

## Strength Training Routine

**Warm Up:** If your strength/injury prevention session is the first session of your training day, take a longer warm-up including: arm swinging and circles, side to side bends, shallow squats and 8-10 minutes of some type of continuous cardio exercise. Additionally, if you are "tight" in your general musculature, gently stretch your quads, hamstrings, shoulders and back. If this session is a second workout session for the day, your warm-up period can be shortened.

|    | Exercise  | Description   | Sets | Reps                                    | Rest Interval  |
|----|---|---|------|---|--|
| 1A | Lying Side Clams<br>( <a href="#">View video example</a> )    | Lie on your side with your back to the wall with your knees bent 45 deg. to the wall, heels touching the wall. Your bottom arm should be extended straight ahead with your ear on your bicep. Stretch your top arm out in front and hold about 6 cm above the floor. Keep your heels together and raise your knee as high as you can and lower. | 3    | 12                                      | Back to back. No RI until finishing all 4 exercises then RI 1' and repeat. |
| 1B | Lying Wall Crawlers<br>( <a href="#">View video example</a> ) | Lie on your side with your back to the wall with your legs extended, heels touching the wall. Keeping your heels against the wall and your leg straight, raise your top leg to about 45 degrees and then lower. Keep your ankle flexed.   | 3    | 12 (pulse every 3 <sup>rd</sup> for 8") |  |
| 1C | Overhead Squat ( <a href="#">View Video Example</a> )         | Hold a bar overhead in a wide grip, locking out elbows. Bring your shoulder blades together by shrugging your shoulders, move hips back, and begin squatting down. Keep weight over heels at all times and maintain bar position over the crown of your head. Get as low as you can and come back up, pushing through your heels.               | 3    | 10                                      |  |
| 1D | Box Jumps   | Stand in front of an elevated box (12"-24"). Use your arms to jump forward and up on to the box. Jump down.   | 3    | 12 (hold 3-5 lb weight)                 |  |

|    | Exercise   | Description  | Sets | Reps | Rest Interval        |
|----|--|--|------|------|----------------------|
| 2A | Kettlebell Thrusts   | Spread your legs outside shoulder width, point your feet slightly outward and grasp the kettlebell with two hands. With your head in a neutral position, shoulders square, and back straight, squat down lowering the kettlebell 1" above the ground. Swing the kettlebell between your legs maintaining a straight arm and in one large thrusting movement pushing through your feet, calves, glutes, core area and back swing the ball straight up over your head holding the standing position for 1 second. With a straight arm, allow the kettlebell to drop while simultaneously bending your knees into a squatting position. The kettlebell will swing down and through your legs. As the ball swings forward repeat the exercise. | 2    | 12   | Back to back. No RI. |
| 2B | Pull-ups   |  | 2    | 6-10 |                      |
| 2C | Dumbbell Squat Jump and Squat Jump Press<br>( <a href="#">View video example</a> ) | Feet shoulder width apart, eyes forward. Hold dumbbells at side. Squat, lowering dumbbells to 3 inches off the floor. Simultaneously stand, curl dumbbells to shoulder and press overhead. Lower and repeat.   | 2    | 10   |                      |
| 2D | Pushup Walkers ( <a href="#">View video example</a> )                              | Start in pushup position, drop your left elbow to the ground, drop your right elbow to the ground, push up with your left arm back to pushup position, push up with your right arm to pushup position – go fast on each repetition.  | 2    | 12   |                      |

|    | Exercise                  | Description   | Sets | Reps        | Rest Interval                                   |
|----|---------------------------|---|------|-------------|---|
| 3A | Floor Gliders             | Use 2 round disc about 8" in diameter that slide on a smooth surface. In a pushup or pike position, place a disc under each foot and walk around with your hands while sliding your feet.   | 2    | 1'          | Back-to-back, then RI 1' after all 4 and repeat |
| 3B | Plank Airplane            | Begin on your left side, using the forearm to support your body. Right arm is fully extended upward. Body is straight with hips off the floor. Legs are extended with right foot in front and left foot in back.<br>Swing right arm down to move hand under your body to left side, simultaneously shifting your weight onto your toes. Return to start position. | 2    | 10 per side |   |
| 3C | Plank Elbow Touches       | Start in a neutral plank position. Forearms on floor with elbows at 90° flexion, balanced on toes, back straight. In fluid movement, bring right knee up to touch right elbow. Return to start position, with leg fully extended, but do not touch your foot to the floor.  | 2    | 16          |   |
| 3D | TRX Knee-Ups and Pike-Ups | TRX stirrups are 12" off the ground. Slide feet into stirrups holding a pushup position. Draw your knees under your chest (quickly). Then hold your legs straight, back straight, and pike up into a "V" position. Lower and repeat.  | 2    | 10 + 10     |   |

|    | Exercise   | Description  | Sets | Reps                          | Rest Interval                                  |
|----|--|--|------|-------------------------------|--|
| 4A | Calf Raises with Eccentric Load  | Stand tall with a light hold on a support Press up with both feet and lower on one foot (up on one count, down on 3 count).  | 3    | 12 (slowly going down for 5") | Back to back then RI 1' after all 4 and repeat |
| 4B | Fly's with Elbow Drop, Stretch Cord ( <a href="#">View Video Example</a> )           | Attach cord low off the ground. Swing arms up and outward completing the "fly" with elbow flexion at 130 degrees, hands at ear height. Squeeze and drop elbows to your hips reducing the angle at your shoulder and elbow. Hands and wrist at shoulder heights, elbow tucked in towards rib cage. Go back up to fly positions and then relax, starting with hands in front of your body at belt height.  | 3    | 12                            |  |
| 4C | Stretch Cord Triceps Kickback ( <a href="#">View video example</a> )                 | With partner or with stretch cord anchored to pole at waist height, stand with feet shoulder-width apart w/soft knees, bent forward at waist to 90°. Elbows are close to your side, hands about 8" apart. With palms facing up, press back to full elbow extension. Return to start, controlling eccentric contraction. Rotate wrists until thumbs are up, press back to full elbow extension. Return to start, controlling eccentric contraction. Rotate wrists until palms are down, press back to full elbow extension. Return to start, controlling eccentric contraction. | 3    | 15 (fast)                     |  |
| 4D | Stretch Cord Butterfly Half Pull – Single Leg ( <a href="#">View video example</a> ) | With partner or with stretch cord anchored to pole at waist-height, stand with feet shoulder-width apart w/soft knees, bent forward at waist to 90°. Fully extend one leg, keeping foot 6" to 8" from floor. Start with arms extended, set elbows high and at 150°, fingers pointing down with 30° wrist flexion. Using a motion similar to butterfly swim stroke pull hands toward ribs and stop directly below chest, keeping elbows high and at an angle no less than 100°. Wrists are in extension. Return to start position, controlling eccentric contraction.           | 3    | 25                            |  |