



# STAGE 2

## Strength Exercises:

### MOVEMENT PREPARATION

EXERCISE	2-4 SETS PER EXERCISE	SPECIAL NOTES
Stationary Bike	8-12 min (1 set only)	Light spin to warm the legs: Low resistance
<i>Perform all reps and sets of each exercise below IN ORDER... then move on to the WORKOUT</i>		
1) Single Leg Multi-touch: foot	4 reps ea leg	1 rep= 3 touches with the foot (fwd, side, bwd) Co-contract
2) Hurdle Step: Single leg - Side Swing Step - Forward Swing Step	4-8 reps ea leg, for ea movement	1 rep=over the hurdle and back
3) Single Leg Mini Band	4-8 reps each leg	1 rep=side lift and hip extension Co-contract
4) Wheel Drill: Level 1 - 4 Spoke	4 reps ea leg	1 rep= 4 steps (spokes) Co-contract

### WORKOUT

EXERCISE	2-4 SETS PER EXERCISE	SPECIAL NOTES
<i>Perform all reps and sets of each exercise below in order... OR perform as a Circuit: move from exercises 1&amp;4 to complete one set, then repeat 2-3 more times to complete the WORKOUT. (You choose)</i>		
1) Hip Bridges - Double leg	8-12 reps	• Push down on your heel to lift your hip UP, Squeeze!
2) Single Leg Squat	6-12 reps ea leg	• <u>Push down</u> through your heel as you move Down and Up with every rep!
3) Side Step-Up	6-12 reps ea leg	• Keep the weight over the heel and mid-foot. Push down through the heel for all movements.
4) Lower Leg Development	12-20 reps	• Squeeze your Gluts with every rep!

## STAGE 2 MOVEMENT PREPARATION DESCRIPTIONS

SINGLE LEG MULTI-TOUCH	
	<ul style="list-style-type: none"> <li>• Squat slightly on your standing leg.</li> <li>• Touch your foot to each dot without shifting your weight to that foot.</li> <li>• It is important to simultaneously flex at the ankle, knee, and hip with each movement.</li> </ul>
HURDLE STEP: Straight Leg Side Swing Step	
	<ul style="list-style-type: none"> <li>• Raise leg as high as possible.</li> <li>• Maintain a tall posture; lightly tap your foot on the ground without losing balance.</li> <li>• Keep hips and shoulders facing forward.</li> </ul>
HURDLE STEP: Straight Leg Forward Swing Step	
	<ul style="list-style-type: none"> <li>• Maintain a tall posture; lightly tap foot in front and back of hurdle.</li> <li>• Keep hips and shoulders facing forward.</li> </ul>
SINGLE LEG: MINI BAND	
	<ul style="list-style-type: none"> <li>• The standing leg must stay slightly flexed and co-contracted. Push down into the ground to increase stability and muscle control. Squeeze the quad and glut of the moving leg.</li> <li>• Maintain an upright chest.</li> </ul>
WHEEL DRILL - 4 Spoke	
	<ul style="list-style-type: none"> <li>• Step onto your heel, co-contracting your leg.</li> <li>• Allow yourself to pivot on your non active leg.</li> <li>• All steps should be forward steps.</li> </ul>

## STAGE 2 STRENGTH EXERCISE DESCRIPTIONS

HIP BRIDGES - Double Leg		
	<ul style="list-style-type: none"> <li>Bend knees 60-90 degrees. Push down through your heels in order to lift your hips. Be sure to squeeze your gluts at the top of the movement.</li> </ul>	
SINGLE LEG SQUATS		
	<ul style="list-style-type: none"> <li>Begin by extending one leg backward slightly, THEN flex the ankle/knee/hip (<i>squat</i>). KEEP YOUR WEIGHT ON THE HEEL and "push into the ground" to control the down and up movements of the squat.</li> </ul>	
SIDE STEP-UP		
	<ul style="list-style-type: none"> <li>"Push down into the box", shift your weight over to the stepping leg and stand tall through the hip.</li> <li>Control on the way down, keeping your knee square.</li> </ul>	
LOWER LEG DEVELOPMENT		
	<ul style="list-style-type: none"> <li>Raise your heels as high as you can and squeeze your gluts at the top.</li> </ul>	