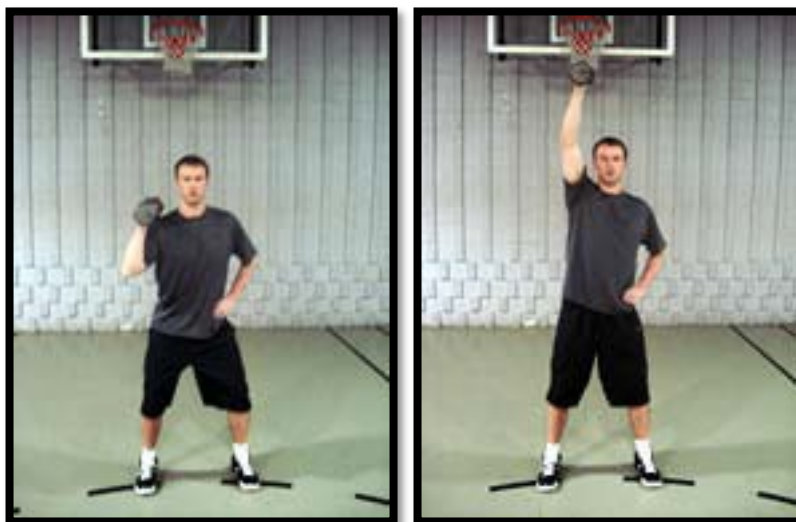


**Activity Descriptions (Ordered Alphabetically)****1 Arm Dumbbell Farmers Walk**

Hold one heavy dumbbell and walk for distance or for time. Be sure to walk with good posture through the entire exercise. Make sure to do both sides!

**1 Arm Dumbbell Overhead Press**

Hold one dumbbell at your shoulder and press straight above your head until your arm is fully extended. Try not to lean to one side and maintain good posture. Return the weight under control to the starting position and repeat.

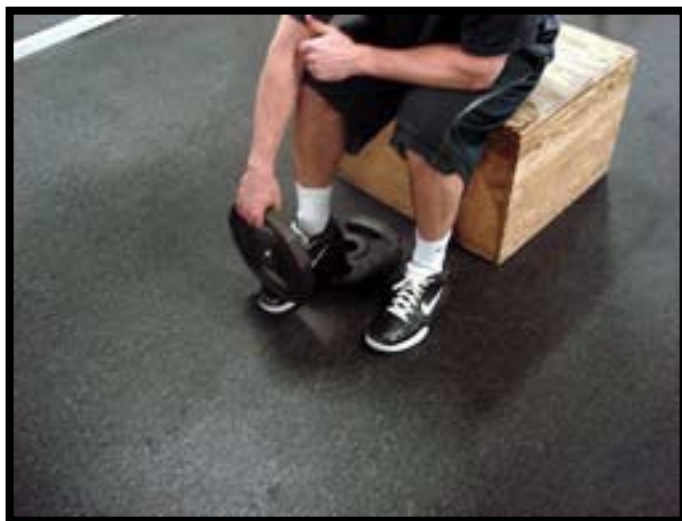


### 1 Leg Balance And Reach



Balance on one leg and while keeping only a slight bend in the knee, reach both hands towards the ground, then return to the standing position.

### 1 Leg Weighted Dorsiflexion



Place one weight plate (10 lb or 25 lb) on the ground and put your heel on the edge. Hold the other weight plate straight up and place it on your top of your shoe (towards your toe). Hold onto the weight and lower your foot until it touches the ground then drive your toes up as high as you can and pause momentarily. Lower back to the start and repeat.



### 2 Foot Bounds



Jump forward with both feet attempting to take up as much distance as possible. Land in a balanced athletic position, then repeat for the prescribed amount of repetitions.

### 3 Spot Balance And Reach

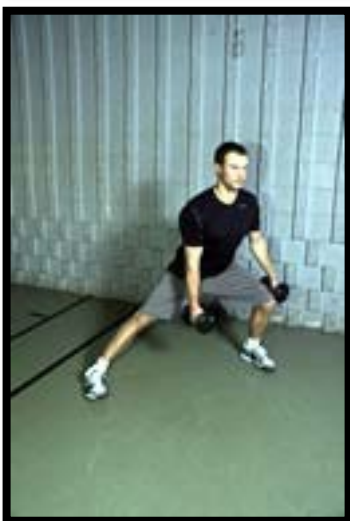


Visually find 3 different spots on the ground in front of you: #1 is to the left of your balanced foot, #2 is directly in front of you, and #3 is to the right of your balanced foot. Balance on one leg while keeping only a slight bend in the knee. Reach both hands towards the ground touching in each designated spot. Return to the standing position in between touching each numbered area.



**3-Way Lunge Matrix (Forward Lunge / Lateral Lunge / Reverse Lunge)**

**Forward Lunge:** assume an athletic stance. Take a big step forward and keep your ankles, knees, hips, and shoulders facing forward. Keep your front lower leg perpendicular to the ground. Drop your back knee close to the ground and push your body back to the start.



**Lateral Lunge:** assume an athletic stance. While keeping your ankles, knees, hips and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position. Upon the descent, focus on driving your hips back and keeping the heel flat. Be sure to maintain good posture and balance throughout the exercise.



**Reverse Lunge:** Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs.



### 90 / 90 Hip Stretch



Sit on the floor with your front and back legs each making a 90 degree angle. The lower part of your front leg should be parallel with your hips and the lower part of your back leg should be perpendicular to your hips. Try and lower your torso towards your front foot

### Angled Lunge Stretch



Follow the exact same guidelines as the forward lunge except place your front leg a 45 degree angle (foot still faces forward). Instead of driving your hips straight forward, drive them at a 45 degree angle.



### Barbell Back Squat



Stand with a barbell on the back of your shoulders. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.

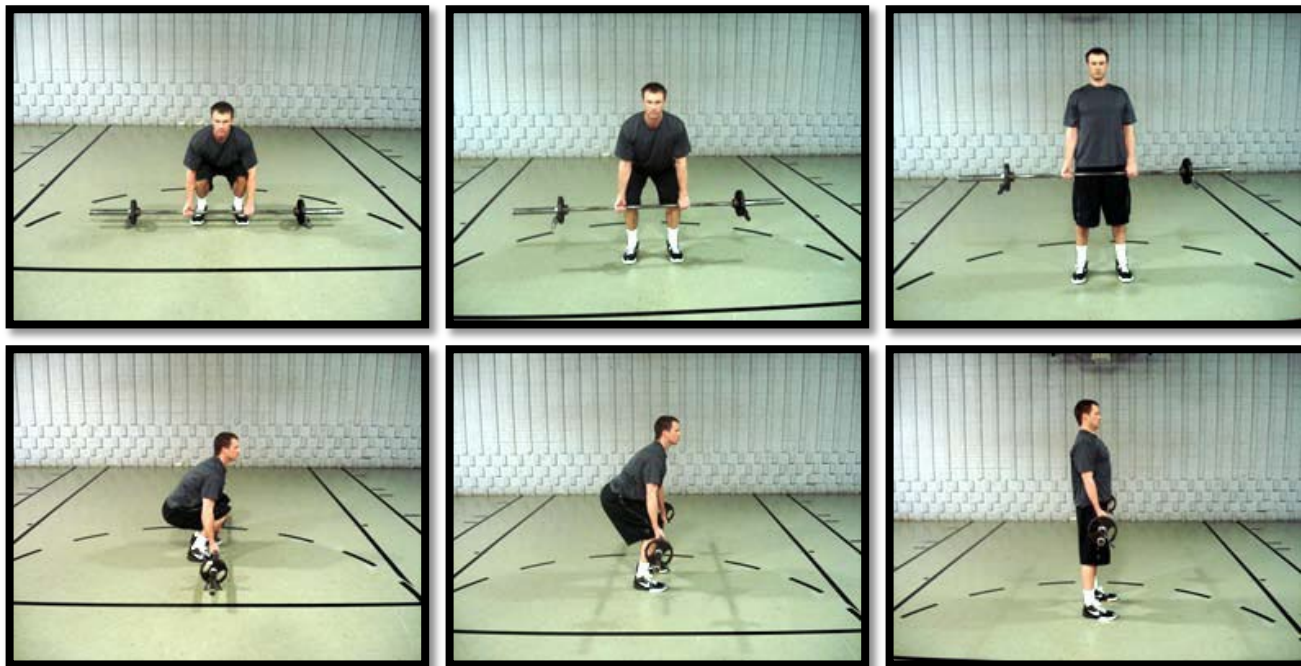
### Barbell Bench Press



Start by holding the bar with a shoulder width grip and your arms fully extended. Lower the weight under control keeping your shoulder blades down and back and your elbows tight to your body. Touch your upper chest and then push the bar back up until your arms are fully extended.



### Barbell Deadlift



Start by setting up close to the barbell (bar should touch your shins). Grab the bar tightly with a shoulder width grip. Keep your arms straight and locked with the shoulder blades drawn back. Drive hard through your heels and pick the bar up until your body is fully extended. Be sure to drive the head and chest up and keep your upper body stiff and in good posture throughout the entire movement.

### Barbell Drop Lunge



Stand with a barbell on the back of your shoulders. Drop one leg back and across your body into a lunge position. Bring the back knee close to the ground. Be sure to keep the knee of your front leg directly over your heel and the front foot pointing forward. Push back up to the starting position and alternate legs.



### Barbell Forward Lunge



Stand with a barbell on the back of your shoulders. Step forward and drop down into a lunge position bringing your back knee close to the ground. Be sure to maintain good posture and balance throughout the exercise. Keep the knee of your front leg directly over your heel. Push back up to the starting position and switch legs.

### Barbell Front Squat



Balance a barbell on the front of your shoulders by holding your elbows high and holding it in place with your fingers. Lower yourself until your thighs are parallel to the ground, then push back up to the start. Push your backside back as you descend and keep your weight on your heels.



### Barbell Incline Press



Start by holding the bar with a shoulder width grip and your arms fully extended. Lower the weight under control keeping your shoulder blades down and back and your elbows tight to your body. Touch your upper chest and then push the bar back up until your arms are fully extended.

### Barbell Lateral Lunge



Stand with a barbell on the back of your shoulders. While keeping your ankles, knees, hips and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position and repeat on the opposite leg. Upon your descent, focus on driving your hips back and keeping the heel flat. Be sure to maintain good posture and balance throughout the exercise.



### Barbell Reverse Lunge



Stand with a barbell on the back of your shoulders. Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs.

### Barbell Row



While holding a barbell and your arms fully extended, lower your upper body until it is perpendicular to the ground. Keep a slight bend in your knees and draw your shoulder blades back. Pull the bar towards your ribcage and pause momentarily. Return the weight to the starting position. Keep your back straight through the entire exercise.



### Barbell Shoulder Press



Hold a barbell at your shoulders and press straight above your head until your arms are fully extended. Return the weight under control to the starting position and repeat.

### Barbell Squat Press



Stand while holding at barbell at shoulder level. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. As you push back to a standing position, extend your arms overhead.



### Barbell Stiff Leg Deadlift



Hold a barbell with a shoulder width grip. With a slight bend in your knees and your shoulder blades pulled down and back, slowly lower your upper body towards the ground (letting your hips act as a hinge). Lower until your hands are close to the middle of your shins. Pull your body back up until you are fully extended. Initiate the movement by pushing your hips back behind you.

### Barbell Zercher Squat



Wrap a towel around a bar to provide a small cushion for this exercise. Hold the barbell in the crook of your elbows. Hold your hands up and keep them close to your body to secure the bar. Lower yourself until your thighs are parallel to the ground, then push back up to the start. Push your backside back as you descend and keep your weight on your heels.



## Basketball Core Series



**Planks:** Place your hands on top of the ball; directly below your shoulders and assume a “push up” position. Keep your hips up and to don’t tuck your chin



**Over Unders:** Sit up on your backside without letting your feet touch the ground and alternate by pulling each knee to your chest while placing the ball “over and under” each leg.



**Side Twists:** Assume the same starting position as the Over & Unders. Holding the ball with both hands twist your shoulders and from side to side, touching the ball on the ground next to your hip. Do your best to get your shoulders square to the direction you are tapping.



**Woodchoppers:** Lay on your backside holding a ball with your arms extended behind the head. Bring one knee in towards your chest and simultaneously take the ball and touch the toe. Return to the starting position and repeat on the other leg.



### Basketball Pushups (1 Or 2)



- ▼ **1 Basketball:** place one hand on the ground and the other hand on a basketball. Keep your ankles, knees, hips, and shoulders in a straight line. Lower your body until your chest is close to the ground, then press back up to the starting position. You can keep the ball in place for a number of repetitions or you can switch the ball between each repetition.
- ▼ **2 Basketballs:** same as above except place a ball under each hand.

### Bodyweight Squats



Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.



### Box Jumps



Stand in front of a box in an athletic stance. Jump on to the box attempting to land in an athletic stance. Step down off the box and repeat for the prescribed amount of repetitions.

### Cable Face Pull



Set up a cable rope approximately the same height as your head. Start with your arms fully extended and pull the attachment towards your nose and your thumbs back towards your ears. Return to the starting position and repeat.



### Cable Row



Sit in an upright position holding the cable bar with your arms fully extended and your knees slightly bent. Draw your shoulder blades down and back and pull the bar towards your ribcage. Pause briefly and return the weight under control.

### Cable Twist



Set up a cable so that it is approximately chest height. Grab the attachment with both hands and walk out until you have tension when your arms are fully extended. Assume an athletic stance and keep a slight bend in your elbows. In a twisting motion, rotate your core and move your hands across your body keeping your arms extended. Your head and shoulders should stay square with your hands. Return to the start and repeat.



### Dip



Start with your arms fully extended holding onto the dip bars. Slowly lower yourself until your arms reach a 90 degree angle. Push your body back up to the start then repeat.

### Dumbbell Bench Press



Start by holding a pair of dumbbells with a shoulder width grip and the weights by your shoulders. Push the dumbbells back up over your face until your arms are fully extended. Then lower the weights under control keeping your shoulder blades down and back and your elbows tight to your body.

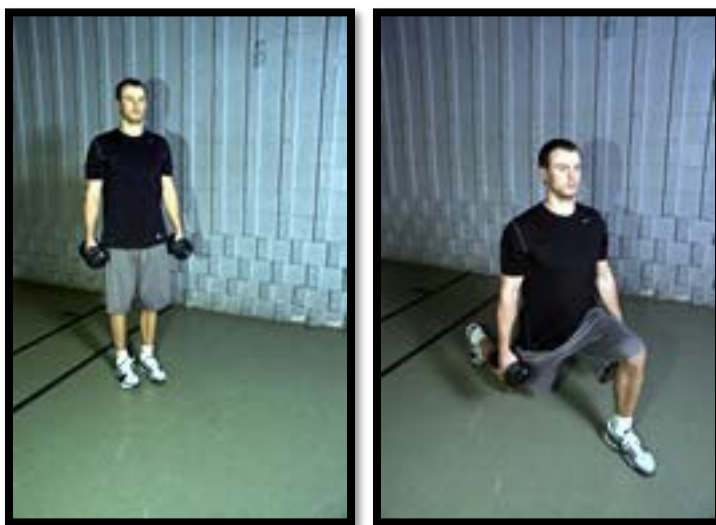


### Dumbbell Farmers Walk



Hold two heavy dumbbells and walk for distance or for time.

### Dumbbell Forward Lunge



Stand with a dumbbell in each hand. Step forward and drop down into a lunge position bringing your back knee close to the ground. Be sure to maintain good posture and balance throughout the exercise. Keep the knee of your front leg directly over your heel. Push back up to the starting position and switch legs.

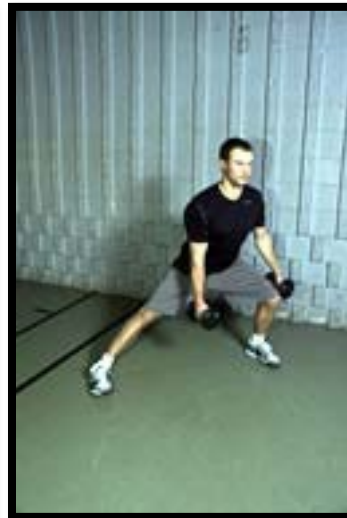


### Dumbbell Incline Press



Start by holding a pair of dumbbells with a shoulder width grip and the weights by your shoulders. Push the dumbbells back up over your face until your arms are fully extended. Then lower the weights under control keeping your shoulder blades down and back and your elbows tight to your body.

### Dumbbell Lateral Lunge



Stand with a dumbbell in each hand. While keeping your ankles, knees, hips and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position and repeat on the opposite leg. Upon the descent, focus on driving your hips back and keeping the heel flat. Be sure to maintain good posture and balance throughout the exercise.



### Dumbbell Overhead Press



Hold two dumbbells at your shoulders and press straight above your head until your arms are fully extended. Return the weights under control to the starting position and repeat.

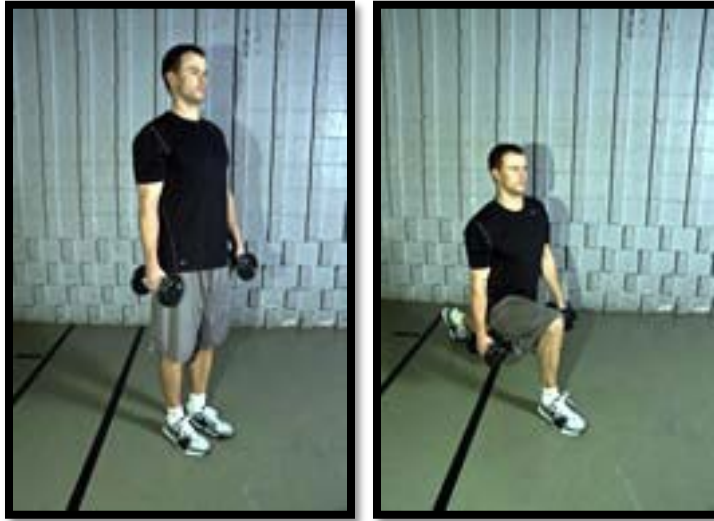
### Dumbbell Push-Up Row



Start in a pushup position with your hands on a pair of dumbbells. Perform a full pushup on the dumbbells. Keep your ankles, knees, hips, and shoulders in a straight line and lower your body until your chest is close to the ground. Keep your elbows tight throughout the movement and push your body back up to an arms extended position. After the pushup, stabilize your body on one arm and perform a row with the other arm by pulling the weight towards your chest. Repeat the pushup then perform a row on the other hand.



### Dumbbell Reverse Lunge



Stand with a dumbbell in each hand. Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs.

### Dumbbell Row



Start with one knee on a bench and the other foot on the ground. Maintain a flat back and pull the dumbbell towards your chest; keeping your upper body stationary. Return the weight to the starting position and repeat.



### Dumbbell Split Squat



Holding two dumbbells, balance on one leg with a slight bend in your knee with your opposite foot placed on a bench behind you. Drop down into a lunge position attempting to reach the point where your front thigh is parallel to the ground. Push back up to the starting position and repeat. Upon lowering your body, do not allow your knee to travel in front of your foot. If it does, simply re-position by moving your front foot farther away from the bench. Keep your heels flat and be sure to maintain good upper body posture through the entire range of motion.

### Dumbbell Squat



Stand with a dumbbell in each hand. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.



### Dumbbell Squat Press



Same description as the **Barbell Squat Press** except holding two dumbbells.

### Dumbbell Step-Ups



Hold two dumbbells by your sides and step up on to a box or bench, driving your opposite knee up at the top of the movement. Return to the starting position and repeat for the prescribed number of repetitions. Choose a box that is around knee height.



### Fire Hydrants



Assume a kneeling position on all fours (knees and hands). Lift your right knee out to the side of your body as high as you can go then return to the starting position. Keep your back flat and your body still during the entire movement. Perform the drill on each leg.

### Forward Leg Swings



Stand near a wall (for balance purposes) and swing your leg forward and backward. Keep your opposite foot flat on the ground with minimal movement and be sure to maintain good posture through the entire exercise.



### Forward Lunge Stretch



Assume a slightly extended lunge position (with a folded towel or mat under your knee for comfort). Make sure your ankles, knees, and hips are facing forward. Don't let your front knee travel past your toes. Slowly drive your hips forward and keep your torso upright.

### Frankenstein March



While walking forward and keeping your right leg straight, kick your right leg up in front of you as high as you can and try to touch your opposite hand's finger tips, then repeat with the left leg.



### Glute Bridges



Lie flat on your back with your knees bent and feet close to your body. Push through your heels and raise your hips into the air as high as possible. Pause briefly then return to the starting position.

### Groin (Band) Stretch



Follow the exact same guidelines as the hamstring stretch and then, keeping your torso and hips flat on the ground, drop your leg down laterally. For a more intense stretch, continue to pull your foot towards the top of your head.



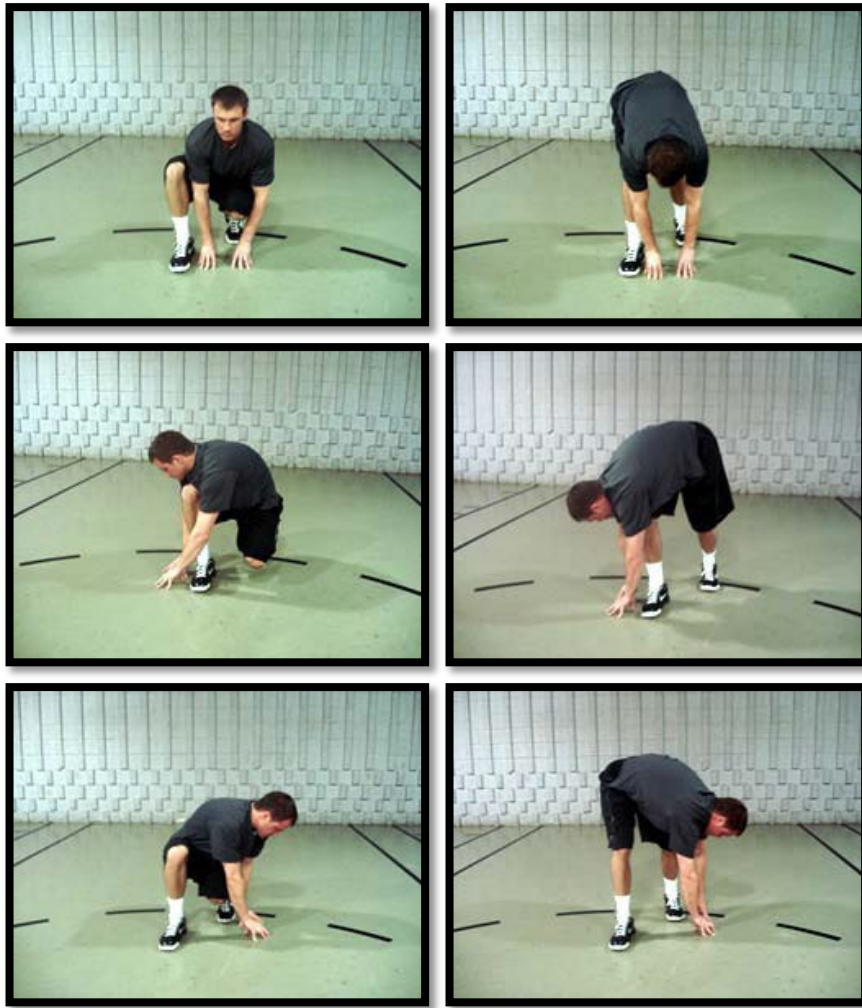
### Hamstring (Band) Stretch



Lie on your back with both legs extended. Wrap an elastic band or jump rope around the middle part of one foot. Keeping both legs straight (one stays on the ground), slowly pull your foot towards your nose. Make sure your ankle stays dorsi-flexed (right angle).



### Hamstring Rocker



Start in a split stance (feet hip width apart and one foot staggered in front of the other foot). Bend down and place your hands on the ground on each side of the front foot. While keeping your hands on the ground, attempt to straighten your legs by raising your hips. Hold for a second and return to the start position.

▼ Hand position #2: place both hands outside of your front foot and repeat the same sequence.

▼ Hand position #3: place both hands on the inside of your front foot and repeat the sequence.

Perform each stretch 5 times for each hand position and each leg.



### Heel Drops



Stand on one leg with the ball of your foot on the edge of a step. Drop the heel into a deep stretch and hold for the prescribed amount of time.

### Hip Circles



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, make a big circle with your other leg.



### Hip Circuit



Start by lying on your side, with your feet together, and your ankles, knees, hips, and shoulders in a straight line.

- 1 **Leg raise:** Raise your top leg up while pointing your toes towards the ground. Return back to the start.
- 2 **Knee tuck:** Pull your top knee towards your chest and back to the start.
- 3 **Combo:** Alternate leg raises and knee tucks.

### Hockey Stretch



Assume a kneeling position (with a towel under your knees for comfort) and spread your knees as wide as possible. Keeping your knees stationary, drive your hips forward and then backward as far as you can (kind of a rocking motion).



### Horizontal Leg Swings



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, swing your other leg across your body reaching in both directions in a sweeping motion.

### Inchworm



Starting in pushup position, and keeping your legs as straight as possible, walk your feet towards your hands until you feel a stretch. Maintain good posture during the entire exercise. Try to keep your heels down during each step to stretch your Achilles. Once you have walked your feet in as far as possible, walk your hands back out to the original pushup position.



### Inverted Row



Set a bar so that it is approximately waist height. Position yourself underneath the bar and hold with an overhand grip. Pull your chest towards the bar and pause briefly. Return to the starting position and repeat.

**NOTE:** this exercise can be made more challenging by raising your feet and placing them on a bench or stability ball.

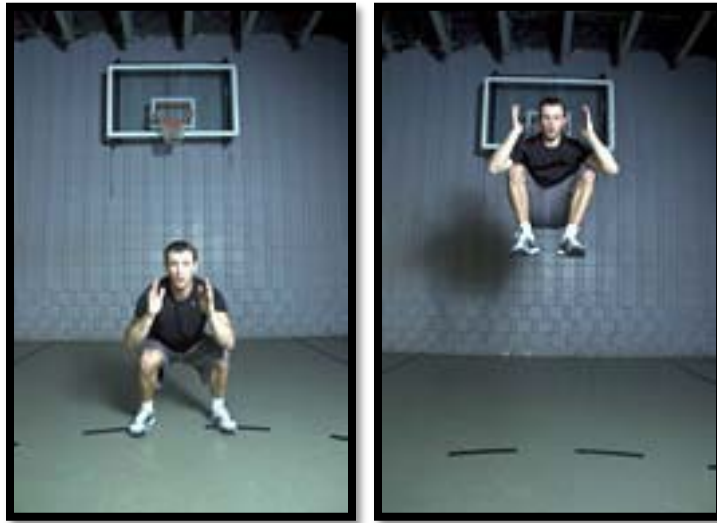
### Knee Hugs



While walking forward, hug your right leg into your chest, then step and do the same thing with your left leg (then repeat again with your right).



### Knee Tuck Jumps



Assume an athletic stance. Vertically jump straight up and pull your knees towards your chest. Land in an athletic stance and quickly repeat the jump for the prescribed amount of repetitions.

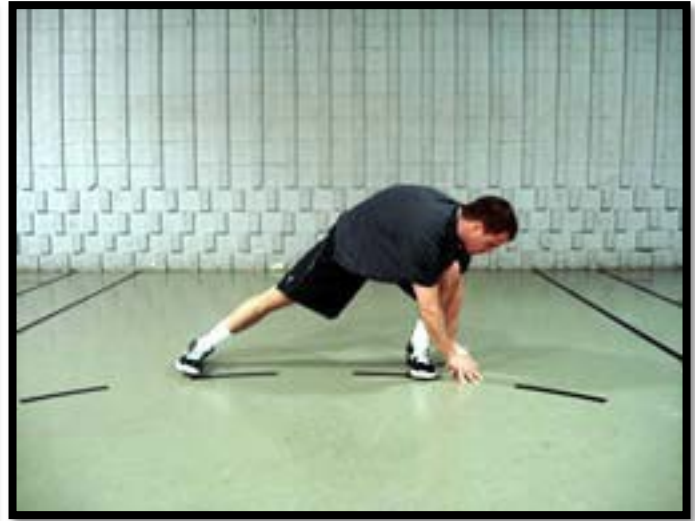
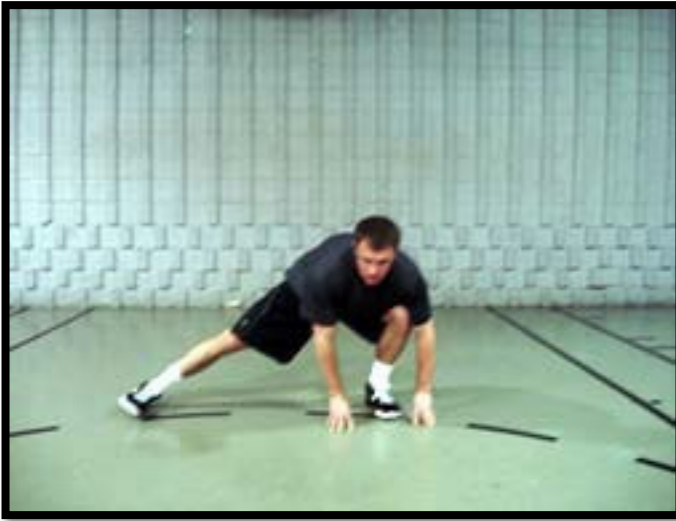
### Lateral Bounds



Balance on your right leg and jump to your left attempting to jump for both distance and height. Land with your left foot first, then with your right foot, ending in an athletic stance. Repeat in the other direction. Perform the prescribed amount of repetitions for each foot.



### Lateral Hamstring Rocker



Start by standing in a wide stance. Bend down and place your hands on the ground on each side of the front foot. While keeping your hands on the ground, attempt to straighten your legs by raising your hips. Hold for a second and return to the start position.

- ▼ Hand position #2: place both hands outside of your front foot and repeat the same sequence.
- ▼ Hand position #3: place both hands on the inside of your front foot and repeat the sequence.

Perform each stretch 5 times for each hand position and each leg.

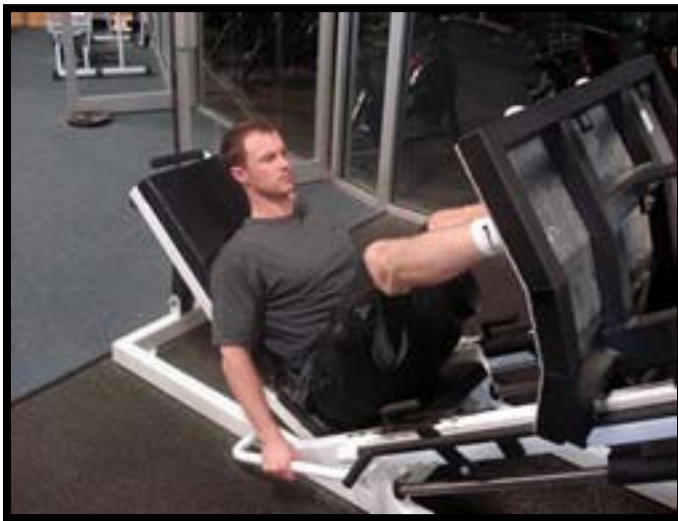


### Lateral Lunge Stretch



Follow the exact same guidelines as the forward lunge except place your front leg and foot perpendicular to your back leg. Continue to face forward and drive your hips laterally.

### Leg Press



Set your body into a leg press sled. Place your feet approximately hip width apart and start with your legs almost fully extended. Slowly lower the weight until the knees are close to the chest then drive hard through the heels back up to the start. Do not allow your lower back to round and come off the pad as you lower the weight.



### Low Back Extension



Position yourself on a low back machine so your legs are secure and your hips are slightly in front of the pad. Keep your ankles, knees, hips, and shoulders in a straight line. While keeping your shoulder blades back, slowly lower yourself towards the ground until you feel a good stretch in your hamstrings. Push your body back to the starting position.

### Low Back/IT (Band) Stretch



Follow the exact same guidelines as the lateral hamstring stretch, except instead of dropping your leg laterally, cross over and drop it the opposite side. For a more intense stretch, continue to pull your foot towards the top of your head.

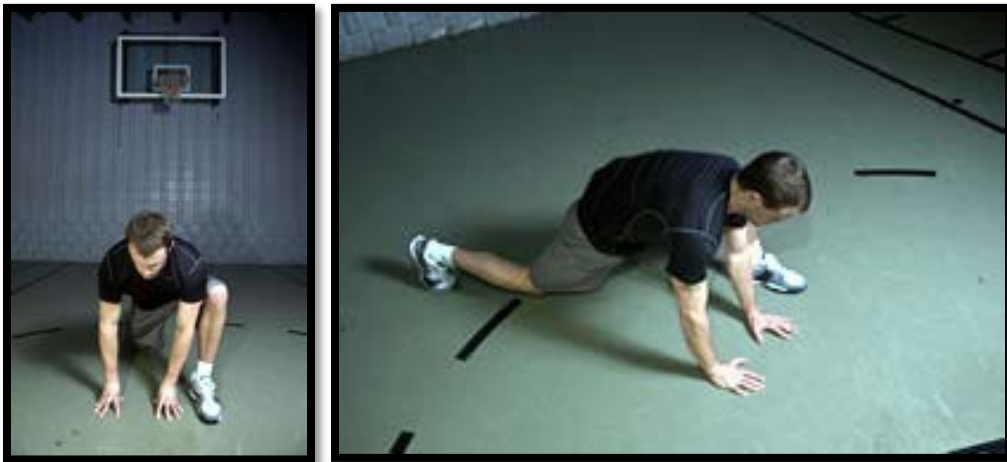


### Low Box Drop Landings



Stand on a short sized box (approximately 6-12 inches high). Lightly jump off the box and land in an athletic stance. Make sure to land “chest over knees over feet.” Let your weight dissipate over your entire foot and land “quietly” and “softly.”

### Low Lunge



Step forward with your right leg into a lunge position (ankles, knees, hips and shoulders square to where you are facing and keeping your torso upright). Try and place your right elbow on the ground as close to your right heel as possible. Bring your feet together and repeat with the left side.



### Machine Leg Curl



Lie face down on the leg curl machine in a position where the pad is behind your ankles. Pull your feet towards your backside and pause momentarily. Slowly lower the weight until your legs are straight and repeat.

### Medicine Ball Overhead Side Slams



Stand with an athletic stance holding a med ball straight overhead. Slam the ball towards the ground right outside your left foot. Grab the med ball and repeat the slam to the other side of the body.



### Medicine Ball Overhead Slams



Bring the med ball straight overhead and quickly reverse directions throwing the ball as hard as possible towards the ground. Be careful as the ball may quickly bounce back up towards your head. Grab the med ball and repeat.

### Medicine Ball Side Wall Throws



Stand a few feet from the wall in an athletic stance. Reach the ball to your side and quickly reverse and perform a side throw towards the wall. The ball will bounce back so be ready to catch the ball and perform another repetition.



### Over The Fence



Facing laterally to the direction you are going, raise your right knee up as high as you can and rotate it forward you as if you were trying to step over an imaginary fence. Then do the same thing with the left leg (alternating each leg). Keep your shoulders and torso facing straight ahead.

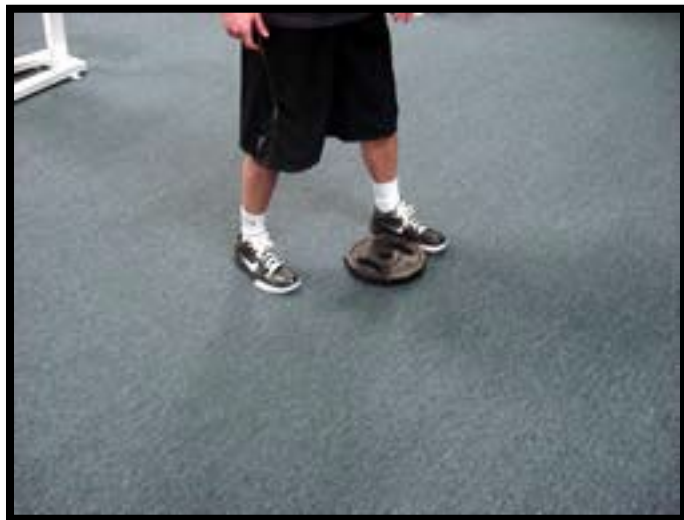
### Overhead Forward Lunge



Step forward and drop into a lunge position. At the bottom of the lunge, extend your arms overhead. Step forward bringing both feet together and repeat on the other leg.



### Plate Hip Adduction



Assume an athletic stance and place a 25 lb weight plate on the ground inside your left foot. Place your left foot outside and to the left of the plate. Push the weight across your body crossing the right foot. Repeat on the other foot and alternate for the prescribed amount of repetitions.

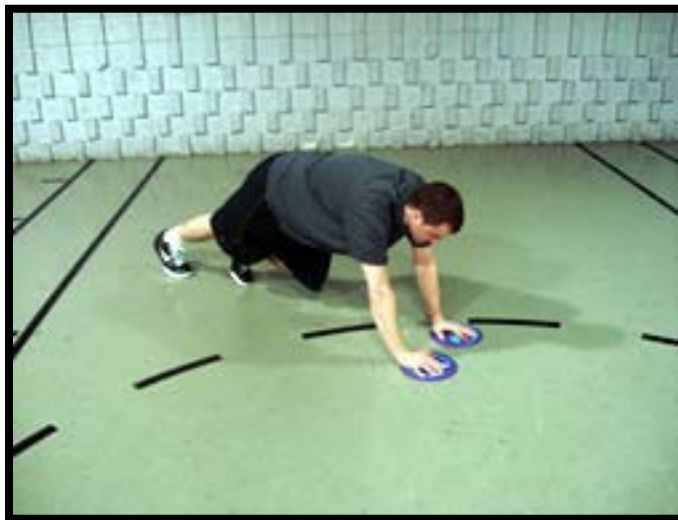
### Plate Push



Place your hands on top of two paper plates sprint as fast as possible while keeping your hips low.



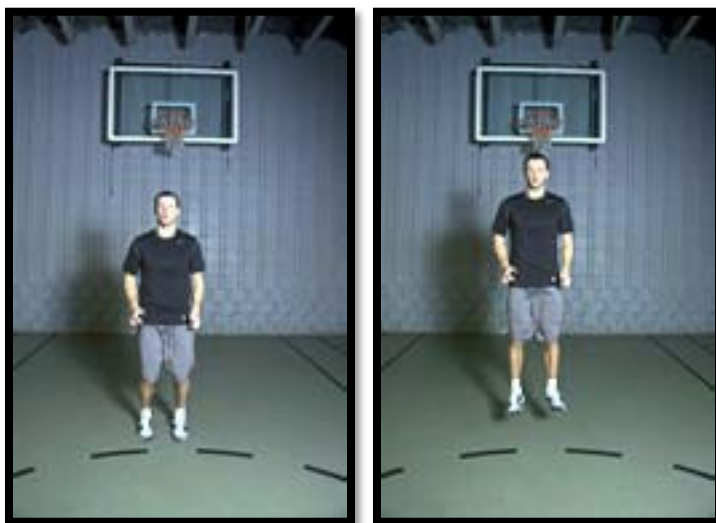
### Plate Push Suicides



(use either the paper plates or weighted plate)

- ▼ Start at the baseline.
- ▼ Sprint to the near free throw and back.
- ▼ Sprint to mid-court and back.
- ▼ Sprint to the far free throw line and back.
- ▼ Sprint to the opposite baseline and back.

### Pogo Jumps



Perform these jumps by using minimal bend in your knees. Explode through your feet and attempt to get as much hang time as possible. Raise your toes towards your knees immediately after each jump.

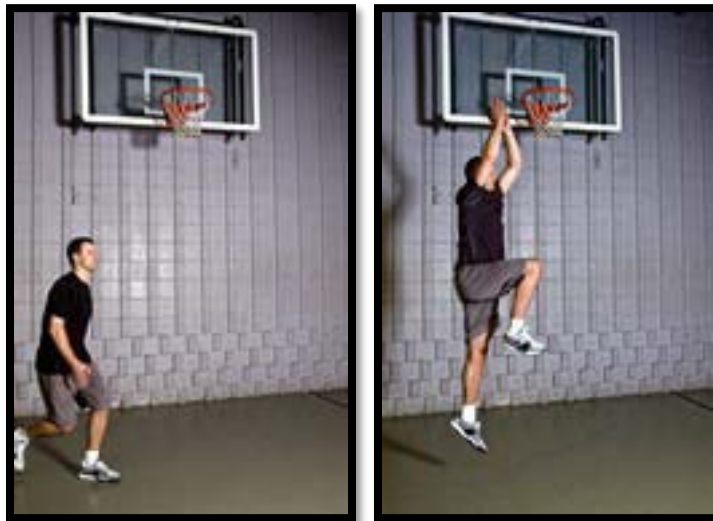


### Pointers



While walking forward and keeping your right leg straight (left leg bent) and right foot pointed upwards, reach down with your left hand and try to touch your right toe. Next, take a step and repeat with the other side.

### Power Skips



In an exaggerating skipping motion, explode off your left leg jumping into the air as high as possible, raising your right knee and right arm. Land on the left leg then quickly switch feet and repeat the jump on the right foot, raising your left knee and left arm. This jump is identical to shooting a standard lay-up. Perform the prescribed amount of repetitions for each leg.



### Quad Walk



While walking forward, pull your left heel into your backside, then step and do the same thing with your right heel (alternating each leg).

### Reverse Wall-Sit

Assume an athletic stance a few feet from a solid wall. Hold a weight plate (10 lb, 25 lb, or 45 lb depending on the level of the athlete) against the wall with your arms extended and the plate in line with your shoulders. Hold this position for time.

### Shin Grab



While walking forward, grab your ankle and knee and pull towards your chest. Hold for 2 seconds then switch legs.



### Side To Side Lunges



Step laterally to your right with your right leg and assume a side lunge position (ankles, knees, hips, and shoulders facing perpendicular to the direction you are moving and keeping your torso upright). Allow your bodyweight to shift over your right foot. Bring your feet together and repeat. Make sure to do both sides.

### Single Leg Calf Raises



Balance the power pad of your foot on an elevated surface. While holding a dumbbell in one hand, let your heel drop into a deep stretch then push up onto your toes and pause briefly. Lower your heel back down to the starting position and repeat.



### Single Leg Dumbbell (DB) RDL



Holding two dumbbells, balance on one leg with a slight bend in your knee. Initiate the movement by lowering your upper towards the ground (letting that hip act as a hinge). Once the dumbbells have reached the middle of your shins, pull your body back up to the starting position. It is important to maintain good upper body posture through the entire range of motion. If the middle of your shins is too deep, then only lower yourself as far as you are able to while maintaining proper posture.

### Split Squat Jumps



Start in a lunge position. Vertically jump straight up and switch your legs in mid-air before the landing. Repeat the jump while switching the leg position each repetition.



### Squat Series



1. **Regular stance:** assume a hip width stance. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.
2. **Staggered stance:** feet are staggered, one foot in front of the other about shoulder width apart.
3. **Wide stance:** feet are double hip width apart.
4. **Narrow stance:** feet are together, ankles touching.

### Stability Ball Hip Circuit



Lie on the side of a stability ball and keep one knee on the ground.

- ▼ **Leg raise:** Raise your top leg up while pointing your toes towards the ground. Return back to the start.
- ▼ **Knee tuck:** Pull your top knee towards your chest and back to the start.
- ▼ **Combo:** Alternate leg raises and knee tucks.



### Stability Ball Iron Bridge Rollout



Balance on a stability ball by placing your hands, wrists and forearms on the ball and only your feet touching the ground. Do not let your torso touch the ball. Keep your ankles, knees, hips, and shoulders in a straight line. Slowly extend your arms out in front of you while maintaining this position. Reach out as far as you feel comfortable and only as far as you can while maintaining good form. Return your arms back to the start and repeat.

### Stability Ball Leg Curl



Start by lying on your back with your feet on the ball (the back of your ankles). Raise your hips into the air while keeping your legs straight. Slowly pull your heels in towards your hips while keeping your hips elevated through the entire range of motion. Return to the starting position and repeat.



### Standing Cable Press



Set up a cable so that it is approximately chest height. Stand in an athletic stance with your feet staggered. Push your hand out and extend your arm away from your chest. Be sure to maintain good posture through the entire movement.

### Standing Cable Row



Set up a cable so that it is approximately chest height. Stand in an athletic stance and pull your hand towards your chest. Return the weight to the starting position and repeat.



### Standing Groin



Start by standing in a wide stance. Drop down into a squat position and while at the bottom position, use your elbows to push your knees away from each other. Hold for 2 seconds then stand back up.

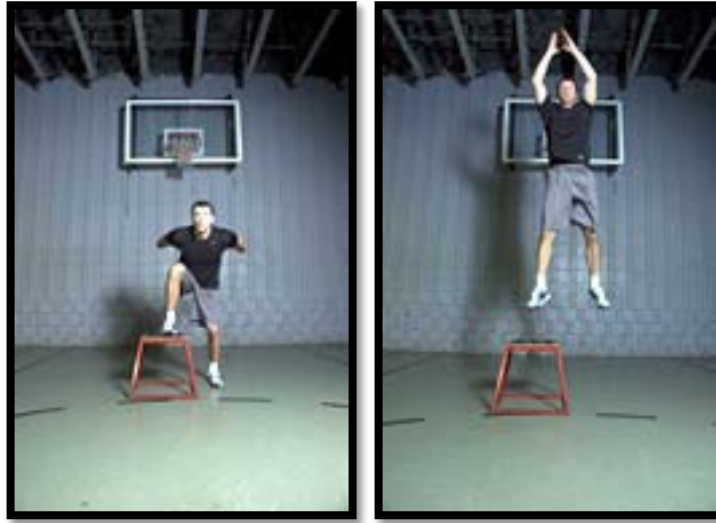
### Static Plate Hold



Hold a weight plate (10 lb, 25 lb, or 45 lb depending on the level of the athlete) with your arms fully extended in front of your chest. Hold this position for time.



### Step-Up Jumps



Start with your right foot on a box (approximately knee height). Explode through your right foot, fully extending your leg and jumping as high as possible. Land on the box with the right foot first then the left foot to the ground. Repeat for the prescribed amount of repetitions then switch legs.

### Straight Arm Pulldown



Start by positioning yourself in front of a lat pulldown machine so the bar is above your head. Grab the bar with an overhand grip and a slight bend in your elbows. Drive the bar down towards your hips. Pause briefly at the hips then slowly return the weight back to the start.



**Straight Leg Touch (Also Called 1 Leg Balance And Reach)**

Start by balancing on your right leg. With both hands, slowly reach down toward your right foot while keeping both legs as straight as possible. You should feel a stretch in the right hamstring as you reach down towards your foot. Now step back with the left foot and repeat the stretch.

**Underhand Pulldown**

Start by grabbing the bar with an underhand grip and your arms fully extended. Pull your hands towards your upper chest and pause momentarily. Return the weight under control and repeat.



### Wall Dorsiflexion



Stand with your body against a wall and your feet approximately 12 inches away from the wall. Raise your toes as high as possible pausing momentarily at the top range of motion. Lower your toes until your feet touch the ground and repeat.

### Wall Sit



Lean back against a solid wall and lower your hips until your upper thighs are parallel to the ground. Keep your feet hip width apart and make sure your knees are directly over your ankles. Keep your shoulders and back flat against the wall. Hold this position for time.

### Weighted Plate Push

Wrap a standard 25 lb. Weight plate in a bath towel. Place your hands on top of the plate and sprint as fast as possible while keeping your hips low.

