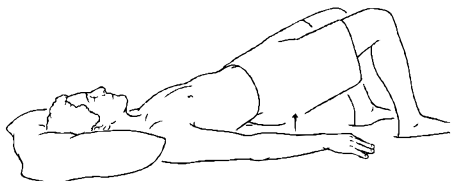


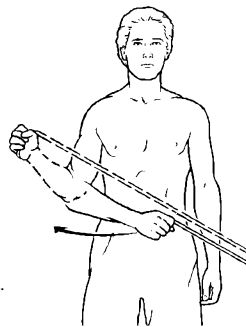
#1: Bridge



Slowly raise buttocks from floor, keeping stomach tight.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

#2: External Rotation

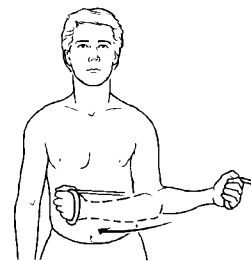
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out. Repeat with left shoulder.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

#4: Internal Rotation

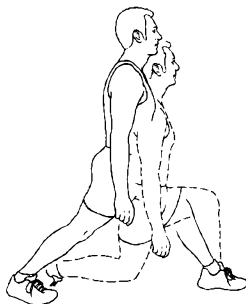
Hold tubing in right hand, elbow at side and forearm out. Rotate forearm in across body. Repeat with left shoulder.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

#4: Anterior Lunge

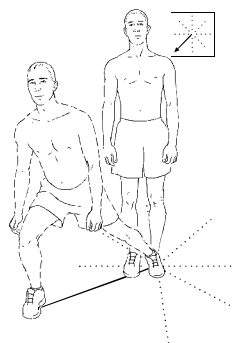
In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do _____ sets.
Complete _____ repetitions.

#4: Anterior Lateral Lung

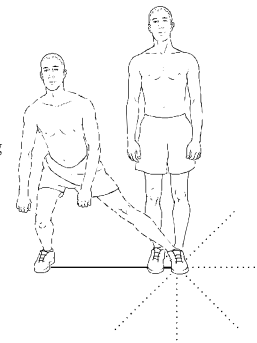
Stand with equal weight on both feet. Lunge with right leg along AL direction, keeping foot forward, and return _____ times.



_____ reps
_____ times per day.

#6: Lateral Lunge

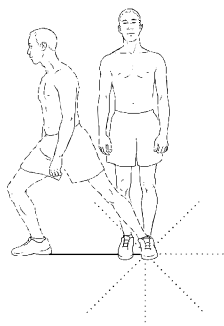
Stand with equal weight on both feet. Lunge with right leg along L direction, keeping foot forward, and return _____ times.



_____ reps
_____ times per day.

#7: Lateral Rotation Lunge

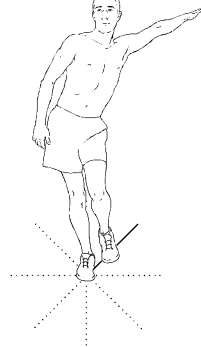
Stand with equal weight on both feet. Lunge with right leg along L direction, with foot turned that direction and return _____ times.



_____ reps
_____ times per day.

#8: SLB with Arm Diagonal - start position

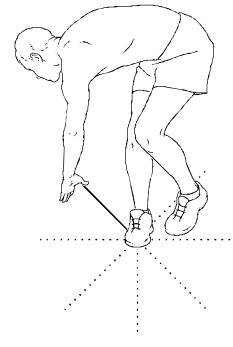
Stand on right leg. Reach opposite arm along PM direction at head height and return 10 times. Repeat set with opposite leg and arm.



3 sets
_____ times per day.

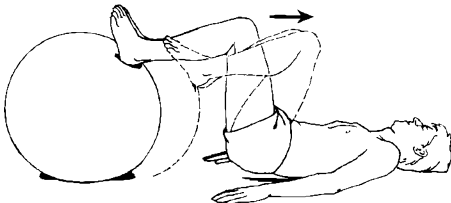
#8: SLB with Arm Diagonal - end position

Stand on right leg. Turn body and reach opposite arm along PL direction at ankle height and return 10 times. Repeat set with opposite leg and arm.



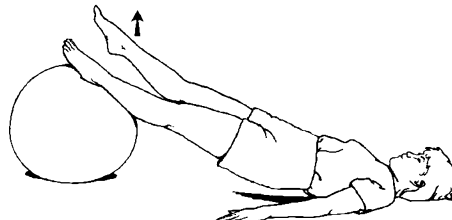
3 sets
_____ times per day.

#9: SB Hamstring Pull-In



With heels resting on ball and hips lifted 2" from floor, roll ball toward you by bending knees. Return to start. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

#10: Bridge w/ Straight Leg Raise



With heels resting on ball and hips off floor, slowly raise one leg 4-6" from ball. Repeat with other leg and perform in a rhythmic fashion. Keep knees straight. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

#11: Forearm Plank



On stomach with forearms on ground under chest push forearms away from chest and hold. Keep belly button pulled into spine and squeeze gluts to prevent strain to back.

Dynamic Warm Up

1. **Walking knee hugs:** up on toe-knee to chest-balance <glut stretch>
2. **Walking shin grabs:** up on toe-hands on shin and knee to pull leg up-foot to opposite hip-shin parallel to ground-balance <piriformis stretch>
3. **Heel to butt pull:** standing leg straight-pull foot directly behind to butt-bend knee close to straight knee (not winging to side) <stretch quad>
4. **Heel to butt pull with toe touch:** reach free hand close to knee/shin/foot (depending on level of flexibility)-balance <hamstring stretch>
5. **Single leg dead lift with toe touch:** back leg swings straight out and parallel to ground as hand reaches close to knee/shin/foot-balance <hamstring stretch>
6. **Right over left:** reach back for trail leg-lean butt towards opposite direction <ITB stretch>
7. **Left over right:** reach for back trail leg-lean butt towards opposite direction <ITB stretch>
8. **Forward lunge:** big step and lunge forward with hands above head-look to ceiling <hip flexor stretch>
9. **Forward lunge with twist:** big step and lunge forward with hands together and out in front-twist to front leg <hip flexor stretch>
10. **Lateral lunge right/left side:** flat feet-sit butt down-hands out in front-stand up then feet together <hip flexor stretch>

Start with Dynamic Warm-Up

Daily Pre-hab (5 days/week)

- **HYI's** - (3x10) face down off swissball, bench, or bed
- **Bridges** - (3x10) place towel between knees & engage inner thighs throughout entire bridge
- **Side Plank** - up/down (x10 R/L); hold plank position, raise top arm over head & return to side (x10 R/L); hold plank position with top leg lifts (x10 R/L)
- **External/Internal Rotation** – (3x10) use therabands for resistance

Lower Extremity Exercises (3-4 days/week)

- **Lunges** - anterior, anterior lateral, lateral, lateral rotation (3x10 R/L each direction)
- **Single Leg Balance w/ Arm Diagonal** - start with 0# until balance is maintained then add weight (2x15)
- **Swissball Hamstring Pull-In** - (3x10)
- **Bridge w/ Straight Leg Raise** - (3x10 R/L)

Upper Extremity Exercises (3-4 days/week)

- **Push-up w/ Windmill** - (3-10)
- **Double Leg Squat w/ Row** - (3x10)
- **Triceps Dips** - off bench or chair (3x10)
- **Straight Arm Baseball Drops** - arm parallel to floor, shoulder at 0°-45°-90° (2x10 R/L each direction)

Core Exercises (3-4 days/week)

- **Forearm Plank** – x30sec, x45sec, x60sec
- **Forearm Plank** - add single leg lift (3x10 R/L)
- **Trunk Rotations** - double leg stance to start; progress to single leg (3x10 R/L)
- **Pocket Pickers** - use weight as tolerable (3x20)

Plyometrics (2 days/week)

- **Line Hops** - forward/backward; side/side (DLx30sec each; SLx15sec R/L each)
- **Split Jumps** - (3x15-30sec)
- **Squat Jumps** - (3x10)
- **Lateral Hops** - for distance (2x10); for proper knee alignment (2x10)
- **HYI-** with ball under chest bring elbows up & back (like a row) shoulders at 90°. Rotate arms up so forearms are parallel to ground. Punch arms forward keeping shoulders down & away from ears. Reverse motions to start position.
- **Bridges-** see picture #1.
- **Side Plank-** lay on side with shoulders, hips, knees & ankles aligned. Raise & lower hips off ground with core (lightly touch ground don't rest there).
- **External/Internal Rotation-** see picture #2:external, #3:internal.
- **Lunges-** see picture #4:anterior, #5:anterior lateral, #6: lateral, #7: lateral rotation.
- **Single leg Balance w/ Arm Diagonal-** see picture #8.
- **Swissball Hamstring Pull-In-** see picture #9.

- **Bridge w/ Straight Leg Raise-** see picture #10.
- **Push-Up w/ Windmill-**do a regular push up. At the top of the push up rotate torso to the right keeping arm straight, opening chest, return arm to ground by rotating torso with core strength. Repeat on left side.
- **Double Leg Squat w/ Row-** squat down so thighs are parallel to ground. Hold squat and pull shoulder blades together (row). Release row and return to stand.
- **Triceps Dips-** self-explanatory I think☺
- **Straight Arm Baseball Drops-** hold baseball in hand, arm straight out, shoulder at 90°. Quickly release & catch baseball with minimal movement at shoulder. Repeat exercise with straight-arm in front of body, to the side of body and in between (about 45°).
- **Forearm Plank:** see picture #11.
- **Forearm Plank:** same as above but adding a single leg lift without moving torso.
- **Pocket Pickers:** sit w/ weight balanced on top of sacrum by lifting legs so shins are parallel
- **Line Hops:** see picture #12
- **Split Jumps:** see picture #13
- **Squat Jumps:** see picture #14
- **Lateral Hops:** see picture #15

If anyone has any questions or would like to set up a time to come in for help with any of the exercises please feel free to contact me with any questions. Have fun and good luck!☺

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