



# Pre and Post-Test Strength and Conditioning

## Week 1-2

Exercise	Sets	Reps
Dog 3	3	5 seconds holds
Tubing Combo	3	12
Step Up	3	15
Standing Lat Pull	3	15, 12, 10
Single Arm Row	3	15, 12, 10
Side Plank	3	15-20 seconds holds
Core Press	3	10

- Remember to stretch after each workout.
- Roll before you begin any exercise.

## Dog 3

Resistance: Body Weight

Sets: 3

Repetitions: 5-10

Hold time: 5 seconds

### Preparation

- Position your body on all fours.
- The rod should make contact with 3 points only (head, middle back, pelvis)

### Movement

- Brace your abdominals and retract the cervical spine. (Neutral Spine Position)
- Slowly raise and extend one arm and the opposite leg. (Lock elbow & knee)  
(Hold for 5 seconds)
- Return to the start position & repeat on the opposite side.

### Tips

- Do not rotate during movement.

### Progression

- Use an unstable surface.
- Progress hold time.



# Tubing Combo

Resistance: Tubing

Sets: 2-3

Repetitions: 10-15

Hold time: 45 seconds

## Preparation

- Stand with your feet shoulder width apart.

## Movement (Front pull and row combination)

- Brace your abdominals and retract the cervical spine. (Neutral Spine Position)
- Perform the row movement by driving your elbows posterior and pinching your shoulder blades together. (scapulae retraction)
- Return to the start position.
- With straight arms pull your hands to the side of your legs and pinch your shoulder blades together. (scapulae retraction)
- Return to the start position and repeat.

## Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (upper trap muscles)
- Keep the abdominals contracted.

## Progression

- Perform on one leg.



## Step Up

Sets: 3  
Repetitions: 15  
Rest: 60-90 seconds

### Preparation

- Standing on the edge of a step (have the client hold onto a bar or the wall). Brace your abdominals.

### Movement

- Perform a small step down until the foot is barely touching the floor and slowly return to the starting position.
- Never lock the knee, keep the abs tight and especially focus on keeping the pelvis level during the movement.
- Perform 2-3 sets of 10-20 reps.

### Tips

- Advance the client by increasing step height, adding in a hip abduction or by eliminating a balance aid.
- Make sure the knee stays in line with the foot and that the foot does not roll in during the descent.



# Standing Lat Pull

Resistance: Tubing or Cable

Sets: 2-3

Repetitions: 10-15

Hold time: 45 seconds

## Preparation

- Stand with your feet shoulder width apart.
- Knees slightly bent.

## Movement

- Brace your abdominals retract the cervical spine. (Neutral Spine Position)
- Perform the row movement by pulling your elbows posterior and pinching your shoulder blades together. (Scapulae retraction)
- Return to the start position and repeat.

## Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (Upper trap muscles)
- Do not lean back

## Advanced

- Stand on one leg.
- Perform with one side only or alternate arms.



# Single Arm Row

Sets: 2-3 each  
Repetitions: 12-15  
Rest: 45 seconds

## Preparation

- Stand with your feet shoulder width apart.
- Knees slightly bent.

## Movement

- Brace your abdominals retract the cervical spine. (Neutral Spine Position)
- Perform the row movement by pulling your elbow posterior and pinching your shoulder blades together. (Scapulae retraction)
- Return to the start position and repeat.

## Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (Upper trap muscles)
- Do not lean back

## Advanced

- Stand on one leg.
- Stand on an unstable surface.





## Side Plank

Resistance: Body Weight

Sets: 2-3 each

Repetitions: N/A

Hold Time: 5-30 seconds

### Preparation

- Position yourself on your side. The knee and elbow. (frontal plane)
- Bend your knees 90 degrees to create the modified position.

### Movement

- Brace your abdominals, and maintain spinal alignment.
- Slowly raise the torso up off the floor, hold and repeat. Continue on the opposite side.

### Tips

- Keep the glute muscles engaged throughout the exercise.
- Maintain proper head position.

### Progression

- Perform with straight legs.





## Core Press

Resistance: Band  
Sets: 3 each side  
Repetitions: 15  
Rest: 45 seconds

### Preparation

- Ready stance, hips hinged, neutral spine.

### Movement

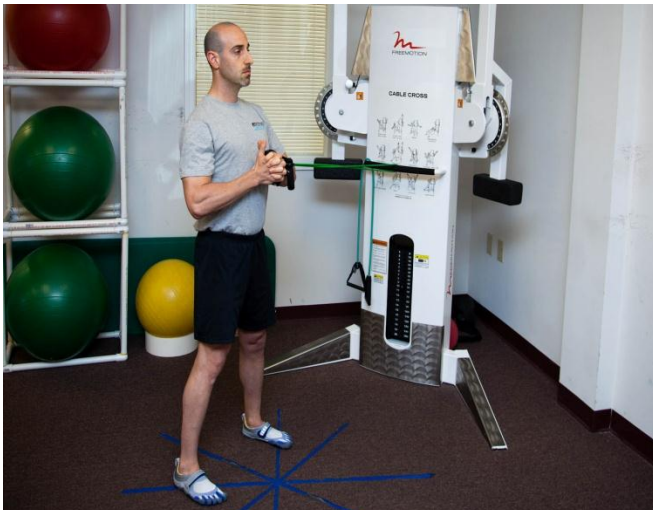
- Brace your abdominals, and maintain spinal alignment.
- Press the band off your chest until your arms are locked, hold for 2 seconds and return to the start position.
- Perform this exercise facing both directions.

### Tips

- Keep the glute muscles engaged throughout the exercise.
- Maintain proper head position.
- Keep the hands I line with your chest.

### Progression

- Narrow stance.



## Week 3-4

Exercise	Sets	Reps
Dog 3	3	5 second holds
Tubing Combo	3	12
Step Up	3	15
Cable Pull Down	3	15, 12, 10
Kneeling Single Arm Row	3	15, 12, 10
Side Plank	3	15-20 second holds
Squat	3	25

- Remember to stretch after each workout.
- Roll before you begin any exercise.

## Dog 3

Resistance: Body Weight

Sets: 2-3 each

Repetitions: Fatigue(15-25)

Rest: 45 seconds

### Preparation

- Position your body on all fours.
- The rod should make contact with 3 points only (head, middle back, pelvis)

### Movement

- Brace your abdominals and retract the cervical spine. (Neutral Spine Position)
  - Slowly raise and extend one arm and the opposite leg. (Lock elbow & knee)
- (Hold for 5 seconds)
- Return to the start position & repeat on the opposite side.

### Tips

- Do not rotate during movement.

### Progression

- Use an unstable surface.
- Progress hold time.



# Tubing Combo

Resistance: Tubing

Sets: 2-3

Repetitions: 10-15

Hold time: 45 seconds

## Preparation

- Stand with your feet shoulder width apart.

## Movement (Front pull and row combination)

- Brace your abdominals and retract the cervical spine. (Neutral Spine Position)
- Perform the row movement by driving your elbows posterior and pinching your shoulder blades together. (scapulae retraction)
- Return to the start position.
- With straight arms pull your hands to the side of your legs and pinch your shoulder blades together. (scapulae retraction)
- Return to the start position and repeat.

## Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (upper trap muscles)
- Keep the abdominals contracted.

## Progression

- Perform on one leg.



## Step Up

Sets: 3  
Repetitions: 15  
Rest: 60-90 seconds

### Preparation

- Standing on the edge of a step (have the client hold onto a bar or the wall). Brace your abdominals.

### Movement

- Perform a small step down until the foot is barely touching the floor and slowly return to the starting position.
- Never lock the knee, keep the abs tight and especially focus on keeping the pelvis level during the movement.
- Perform 2-3 sets of 10-20 reps.

### Tips

- Advance the client by increasing step height, adding in a hip abduction or by eliminating a balance aid.
- Make sure the knee stays in line with the foot and that the foot does not roll in during the descent.



# Cable Pull Down

Sets: 2-3

Repetitions: 10-15

Hold time: 45 seconds

## Preparation

- Stand with your feet shoulder width apart. Knees slightly bent. Torso slightly flexed and arms extended.

## Movement

- Brace your abdominals retract the cervical spine. (Neutral Spine Position)
- Keeping the shoulder blades tucked down pull your arms down to the sides of your hips, squeeze the shoulder blades down, pause.
- Return to the start position and repeat.

## Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (Upper trap muscles)
- Do not lean back
- Elbows must be straight.

## Advanced

- Stand on one leg.
- Stand on an unstable surface.





# Kneeling Single Arm Row

Sets: 3

Repetitions: 10-15

Hold time: 45 seconds

## Preparation

- Split stance (lunge), neutral spine.

## Movement

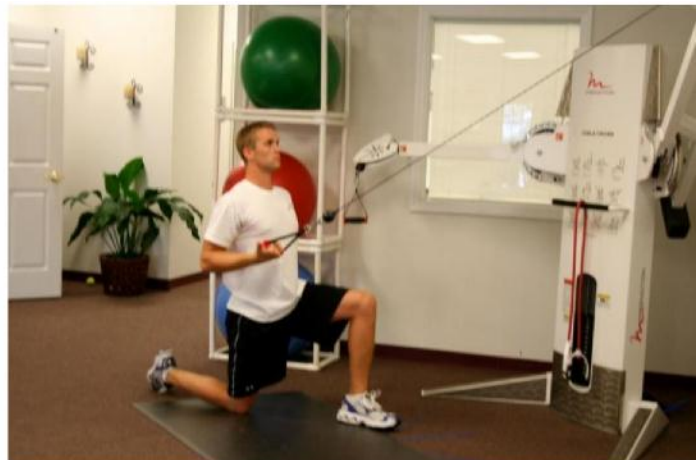
- Brace your abdominals retract the cervical spine. (Neutral Spine Position)
- Perform the row movement by pulling your elbows posterior and pinching your shoulder blades together. (Scapulae retraction)
- Return to the start position and repeat.

## Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (Upper trap muscles)
- Do not lean back

## Advanced

- Alternate arms, use one arm only.





## Side Plank

Resistance: Body Weight

Sets: 2-3 each

Repetitions: N/A

Hold Time: 5-30 seconds

### Preparation

- Position yourself on your side. The knee and elbow. (Frontal plane)
- Bend your knees 90 degrees to create the modified position.

### Movement

- Brace your abdominals, and maintain spinal alignment.
- Slowly raise the torso up off the floor, hold and repeat. Continue on the opposite side.

### Tips

- Keep the glute muscles engaged throughout the exercise.
- Maintain proper head position.

### Progression

- Perform with straight legs.



# Squat

Sets: 3

Repetitions: 10-15

Hold time: 45 seconds

## Preparation

- Stand with your feet shoulder width apart or slightly wider.
- Hold the dumbbells or kettle bell at your sides, shoulder blades retracted at all times.

## Movement

- Brace your abdominals, retract the cervical spine and squeeze the shoulder blades down and back. (Neutral Spine Position)
- Squat to 90°, pause and return to the start position, never lock your knees.

## Tips

- Maintain (cervical) neck retraction.
- Do not allow your torso to drop or lean forward at all.
- Go no deeper than you can control and avoid the knees turning in as you rise up out of the squat.



## Week 5-6

Exercise	Sets	Reps
Inch Worm	3	10 movements
Split Squat	3	15
Squat to Row	3	12
Single Leg Chop	3	15, 12, 10
Band or Cable Chest Press	3	15, 12, 12
Lateral Plank	2-3	15-30 seconds
Lateral Tube Walk	2	25-30 steps

- Remember to stretch after each workout.
- Roll before you begin any exercise.

# Inch Worm

Resistance: Body Weight

Sets: 3

Repetitions: 8-18

Rest: 60-90 seconds

## Preparation

- Begin on your hands, with knees locked and feet flat.

## Movement

- Brace your abdominals, and maintain spinal alignment.
- Slowly walk out on your hands into position 2, squeeze the glutes, hold 5 seconds. (plank position)
- Walk your legs up to position 3, keeping the knees locked throughout the movement.

## Tips

- Avoid letting the hips rock side to side.
- Do not shrug your shoulders.
- *This is a great Hamstring and calf stretch.*

## Progression

- Perform with a push up.

Great on  
duty  
stretch /  
exercise.



# Split Squat

Resistance: Body Weight

Sets: 3

Repetitions: 15

Rest: 45 seconds

## Preparation

- Stand with your feet slightly wider than shoulder width apart.
- Place your hands on your hips.

## Movement

- Brace your abdominals and to assure spinal stabilization.
- Take a step forward, lower into the lunge position.
- Return to the start position and repeat.

## Tips

- Your knee should never move forward past your toes. (Lead leg)
- Do not lean your upper body forward during your decent and avoid allowing the knee to contact the floor.

## Progression

- Use weight or an unstable surface.



# Squat to Row

Resistance: Cable or Band

Sets: 3

Repetitions: 15

Rest: 45 seconds

## Preparation

- Squat stance, grasping a band or cable, arms extended.

## Movement

- Brace your abdominals, and retract the cervical spine.
- Keeping your elbows locked squat to parallel, pause and return to the start position.
- Keeping the knees slightly bent and abs braced perform a row.

## Tips

- Keep the elbows tight to the body and NO shrugs on the row.
- Keep the knees slightly bent.

## Progression

- Perform with only one arm.
- Perform with only one leg.
- Increase the tempo.





# Single Leg Chop

Resistance: Dumbbell, Band or Cable

Sets: 2-3

Repetitions: 10-15

Hold time: 2 seconds

## Preparation

- Stand on the opposite leg of the arm holding the weight.

## Movement

- Brace your abdominals, retract the cervical spine. (Neutral Spine Position)
- Stabilize your arm in a straight position.
- Chop or pull the weight across your body to just above shoulder height, squeeze to shoulder blade.
- Return to the start position and repeat.

## Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (upper trap muscles)
- Make sure to not raise arms above head level.
- Keep your hips / pelvis perfectly still and level.





## Band or Cable Chest Press

Resistance: Band or Cable

Sets: 2-3

Repetitions: 10-15

### Preparation

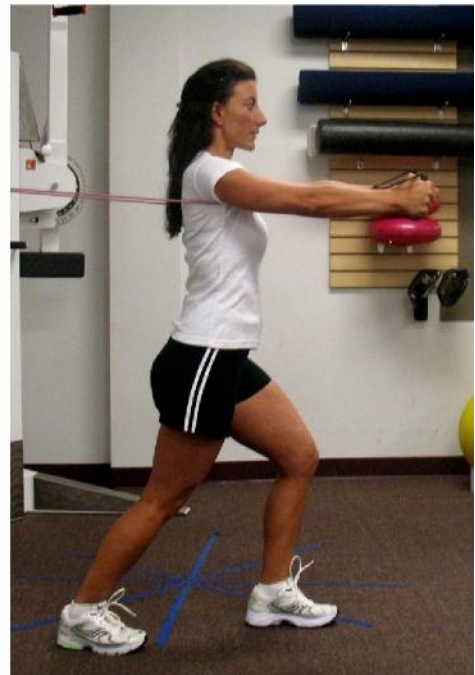
- Secure the band shoulder height on the door, stand in a split stance or slight squat stance.

### Movement

- Brace your abdominals, retract the cervical spine. (Neutral Spine Position)
- Press the band straight ahead and gently extend the elbows, pause and return to the start position.

### Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (upper trap muscles)
- Make sure to not raise arms above shoulder level.
- Press straight out, do not 'hug a barrel' as you press.



# Lateral Plank

Resistance: Body Wt.

Sets: 2-3 each

Repetitions: N/A

Hold Time: 5-30 seconds

## Preparation

- Position yourself on your side. The foot and elbow. (Frontal plane)
- Maintain a ridged body alignment with proper head position.

## Movement

- Brace your abdominals, and maintain spinal alignment.
- Raise your torso up off the floor, hold and repeat. Continue on the opposite side.

## Tips

- Keep the glute muscles engaged throughout the exercise.

## Progression

- Perform with hip abduction.



# Lateral Tube Walk

Resistance: Band

Sets: 3

Repetitions: 15-25 each direction

Rest: 45 seconds

## Preparation

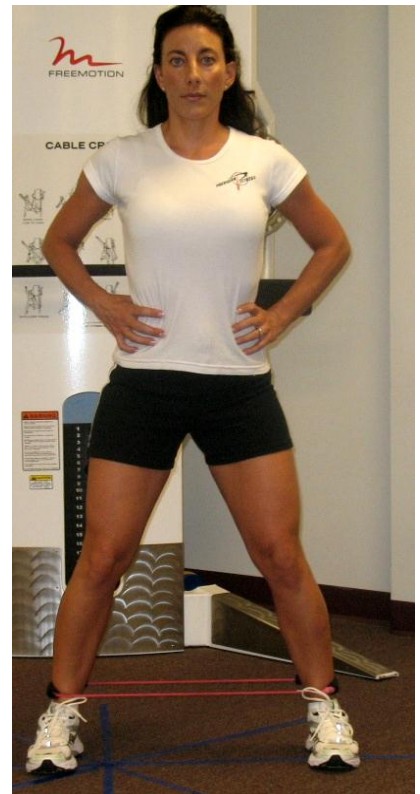
- Stand on the band with the feet neutral and the pelvis straight ahead. Have slight tension on the band.

## Movement

- Brace your abdominals slowly step about 4 -6 inches.
- Step through with the trail leg, maintain slight tension on the band. Go to fatigue and reverse directions.

## Tips

- Full recruitment and isolation of the lateral hip and gluteals require that the legs do not rotate in or out; to insure this for **keep your toes pointed straight ahead!**



## Week 7-8

Exercise	Sets	Reps
Inch Worm	3	10 movements
Single Leg Cone Taps	3	10
Squat to Row	3	15-12-10
Pull Up / Modified Pull Up	3	6-10
Feet Elevated Push Up	3	15
Dead Lift	3	12-15
Pull / Press	3	12

- Remember to stretch after each workout.
- Roll before you begin any exercise.

# Inch Worm

Resistance: Body Wt.  
Sets: 3  
Repetitions: 8-18  
Rest: 60-90 seconds

## Preparation

- Begin on your hands, with knees locked and feet flat.

## Movement

- Brace your abdominals, and maintain spinal alignment.
- Slowly walk out on your hands into position 2, squeeze the glutes, hold 5 seconds. (plank position)
- Walk your legs up to position 3, keeping the knees locked throughout the movement.

## Tips

- Avoid letting the hips rock side to side.
- Do not shrug your shoulders
- *This is a great Hamstring and calf stretch.*

## Progression

- Perform with a push up.

Great on  
duty  
stretch /  
exercise.



# Single Leg Cone Taps

Resistance: Body Weight

Sets: 2-3

Repetitions: 5-10

Hold time: 2 seconds

## Preparation

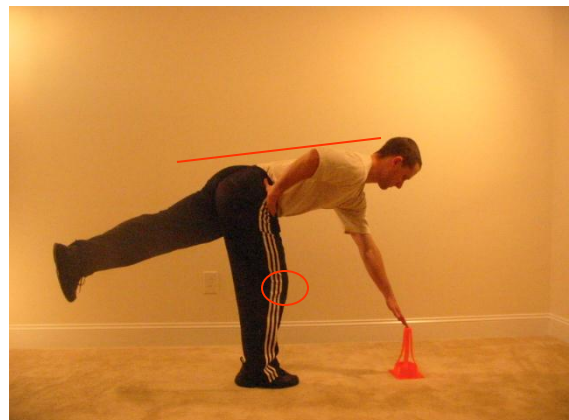
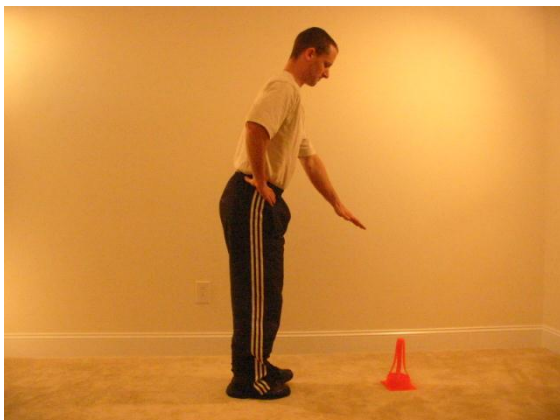
- Standing 2-3 feet from a cone or small object. Brace your abdominals. Balance on 1 leg.

## Movement

- Hinge from the hip down toward the cone.
- Never lock the knee, keep the abs tight and especially focus on keeping the pelvis and back flat and level during the movement.

## Tips

- Advance by squatting deeper or reaching further out.
- Make sure the knee stays in line with the foot and that the foot does not roll in during the descent.
- Keep your spine straight and level at all costs and make sure the hips are level.





# Squat to Row

Resistance: Cable or Band

Sets: 3

Repetitions: 15

Rest: 45 seconds

## Preparation

- Squat stance, grasping a band or cable, arms extended.

## Movement

- Brace your abdominals, and retract the cervical spine.
- Keeping your elbows locked squat to parallel, pause and return to the start position.
- Keeping the knees slightly bent and abs braced perform a row.

## Tips

- Keep the elbows tight to the body and NO shrugs on the row.
- Keep the knees slightly bent.

## Progression

- Perform with only one arm.
- Perform with only one leg.
- Increase the tempo.





# Pull Up / Modified Pull Up

Resistance: Body Weight

Sets: 2-3

Repetitions: 10-12

Hold time: 2 seconds

## Preparation

- Hang below a bar, maintain neutral spine, chin tucked and head up.

## Movement

- With your abs braced and glutes contracted pull up to the bar, squeeze the shoulder blades and slowly return to the start position.

## Tips

- Keep your body straight, never shrug, abs braced at all times.
- Try not to curl your wrists, squeeze your scapula at the top with each rep.

## Advanced

- Start with knees bent (basic)
- Progress to legs straight
- Advance to full hanging pull ups.



## Feet Elevated Push Up

Advanced push up progression: Once the basic technique has been mastered and muscular strength has been established there are many combinations of push up movements that can be performed. As always, proper attention to Neutral spine, keeping your glutes tight and avoid shrugging.



# Dead Lift

Sets: 3

Repetitions: 10-15

Hold time: 45 seconds

## Preparation

- Stand with your feet shoulder width apart or slightly wider.
- Hold the dumbbells or kettle bell at your sides, shoulder blades retracted at all times.

## Movement

- Brace your abdominals, retract the cervical spine and squeeze the shoulder blades down and back. (Neutral Spine Position)
- Squat to 90°, pause and return to the start position, never lock your knees.

## Tips

- Maintain (cervical) neck retraction.
- Do not allow your torso to drop or lean forward at all.
- Go no deeper than you can control and avoid the knees turning in as you rise up out of the squat.



## Pull / Press

Sets: 2-3 each  
Repetitions: Fatigue(12-15)  
Rest: 60-90 seconds

### Preparation

- Ready stance in neutral, knees slightly bent. One arm ready to row the opposite arm ready to press.

### Movement

- Brace your abdominals, slowly pull the weight to the point at which your elbows are behind your shoulders and your shoulders blades are firmly pinched together, at the same time press to weight overhead. Pause and return to the start position.

### Tips

- Maintain proper cervical position, do not shrug or arch the back.
- Keep the elbows in line with the shoulders.
- Abs braced a all times, knees slightly bent.
- Total control at all times.



## Week 9-10

Exercise	Sets	Reps
Inch Worm	3	10 movements
Medicine Ball Squat	3	25
Reverse Lunge Press	3	15-12-10
Pull Up / Modified Pull Up	3	6-10
DB Chest Press	3	3 X 12
Single Leg Squat Reach to Row	3	10
Lateral Plank Row	3	12

- Remember to stretch after each workout.
- Roll before you begin any exercise.



# Inch Worm

Resistance: Body Weight

Sets: 3

Repetitions: 8-18

Rest: 60-90 seconds

## Preparation

- Begin on your hands, with knees locked and feet flat.

## Movement

- Brace your abdominals, and maintain spinal alignment.
- Slowly walk out on your hands into position 2, squeeze the glutes, hold 5 seconds. (plank position)
- Walk your legs up to position 3, keeping the knees locked throughout the movement.

## Tips

- Avoid letting the hips rock side to side.
- Do not shrug your shoulders
- *This is a great Hamstring and calf stretch.*

## Progression

- Perform with a push up.

Great on  
duty  
stretch /  
exercise.



# Medicine Ball Squat

Resistance: Body Weight or Dumbbells

Sets: 2-3 each

Repetitions: Fatigue(15-25)

Rest: 60-90 seconds

## Preparation

- Stand with your feet shoulder width apart or slightly wider.
- Hold the weight on your chest, shoulder blades retracted at all times.

## Movement

- Brace your abdominals, Squat to 90', As you squat press the weight out till your arms are fully extended.
- Pause and return to the start position, never lock your knees.

## Tips

- Maintain (cervical) neck retraction.
- Do not allow your torso to drop or lean forward at all.
- Go no deeper than you can control and avoid the knees turning in as you rise up out of the squat.





# Reverse Lunge Press

Resistance: Medicine Ball or Dumbbells

Sets: 2-3 each

Repetitions: Fatigue(10-15 )

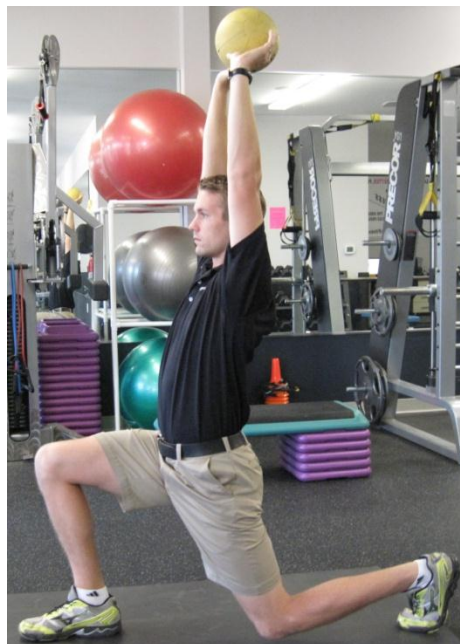
Rest: 60-90 seconds

## Preparation

- Feet shoulder width apart, weight held on your chest, abs braced.

## Movement

- Take a big step back landing on your toes, as you make contact with the floor bend the knee toward the floor but do not make contact with the ground. Concurrent to that press the weight over head extending the elbows completely.
- Return to the start position by driving up from the front leg and returning the weight to the start position.



# Pull Up / Modified Pull Up

Resistance: Body Weight

Sets: 2-3

Repetitions: 10-12

Hold time: 2 seconds

## Preparation

- Hang below a bar, maintain neutral spine, chin tucked and head up.

## Movement

- With your abs braced and glutes contracted pull up to the bar, squeeze the shoulder blades and slowly return to the start position.

## Tips

- Keep your body straight, never shrug, abs braced at all times.
- Try not to curl your wrists, squeeze your scapula at the top with each rep.

## Advanced

- Start with knees bent (basic)
- Progress to legs straight
- Advance to full hanging pull ups.



## DB Chest Press

Resistance: Dumbbells

Sets: 2-3 each

Repetitions: Fatigue(10-15)

Rest: 60-90 seconds

### Preparation:

- Laying on a bench or ball. Feet flat on the floor or on the bench.

### Movement:

- Perform a chest press maintaining body position and neutral spine. Only lower the weight to parallel position and press back up.

### Tips:

- No shrugging, keep your chin tucked.
- Your abs must be braced throughout this exercise.
- Do not arch your back.



# Single Leg Squat Reach to Row

Resistance: Bands or Cable

Sets: 2-3 each

Repetitions: Fatigue(8-12)

Rest: 60-90 seconds

## Preparation:

- Stand with on one leg, knee flexed, torso flexed and strict neutral spine position.

## Movement:

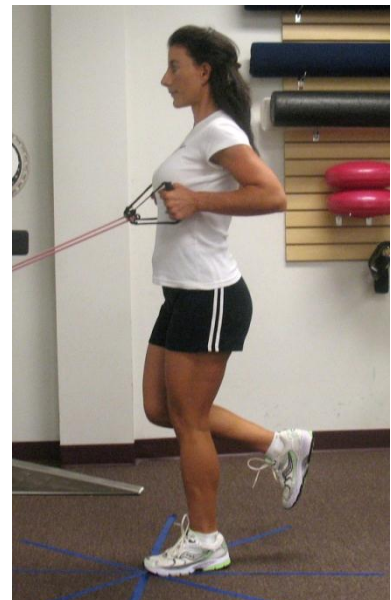
- With the Band held extended, squat and reach toward the floor, pause and slowly stand up. As you rise up from the squat row the Band back and squeeze your lat.

## Tips:

- Keep your chin tucked, spine in neutral and abs braced at all times.
- Avoid going too deep into the squat or reach, keep you balance and spinal alignment
- There is a tendency to stand up from the back and not the hip, imagine pressing up through your heel.

## Progression:

- Go slowly with this one, start on two legs if needed and progress to one.
- Stand on an unstable surface.



# Lateral Plank Row

Resistance: Bands or Cable

Sets: 2-3 each

Repetitions: Fatigue(10-12)

Rest: 60-90 seconds

## Preparation

- Lay on your side, elbow directly under your shoulder, neutral posture.

## Movement

- Raise up into a side plank position, row the band to your side, pause and return the band to the extended position.
- Once you are up, hold you plank while performing the row.

## Tips

- Keep the chin tucked and the head neutral, shoulders square.
- Keep the Knees locked, avoid shrugging as you row.

## Progression

- Perform repetitions of the plank and row together.
- Raise the top leg and hold it 3 inches above the bottom foot.





## Week 11-12

Exercise	Sets	Reps
Band or Cable Squat to Row	3	15
Feet Elevated Push Up	3	25,20,15
Plank Row	3	15-12-10
Lateral Tube Walk	3	20 steps R/L
DB Chest Press	3	3 X 12
Single Leg Squat Reach-Row	3	10
Lateral Plank Leg Abduction	3	Technique Dependent

- Remember to stretch after each workout.
- Roll before you begin any exercise.



# Band or Cable Squat to Row

Resistance: Bands or cable  
Sets: 2-3 each  
Repetitions: Fatigue(10-12)  
Rest: 60-90 seconds

## Preparation

- Squat stance, grasping a band or cable, arms extended.

## Movement

- Brace your abdominals, and retract the cervical spine.
- Keeping your elbows locked squat to parallel, pause and return to the start position.
- Keeping the knees slightly bent and abs braced perform a row.

## Tips

- Keep the elbows tight to the body and NO shrugs on the row.
- Keep the knees slightly bent.

## Progression

- Perform with only one arm.
- Perform with only one leg.
- Increase the tempo.



## Feet Elevated Push Up

Advanced push up progression: Once the basic technique has been mastered and muscular strength has been established there are many combinations of push up movements that can be performed. As always, proper attention to Neutral spine, keeping your glutes tight and avoid shrugging.



# Plank Row

Resistance: Body Weight & Band

Sets: 2-3

Repetitions: 10-15

Hold time: 2 seconds

## Preparation

- Lay on your stomach, elbows directly under your shoulders, neutral posture.

## Movement

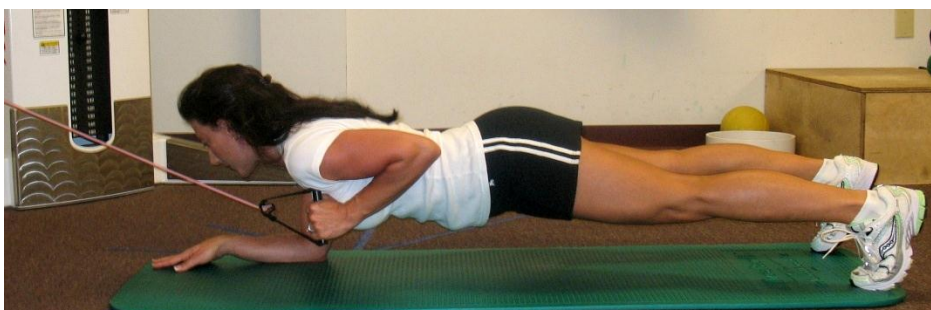
- Raise up into a plank position, row the band to your side, pause and return the band to the extended position.
- Once you are up, hold you plank while performing the row.

## Tips

- Keep the chin tucked and the head neutral, shoulders square.
- Remember to squeeze your shoulder blade during the pause.
- Keep the Knees locked, avoid shrugging as you row.
- Make sure the heels and legs do not rotate in, keep them slightly apart.

## Progression

- Perform repetitions of the plank and row together.
- Raise the top leg and hold it 3 inches above the bottom foot.





# Lateral Tube Walk

Resistance: Band

Sets: 3

Repetitions: 15-25 each direction

Rest: 45 seconds

## Preparation

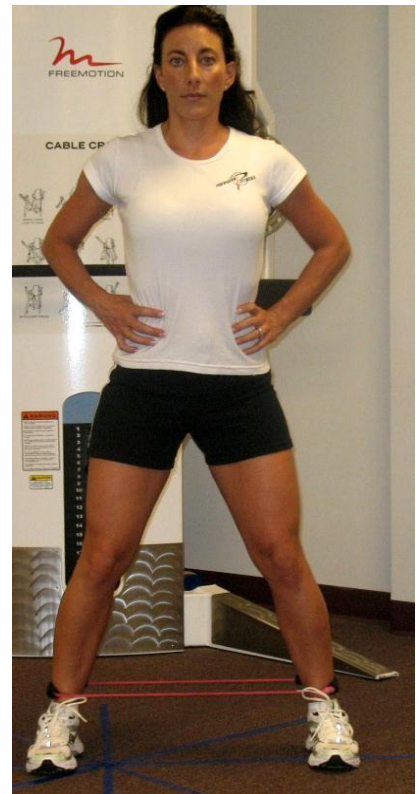
- Stand on the band with the feet neutral and the pelvis straight ahead. Have slight tension on the band.

## Movement

- Brace your abdominals slowly step about 4 -6 inches.
- Step through with the trail leg, maintain slight tension on the band. Go to fatigue and reverse directions.

## Tips

- Full recruitment and isolation of the lateral hip and gluteals require that the legs do not rotate in or out; to insure this for **keep your toes pointed straight ahead!**



## DB Chest Press

Resistance: Dumbbells

Sets: 2-3 each

Repetitions: Fatigue(10-15)

Rest: 60-90 seconds

### Preparation:

- Laying on a bench or ball. Feet flat on the floor or on the bench.

### Movement:

- Perform a chest press maintaining body position and neutral spine. Only lower the weight to parallel position and press back up.

### Tips:

- No shrugging, keep your chin tucked.
- Your abs must be braced throughout this exercise.
- Do not arch your back.



# Single Leg Squat Reach-Row

Resistance: Bands or cable

Sets: 2-3 each

Repetitions: Fatigue(8-12)

Rest: 60-90 seconds

## Preparation:

- Stand with on one leg, knee flexed, torso flexed and strict neutral spine position.

## Movement:

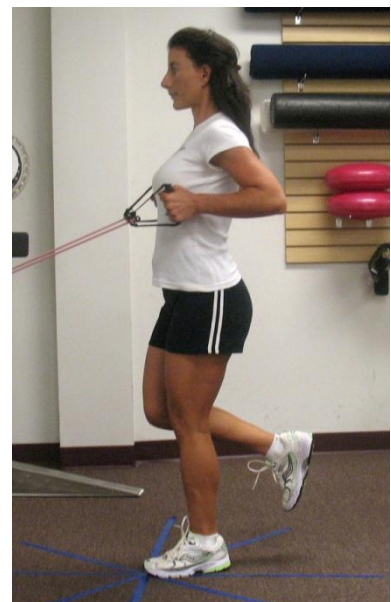
- With the Band held extended, squat and reach toward the floor, pause and slowly stand up. As you rise up from the squat row the Band back and squeeze your lat.

## Tips:

- Keep your chin tucked, spine in neutral and abs braced at all times.
- Avoid going too deep into the squat or reach, keep you balance and spinal alignment
- There is a tendency to stand up from the back and not the hip, imagine pressing up through your heel.

## Progression:

- Go slowly with this one, start on two legs if needed and progress to one.
- Stand on an unstable surface.





# Lateral Plank Leg Abduction

Resistance: Body Weight

Sets: 2-3 each

Repetitions: N/A

Hold Time: 5-25 seconds

## Preparation

- Position yourself on your side. The foot and elbow. (Frontal plane)
- Maintain a ridged body alignment with proper head position.

## Movement

- Brace your abdominals maintain spinal alignment.
- Raise your torso up off the floor stabilize and slowly abduct the hip 3-6 inches, pause and return to the starting position, repeat. continue on the opposite side.

## Tips

- Keep the glute muscles engaged throughout the exercise. Do not raise the leg quickly, keep the heel turned up to maintain proper femoral alignment.
- *This is a very advanced movement, use caution to maintain perfect form with this exercise.*

## Progression

- Perform with arm abduction (raise).



## Week 13-14

Exercise	Sets	Reps
Scoops	3	15
Prone Fly	3	12
Curl Up	3	10
Lunge Walk (Double Pump)	3	15
Plank Row	3	3 X 12
Pull Up / Modified Pull Up	3	12,10,8
Lateral Tube Walks	3	25 Steps R & L
Squat Jump	4	12

- Remember to stretch after each workout.
- Roll before you begin any exercise.

# Scoops

Resistance: Medicine Ball

Sets: 2-3

Repetitions: 10-15

Hold Time: 2-3 seconds

## Preparation

- Stand with your feet shoulder width apart, toes pointing ahead.
- Hold a medicine ball with both hands between your legs while in the squat position.

## Movement

- Brace your abdominals, drive up out of the squat position while scooping the medicine ball overhead as if you were throwing behind you.
- Slowly return to the start position and repeat.

## Tips

- Avoid arching the back when overhead, keep the abs braced throughout.
- During the squat keep the knees aligned and the toes pointing ahead.



## Prone Fly

Resistance: Dumbbell

Sets: 2-3

Repetitions: 10-15

Hold Time: 2-3 seconds

### Preparation

- Lie face down on the ball with a neutral spine. Contact with the ball should be around the belt line.
- Keep neck straight by focusing eyes on the floor and hold the dumbbells in the start position.

### Movement

- Brace your abdominals, slowly extend your arms out and behind you while rotating them to the palm up position. (Hold 2-3 seconds)
- Pinch your shoulder blades together.
- Return to the start position and repeat.

### Tips

- Be sure to keep your buttocks tight and your legs straight.
- Avoid shrugging the shoulders.
- Keep the chin tucked and your weight back on your toes.



# Curl Up

Resistance: Body Wt.

Sets: 2-3

Repetitions: 10-15

Hold Time: 3-5 seconds

## Preparation

- Lie supine, knees bent, feet together with arms extended toward the ceiling.
- Lift your head off the floor and tilted slightly toward your chest, keep your tongue on the roof of your mouth.

## Movement

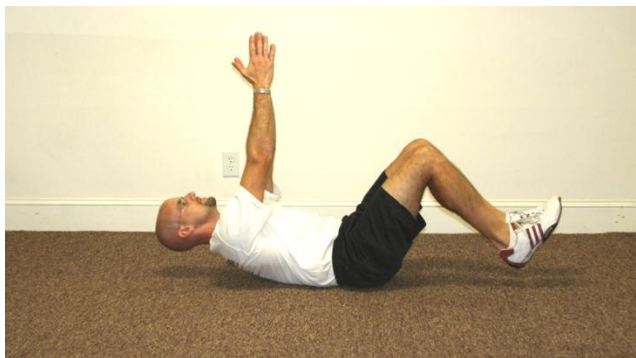
- Brace your abdominals, lift the chest and shoulders up off the floor, pause while bracing the abdominals.
- Return to the start position and repeat.
- Do NOT Crunch, Lift straight up!

## Tips

- Maintain spinal alignment throughout the entire exercise.
- Keep the abs braced throughout the exercise.
- This is a very small movement, the neck should be perfectly still.

## Progression

- Hover feet off the floor.



# Lunge Walk (Double Pump)

Resistance: Body Weight

Sets: 2-3

Repetitions: 10-15

Hold time: 2 seconds

## Preparation

- Stand with your feet slightly wider than shoulder width apart.
- Place your hands on your hips.

## Movement

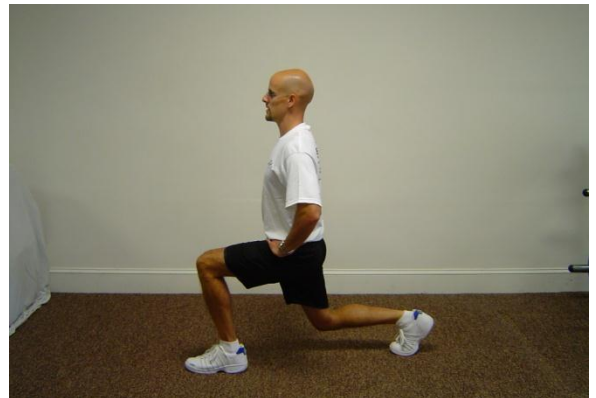
- Brace your abdominals and to assure spinal stabilization.
- Take a step forward, lower into the lunge position.
- Return to the start position and repeat.

## Tips

- Your knee should never move forward past your toes. (lead leg)
- Do not lean your upper body forward during your decent and avoid allowing the knee to contact the floor.

## Progression

- Use weight or an unstable surface.



2 lunges per step!



# Plank Row

Resistance: Band or Cable

Sets: 3 each

Repetitions: 10-15

Rest: 60 seconds

## Preparation

- Lay on your stomach, elbows directly under your shoulders, neutral posture.

## Movement

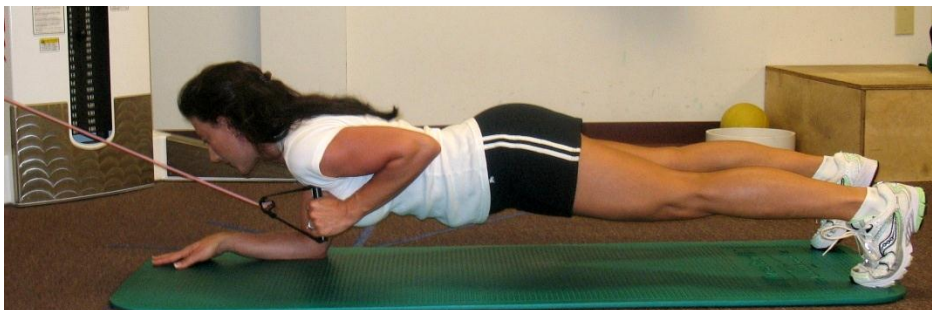
- Raise up into a plank position, row the band to your side, pause and return the band to the extended position.
- Once you are up, hold you plank while performing the row.

## Tips

- Keep the chin tucked and the head neutral, shoulders square.
- Remember to squeeze your shoulder blade during the pause.
- Keep the Knees locked, avoid shrugging as you row.
- Make sure the heels and legs do not rotate in, keep them slightly apart.

## Progression

- Perform repetitions of the plank and row together.
- Raise the top leg and hold it 3 inches above the bottom foot.



# Pull Up / Modified Pull Up

Resistance: Body Weight

Sets: 2-3

Repetitions: 10-12

Hold time: 2 seconds

## Preparation

- Hang below a bar, maintain neutral spine, chin tucked and head up.

## Movement

- With your abs braced and glutes contracted pull up to the bar, squeeze the shoulder blades and slowly return to the start position.

## Tips

- Keep your body straight, never shrug, abs braced at all times.
- Try not to curl your wrists, squeeze your scapula at the top with each rep.

## Advanced

- Start with knees bent (basic)
- Progress to legs straight
- Advance to full hanging pull ups.



# Lateral Tube Walk

Resistance: Band

Sets: 3

Repetitions: 15-25 each direction

Rest: 45 seconds

## Preparation

- Stand on the band with the feet neutral and the pelvis straight ahead. Have slight tension on the band.

## Movement

- Brace your abdominals slowly step about 4 -6 inches.
- Step through with the trail leg, maintain slight tension on the band. Go to fatigue and reverse directions.

## Tips

- Full recruitment and isolation of the lateral hip and gluteals require that the legs do not rotate in or out; to insure this for **keep your toes pointed straight ahead!**



# Squat Jump

Resistance: Body Weight  
Sets: 2-3 each  
Repetitions: 15-25  
Rest: 60-90 seconds

## Preparation

- Stand erect with your feet slightly wider than shoulder width apart.

## Movement

- Brace your abdominals to assure spinal stabilization.
- Slowly lower into the squat position.
- Continue your decent for as long as you can maintain hip, knee and ankle control.
- EXPLODE into a jump, land and repeat.

## Tips

- Do not allow your knee to move forward past your toes.
- Be sure that your heels remain in contact with the floor.
- Imagine sitting down into a chair, the hips/butt will always move first.
- Keep your knees straight, do not allow them to come together at any time.

## Progression

- Use an unstable surface.
- Add a suitcase or laptop chest press into the squat.



## Week 15-16

Exercise	Sets	Reps
Squat to Row (Super Set)	3	15
Squat to Press (Super Set)	3	15
Curl Up	3	10
Lateral Plank Row	3	15
Reverse Lunge Press (Super Set)	3	3 X 12
Pull Up / Modified Pull Up (Super Set)	3	12,10,8
Lateral Tube Walks	3	25 Steps R & L
Stir the Pot	4	12

- Remember to stretch after each workout.

- Roll before you begin any exercise.

\*Super Set is 2 exercises back to back with no rest\*



# Squat to Row (Super Set)

Resistance: Bands or Cable  
Sets: 2-3 each  
Repetitions: Fatigue(10-12)  
Rest: 60-90 seconds

## Preparation

- Squat stance, grasping a band or cable, arms extended.

## Movement

- Brace your abdominals, and retract the cervical spine.
- Keeping your elbows locked squat to parallel, pause and return to the start position.
- Keeping the knees slightly bent and abs braced perform a row.

## Tips

- Keep the elbows tight to the body and NO shrugs on the row.
- Keep the knees slightly bent.

## Progression

- Perform with only one arm.
- Perform with only one leg.
- Increase the tempo.





# Squat to Press (Super Set)

Resistance: Bands or Cable  
Sets: 2-3 each  
Repetitions: 10-15  
Rest: 60-90 seconds

## Preparation

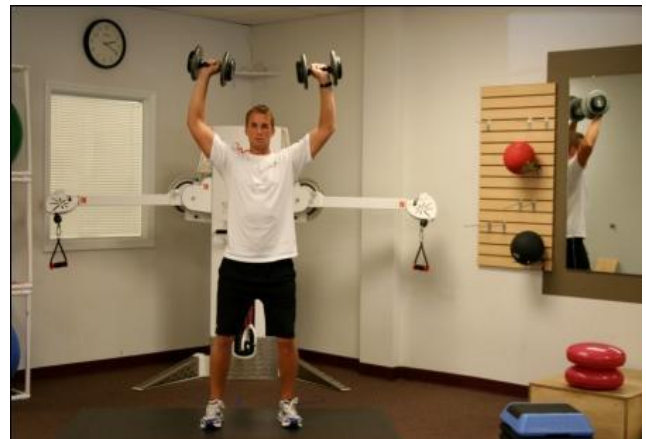
- Stand with your feet shoulder width apart.
- Hold the weight with your hands at shoulder level.

## Movement

- Brace your abdominals, retract the cervical spine and squeeze the shoulder blades down and back. (Neutral Spine Position)
- Squat to 90°, pause and return to the start position, never lock your knees.

## Tips

- Maintain (cervical) neck retraction.
- Stand on one leg to increase hip and core control.
- Add a shoulder press in to the top of the movement to increase difficulty and rev up your heart rate.



## Curl Up

Resistance: Body Weight

Sets: 2-3

Repetitions: 10-15

Hold Time: 3-5 seconds

### Preparation

- Lie supine, knees bent, feet together with arms extended toward the ceiling.
- Lift your head off the floor and tilted slightly toward your chest, keep your tongue on the roof of your mouth.

### Movement

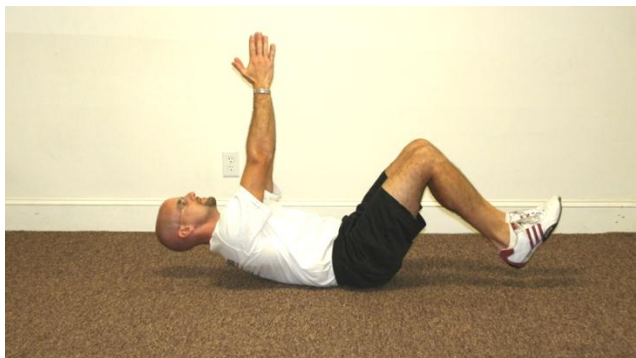
- Brace your abdominals, lift the chest and shoulders up off the floor, pause while bracing the abdominals.
- Return to the start position and repeat.
- Do NOT Crunch, Lift straight up!

### Tips

- Maintain spinal alignment throughout the entire exercise.
- Keep the abs braced throughout the exercise.
- This is a very small movement, the neck should be perfectly still.

### Progression

- Hover feet off the floor.



# Lateral Plank Row

Resistance: Bands or Cable

Sets: 2-3 each

Repetitions: Fatigue(10-12)

Rest: 60-90 seconds

## Preparation

- Lay on your side, elbow directly under your shoulder, neutral posture.

## Movement

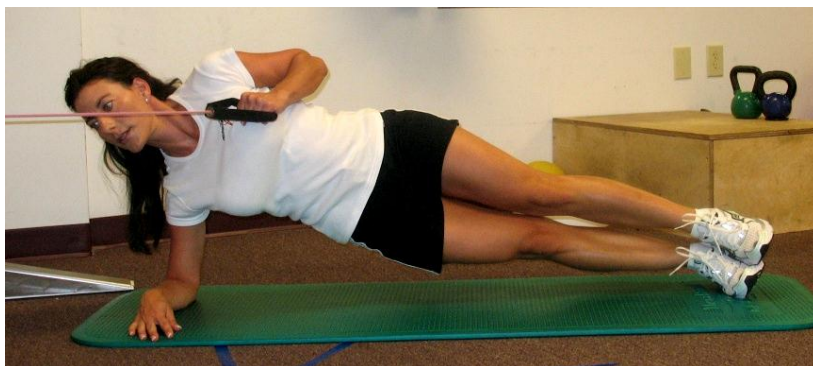
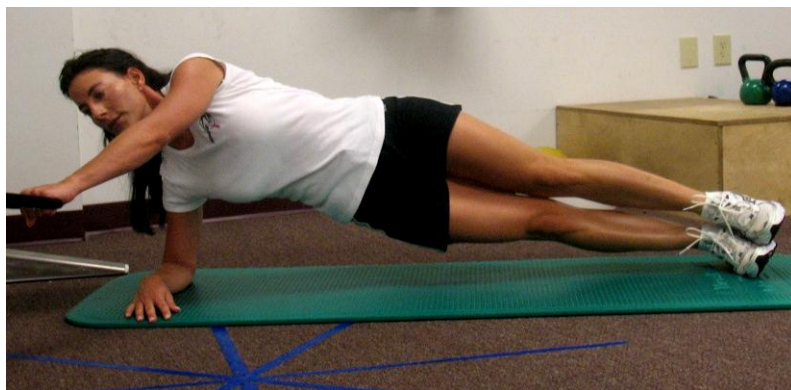
- Raise up into a side plank position, row the band to your side, pause and return the band to the extended position.
- Once you are up, hold you plank while performing the row.

## Tips

- Keep the chin tucked and the head neutral, shoulders square.
- Keep the Knees locked, avoid shrugging as you row.

## Progression

- Perform repetitions of the plank and row together.
- Raise the top leg and hold it 3 inches above the bottom foot.



## Reverse Lunge Press (Super Set)

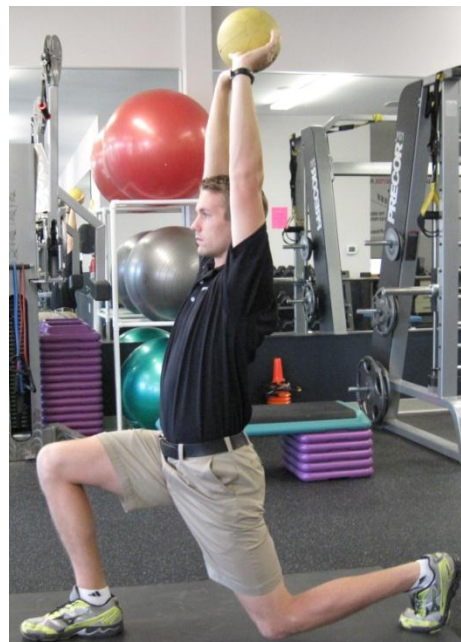
Resistance: Ball  
Sets: 2-3 each  
Repetitions: 10-15  
Rest: 60-90 seconds

### Preparation

- Feet shoulder width apart, weight held on your chest, abs braced.

### Movement

- Take a big step back landing on your toes, as you make contact with the floor bend the knee toward the floor but do not make contact with the ground. Concurrent to that press the weight over head extending the elbows completely.
- Return to the start position by driving up from the front leg and returning the weight to the start position.



# Pull Up / Modified Pull Up (Super Set)

Resistance: Body Weight

Sets: 2-3

Repetitions: 10-12

Hold time: 2 seconds

## Preparation

- Hang below a bar, maintain neutral spine, chin tucked and head up.

## Movement

- With your abs braced and glutes contracted pull up to the bar, squeeze the shoulder blades and slowly return to the start position.

## Tips

- Keep your body straight, never shrug, abs braced at all times.
- Try not to curl your wrists, squeeze your scapula at the top with each rep.

## Advanced

- Start with knees bent (basic)
- Progress to legs straight
- Advance to full hanging pull ups.





# Lateral Tube Walk

Resistance: Band

Sets: 3

Repetitions: 15-25 each direction

Rest: 45 seconds

## Preparation

- Stand on the band with the feet neutral and the pelvis straight ahead. Have slight tension on the band.

## Movement

- Brace your abdominals slowly step about 4 -6 inches.
- Step through with the trail leg, maintain slight tension on the band. Go to fatigue and reverse directions.

## Tips

- Full recruitment and isolation of the lateral hip and gluteals require that the legs do not rotate in or out; to insure this for **keep your toes pointed straight ahead!**





# Stir the Pot

Resistance: Ball

Sets: 3 each

Repetitions: 10 each direction

Rest: 60-90 seconds

## Preparation:

- 1) kneeling or 2) on your toes in a plank position with forearms on the ball and spine in neutral.

## Movement:

- Keeping the glutes TIGHT and spine neutral stir the pot clockwise and counter clockwise.

## Tips:

- This is a spine stiffening exercise so excessive body movement is not permitted.
- Avoid shrugging at all costs, try to keep the shoulder blades tucked down but do not sway your back to accomplish this.
- This exercise will work the abs hard! Start with low reps and only a few sets.



# Cardiovascular Training

Phase 1: Perform 2 to 3x per week for 2 weeks. Keep track of your times, try to improve slightly each session, use perfect form on the resistance exercise....quality not speed.

- 1) Roll and Stretch
- 2) 10 Minute Jog
- 3) Run 1 lap (1/4 mile)
- 4) 25 Squats with hands behind your head
  - a) Walk briskly for 1 lap
  - b) 30 second plank

Repeat 3 & 4 a total of 4 cycles. Rest exactly 45 seconds after the run before you begin the 4's.

For those of you who are time constricted or the weather is not cooperating there is an alternate plan for those days you can not get outside or finding stairs is difficult.

## **The TABATA Protocol!**

This is a high intensity protocol that involves 20 seconds of 100% effort followed by 10 seconds of total rest. Basically stop/go protocol. You do 8 cycles which totals 4 minutes of actual effort., that's right only 4 minutes but as they say go hard or go home!

You can download an app to your smart phone for free. Look for the name or HITT training.

Use a spin bike, stepper, treadmill, EFX or even a jump rope.

# Cardiovascular Training

Phase 2: Perform 2x per week for 2 weeks. Keep track of your times, try to improve slightly each session, use perfect form on the resistance exercise....quality not speed.

- 1) 10 Minute Jog. Roll and Stretch.
- 2) 10 Minute Jog
- 3) Run 1/2 lap (approx. 125 yards)
- 4) Bleacher or hill run– sprint up and jog back down.

Repeat 3 & 4 a total of 6 cycles. Your rest is the jog from bleacher to bleacher.

For those of you who are time constricted or the weather is not cooperating there is an alternate plan for those days you can not get outside or finding stairs is difficult.

## **The TABATA Protocol!**

This is a high intensity protocol that involves 20 seconds of 100% effort followed by 10 seconds of total rest. Basically stop/go protocol. You do 8 cycles which totals 4 minutes of actual effort., that's right only 4 minutes but as they say go hard or go home!

You can download an app to your smart phone for free. Look for the name or HITT training.

Use a spin bike, stepper, treadmill, EFX or even a jump rope.

# Cardiovascular Training

Phase 3: Perform 2x per week for 2 weeks. Keep track of your times, try to improve slightly each session, use perfect form on the resistance exercise....quality not just speed.

- 1) 10 Minute Jog / warm up or a Frisbee makes a great dynamic warm up with your training partner in place of the run.
- 2) Roll and Stretch
- 3) On a soccer or football field, Fast run from the goal to the half field line.
  - 20 Push Ups
  - Immediately run to the opposite goal line
  - 25 prisoner squats (hands behind your head)
- 4) Jog back to the far goal line.
  - Rest exactly 90 seconds and Repeat 3 & 4 a total of 4 times.
- 5) Perimeter of the field jog 2 times
- 6) Stretch