GENERAL STRENGTH

FLEXIBILITY

#	EXERCISE	REPS	TIME	NOTES
	SHOULDERS	1	60s	IN DOORWAY (ARM STRAIGHT AND ARM BENT)
	BACK	1	60s	LEGS STRAIGHT, HANDS ON HEAD, BEND FORWARD
	HIPS	1	60s	HIP CAPSULE (figure 4 stretch)
	LEGS	1	60s	PSOAS, QUAD, HAMSTRING, CALF (on one knee, rotate leg)

WARMUP: FUNCTIONAL/CORRECTIVE

#	EXERCISE	SETS	REPS	NOTES
	HIP FLEXION (both feet, one toe down)	3	10	REACH FORWARD, HIPS BACK
	HIP EXTENSION (both feet, one toe down)	3	10	REACH BACK, HIPS FORWARD
	DB MATRIX	6	5	ALTERNATE (front, up, side, overhead side, twist, cross)
	LUNGE MATRIX	6	3	FRONT, SIDE, BACK (reach front, back, side, side, twist, twist)

STRENGTH

#	EXERCISE - 2 SETS for LISTED REPS	DATE___											
		WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
DAY 1	DB SPLIT-SQUAT		12										
	DB OVERHEAD PRESS		12										
	PULL-UPS (regular or band assisted)		12										
	JUMP SQUAT WITH KNEE TUCK		12										
	DB BICEP CURL & PRESS		12										
	DB TRICEP KICKBACK		12										
	LEGS SIDE TO SIDE		30										
	CRAZY IVANS (both sides)		15										
	HIP HIKES		15										
	RUSSIAN TWIST		30										
		DATE___											
		WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
DAY 2	DB EXTENSION ROTATION		12										
	PUSHUPS (reg, narrow, wide)		12										
	DB SINGLE LEG TOE TOUCH		12										
	DB RENEGADE ROW (in push-up position)		12										
	DB LUNGE (front, side, reverse)		12										
	BURPEES		12										
	SINGLE LEG BRIDGES (on back)		12										
	DB SIT UP W/ OVERHEAD REACH		15										
	LEG LIFTS		15										
	V-UP TOE TOUCH		15										
	SUPERMANS (5 SEC HOLDS)		12										

ACL Prevention Exercises

		DATE___											
		WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
	3D STEP-UPS (front, side, back)		12										
	DEPTH JUMP		12										
	SKATER LUNGES		12										