



STAGE 4

Strength Exercises:

Workout B

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	4 reps ea leg	Vary technique.
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 - Straight Leg Side Steps - V Step Fwd/Bwd	4x ea leg 4R/4L - x3 4fwd/4bwd - x2	Co-contract Push into the ground to increase strength and stability with every movement.
4) Wheel Drill: Level 3 - 5 Spoke	4 reps ea leg	1 rep=5 steps (spokes), AND use a Release Step Co-contract





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 1â4 to complete one set; then repeat 2-3 more times to complete the WORKOUT. (You choose)		
1) Lateral Lunge	8-12 reps	• Co-contract as you catch yourself.
2) Forward Step-up	6-12 reps ea leg	• <u>Push down</u> through your heel as you move Down and Up with every rep!
3) Hip Extension: Single Leg	6-12 reps ea leg	• Keep the weight over the heel and mid-foot. Push down through the heel for all movements.
4) Forward Walking Lunge	12-20 reps	• Squeeze your Gluts with every rep!

STAGE 4 MOVEMENT PREPARATION DESCRIPTIONS





Workout B

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: Bent Knee Forward 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: Bent Knee Side Step	
	<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 KNEE 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.
WHEEL DRILL: 5 Spoke Release	
	<ul style="list-style-type: none"> • Step through the heel, co-contrast as you catch yourself release the back leg and push back to the starting position. • Each Step should be a forward step.

STAGE 4 STRENGTH EXERCISE DESCRIPTIONS

Workout B

Lateral Lunge	
	<ul style="list-style-type: none"> • Start in shoulders width stance, step sideways, co-contract with your outside leg and let the middle leg go long. Then repeat. • Keep an upright chest. • Keep your knee square.
FORWARD STEP-UP	
	<ul style="list-style-type: none"> • Push pressure down into the box then stand up only using the front leg. • Control the lowering motion. • Keep your knee square.
HIP EXTENSION: SINGLE LEG	
	<ul style="list-style-type: none"> • Place the bottom of your shoulder blades on a bench. Bend your knee at 90°, raise your hips up until you are parallel to the ground then lower. • Push through the heel.
FORWARD WALKING LUNGE	
	<ul style="list-style-type: none"> • Lunge forward, pull with your front leg extending your hip then alternate legs. • Catch the lunge with the heel.