3) Lying Adductor/Hamstring Stretch 15-20 seconds



4) Lying Glute Stretch 15-20 seconds



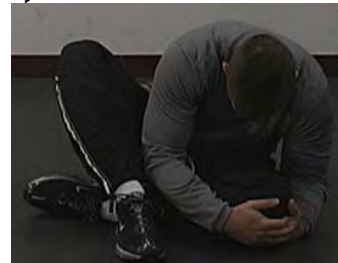
5) 2 Knee Pull Lower Back Stretch 15-20 seconds



6) Lying Abductor /Erector Spinae Stretch 15-20 seconds



7) Cross Leg Groin Stretch



8) Cross Leg Piriformis Stretch



Roller #1-Page 1

1) Foam Roller Glute 20-30 seconds continuously slow rolling



2) Foam/PCV Roller Hamstring 20-30 seconds continuously slow rolling



3) Foam Roller Calf Proximal End 20-30 seconds continuously slow rolling



4) Foam Roller I.T. Band Proximal End 20-30 seconds continuously slow rolling (start)



5) Foam Roller I.T. Band Proximal End 20-30 seconds continuously slow rolling (finish)



6) Foam Roller Quads Distal End 20-30 seconds continuously slow rolling (start)



7) Foam Roller Quads Proximal End 20-30 seconds continuously slow rolling (finish)



1) Foam Roller VMO/Adductors Distal End
20-30 seconds continuously slow rolling (start)



2) Foam Roller VMO Adductors Proximal End
20-30 seconds continuously slow rolling (end)



3) Foam Roller Lats/Trapezius 20-30 seconds continuously slow rolling (start)



4) Foam Roller Lower Back/Multifidus 20-30 seconds continuously slow rolling



5) Foam Roller Erector Spinae/Trapezius
20-30 seconds continuously slow rolling



6) Foam Roller Erector Spinae/Trapezius
20-30 seconds continuously slow rolling



7) Foam Roller Erector Spinae/Trapezius
20-30 seconds continuously slow rolling

