



# STAGE 3

## 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
<b>Perform all reps and sets of each exercise below IN ORDER... then move on to the WORKOUT</b>		
1) Single Leg Multi-touch: Hand	4 reps ea leg	1 rep = 3 touches with the hand (side, fwd, opp side) Co-contrast as you flex the knee.
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-contrast Push into the ground to increase strength and stability with every movement.
4) Wheel Drill: Level 2 - 5 Spoke	4 reps ea leg	1 rep=5 steps (spokes), AND use a Release Step Co-contrast

### WORKOUT

EXERCISE	2-4 SETS PER EXERCISE	SPECIAL NOTES
<b>Perform all reps and sets of each exercise below in order... OR perform as a Circuit: move from exercises 1-4 to complete one set; then repeat 2-3 more times to complete the WORKOUT. (You choose)</b>		
1) Balance Squat	8-12 reps	• <u>Push down</u> through your heel as you move Down and Up with every rep!
2) RDL's – single leg	6-12 reps ea leg	• Keep your back flat and knee slightly flexed.
3) Forward Step-up	6-12 reps ea leg	• Keep the weight over the heel and mid-foot, all of the push should come from the front leg.
4) PB Ham Curls - dbl	12-20 reps	• Squeeze your Gluts with every rep!

## STAGE 3 MOVEMENT PREPARATION DESCRIPTIONS

<b>SINGLE LEG MULTI-TOUCH: HAND</b>	
	<ul style="list-style-type: none"> <li>It is important to simultaneously flex at the ankle, knee, and hip with each movement.</li> </ul>
<b>HURDLE STEP: Straight Leg Side Swing Step</b>	
	<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>
<b>HURDLE STEP: Straight Leg Forward Swing Step</b>	
	<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>
<b>HURDLE STEP: FWD/BWD Bent Knee Step</b>	
	<ul style="list-style-type: none"> <li>Maintain a tall posture; keep knees bent when stepping over the hurdle.</li> <li>Keep your shoulders and hips facing forward.</li> </ul>
<b>HURDLE STEP: SIDE BENT KNEE</b>	

	<ul style="list-style-type: none"> <li>• Maintain a tall posture; keep knees bent when stepping over the hurdle.</li> <li>• You may have to go up on the toe of the grounded leg to get over the hurdle.</li> </ul>
<b>MINI BAND: SIDE LIFTàEXTENSION</b>	
	<ul style="list-style-type: none"> <li>• Raise the band to the side, then extend it behind you</li> <li>• Keep your chest upright during the entire move.</li> <li>• The standing leg must stay slightly flexed and co-contracted to increase stability.</li> </ul>
<b>MINI BAND: Bent Knee Side Step</b>	
	<ul style="list-style-type: none"> <li>• Take a co-contracted athletic stance.</li> <li>• Keep tension in the band as you step side to side.</li> </ul>
<b>MINI BAND: V-STEP</b>	
	<ul style="list-style-type: none"> <li>• Push through the grounded leg to step forward diagonally.</li> <li>• Guide the band in, stretch it back out.</li> </ul>
<b>WHEEL DRILL - 5 Spoke</b>	
	<ul style="list-style-type: none"> <li>• Step through the heel, co-contrast as you catch yourself and push back to the starting position.</li> <li>• Each Step should be a forward step.</li> </ul>

## STAGE 3 STRENGTH EXERCISE DESCRIPTIONS

BALANCE SQUAT		
	<ul style="list-style-type: none"> <li>Keep pressure into the front leg, push down through the <b>HEEL</b>. Lower and rise in a controlled motion.</li> </ul>	
RDL'S – Single leg		
	<ul style="list-style-type: none"> <li>Lower the weight slowly down, keeping your back flat and your standing knee slightly bent.</li> </ul>	
FORWARD STEP-UP		
	<ul style="list-style-type: none"> <li>Push pressure down into the box then stand up only using the front leg.</li> <li>Control the lowering motion.</li> <li>Keep your knee square.</li> </ul>	
PHYSIOBALL HAMSTRING CURLS		
	<ul style="list-style-type: none"> <li>Push your heel down into the ball, raise your hips and curl the ball in toward your body and straighten back out.</li> <li>Make sure your hands are on the ground for balance.</li> </ul>	