



STAGE 4

Strength Exercises:

Workout A

MOVEMENT PREPARATION






EXERCISE	1-2 SETS PER EXERCISE	SPECIAL NOTES
Stationary Bike	8-12 min (1 set only)	Light spin to warm the legs: Low resistance
Perform all reps and sets of each exercise below IN ORDER... then move on to the WORKOUT		
1) Rope Skip	30 sec.	
2) Hurdle Step: [Alternating legs] - Side Swing Step - Forward Swing Step - Forward/Bwd Bent Knee Step - Side Bent Knee Step	4 reps ea for ea movement	1 rep = over the hurdle and back Stay tall with all movements. Posture!
3) Mini Band: - Side Lift/Hip Extension - Bent Knee Side Step - V Step Fwd/Bwd	4x ea leg 2R/2L - x3 4fwd/4bwd - x2	Co-contract Push into the ground to increase strength and stability with every movement.
4) Super Person	4 reps ea leg	

WORKOUT

EXERCISE	2-4 SETS PER EXERCISE	SPECIAL NOTES
Perform all reps and sets of each exercise below in order... OR perform as a Circuit: move from exercises 1à4 to complete one set; then repeat 2-3 more times to complete the WORKOUT. (You choose)		
1) Balance Squat	8-12 reps	• Push down on your heel to lift your hip UP. Squeeze!
2) RDL's – Double leg	6-12 reps ea leg	• Keep your back flat and knees slightly flexed.
3) Crossover Lunge	12-20 reps	• Keep an upright chest.
4) Physioball Hamstring Curl: Single Leg	6-12 reps ea leg	• Squeeze gluts with every rep.

STAGE 4 MOVEMENT PREPARATION DESCRIPTIONS





Workout A

ROPE SKIP	
	<ul style="list-style-type: none"> Vary technique when jumping.
HURDLE STEP: Straight Leg Side Swing Step	
	<ul style="list-style-type: none"> Raise leg as high as possible. Maintain a tall posture; lightly tap your foot on the ground without losing balance. Keep hips and shoulders facing forward
HURDLE STEP: Straight Leg Forward Swing Step	
	<ul style="list-style-type: none"> Maintain a tall posture; lightly tap foot in front and back of hurdle. Keep hips and shoulders facing forward.
HURDLE STEP: FWD/BWD Bent Knee Step	
	<ul style="list-style-type: none"> Maintain a tall posture; keep knees bent when stepping over the hurdle. Keep your shoulders and hips facing forward.
HURDLE STEP: SIDE BENT KNEE	
	<ul style="list-style-type: none"> Maintain a tall posture; keep knees bent when stepping over the hurdle. You may have to go up on the toe of the grounded leg to get over the hurdle.

MINI BAND: SIDE LIFTàEXTENSION	
	<ul style="list-style-type: none"> • Raise the band to the side, then extend it behind you • Keep your chest upright during the entire move. • The standing leg must stay slightly flexed and co-contracted to increase stability.
MINI BAND: BENT LEG SIDE STEPS	
	<ul style="list-style-type: none"> • Take a co-contracted athletic stance. • Keep tension in the band as you step side to side.
MINI BAND: V-Step Fwd/Bwd	
	<ul style="list-style-type: none"> • Push through the grounded leg to step forward diagonally. • Guide the band in, stretch it back out.
Superman	
	<ul style="list-style-type: none"> • Slightly squat with the standing leg, extend your arms and opposite leg at the same time, once you get to an extended position with your arms and back leg pull them back in and repeat. • Make sure to maintain a co-contraction in the standing leg.

STAGE 4 STRENGTH EXERCISE DESCRIPTIONS

Workout A

BALANCE SQUAT	
	<ul style="list-style-type: none"> • Keep pressure into the front leg, push down through the HEEL. • Lower and rise in a controlled motion.
RDL: DOUBLE LEG	
	<ul style="list-style-type: none"> • Lower the weight slowly down, keeping your back flat and your knees slightly bent.
CROSS-OVER LUNGE	
	<ul style="list-style-type: none"> • Start with feet shoulders width, cross one leg in front of the other, catch with your heel, bend the knee the push back up to the starting position. • Keep your chest upright. • Allow your non active leg to go on to the toe.
PHYSIOBALL HAMSTRING CURL: SINGLE LEG	
	<ul style="list-style-type: none"> • Push your heel down into the ball, raise your hips and curl the ball back in toward your body then back out. • Make sure your hands are out for balance.