

WARM UP EXERCISES

JUMP ROPE



Using a fast twirl, rapidly jump up and down using spring in the feet and ankles, not in knees.

ANKLE BOUNCES



Rapidly jump up and down using spring in the feet and ankles, not in knees.

JUMPING JACKS



Jump feet wide and together while bringing arms over head then down to hips.

V-JUMPS



Start with opposite arm and foot to the front. With small jumps, quickly alternate the lead foot and arm on each jump.

WALKING QUAD STRETCH



Bring heel to butt and press hips forward.

WALKING LUNGE STRETCH



Keep belly button facing straight ahead.

SIDE STEP LUNGE



Step directly to the side, keep head, knee and toe in straight line.

STANDING HAMSTRING



Keep hips square.

KNEELING HIP FLEXOR



Keep belly button facing straight ahead.

KNEELING QUAD



Bring heel to butt and press hips forward.

CHEST STRETCHES



Clasp hands behind hips and stretch arms down towards floor. Roll shoulder back to open chest. Do not let back arch.

CALF STRETCH



Keep toes facing wall and keep the back heel down on the floor.

GRAPEVINES



Running sideways to the left, alternate bringing the right foot over then under the left.

POWER SKIPS



Skip at full speed to cover as much distance and height with each skip.

SPRINTS



Run near full speed to cover as much distance and height with each step.

ROTATION JUMPS



Jump up to feel the lift then rotate half or full turn. Land with feet uncrossed and parallel.

OFF-ICE COOL DOWN EXERCISES

PRONE BRIDGE



Start propped up on elbows and toes, hold abs braced to keep back straight.

SIDE BRIDGE



Start in Prone Bridge then rotate to 1 side and hold, keep abs braced.

ALT LEG LOWERING



Start with both legs up. Alternate lowering each leg close to floor w/out allowing back or pelvis to rock.

CRUNCHES



Start flat on back with knees slightly bent. Brace abs then crunch up slightly to lift shoulder blades off the floor.

PLANK



Start in Plank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

SIDE PLANK



Start in Plank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

STANDING HAMSTRING



Both feet point straight ahead.

CALF STRETCH



Both feet point straight ahead.

STRADDLE SIT



Keep knees straight and spine long.

KNEELING HIP FLEXOR



Keep hips square.

PRETZEL/ITB



Twist to the outside of bent knee.

MODIFIED SPLITS



Use yoga block or step stool under front thigh if unable to do a full split.

KNEELING QUAD STRETCH



Use the opposite hand to foot.

SPIRALS



Balance while doing spiral position.

STRENGTH TRAINING EXERCISES

SQUAT



Start with feet and knees pointing straight ahead then bend down until thighs are parallel with floor. Keep spine straight, not rounded.

SIDE STEP LUNGES



Stand on 1 foot then step directly to the side onto a bent knee. Line up nose, knee and foot in vertical line. Return to standing and rebalance before continuing.

1 OR 2 FOOT BOX JUMPS (4" - 8" STEP)



Stand by box, bend knees and swing arms back, then jump up onto box. Hold the landing on the box and also when landing on the floor (1 or 2 feet) until balanced, with the knee in line with the toe.

CHEST FLY



Anchor band behind you. Hold arms wide out to sides then bring arms in front on chest. Keep abs firm and stand up straight.

HEEL RAISES



Stand on floor or curved side of 1/2 foam roller. Lift heels off the floor keeping weight on middle toes. Slowly lower heels down.

BACK FLY ("T")



Anchor band in front of you. Hold arms out in front of chest then bring arms wide out to the sides. Keeps abs firm and stand up straight.

ALTERNATE LUNGE JUMPS



Start in lunge position, jump to switch arms and legs then land in lunge with opposite foot and arm in front.

SPLIT SQUAT



Start with feet split apart front to back about 18". Bend both knees 90 degrees, keeping the front knee in line with the front foot.

STEP FORWARD LUNGES



Balance on 1 foot and take large step forward. Roll through the heel and onto the flat of the foot as the knee bends. Push off of the heel of the front foot and return to standing balance, do not touch down between reps.

SINGLE LEG SQUAT



Balance on 1 foot and bend knee (90 degrees max) keeping knee over toe. When able, stand on foam pad for added balance challenge.

STANDARD PUSH UP



Start in Plank with abs braced to keep back straight. Bend elbows to lower body towards floor, then push up to return to Plank.

BALL TOSS - 1 FOOT



Balance on 1 foot facing partner or concrete wall and toss a ball back and forth. Stand on foam pad to increase balance challenge.

ROW



Anchor band in front of you. Hold arms out in front of chest then bring arms back while drawing shoulder blades down and back. Hands come close to chest. Keeps abs firm and stand up straight.

LATERAL RAISE



Anchor band by standing on it. Lift arms out to side up to shoulder height, palms down and elbows soft.

2 OR 1 FOOT FOWARD CONE JUMPS



Line up 8 cones about 2-3 feet apart. Quickly jump over the cones. If on 2 feet, make sure feet are touching during flight.

ONE LINE (V) DRILLS

- Start to side of line.
- On 2 feet, jump sideways over line for 8 jumps (back and forth 4 times)
- Continuing on the left foot, jump sideways over line for 8 jumps
- Continuing on the Right foot, jump sideways over line for 8 jumps
- Immediately turn to face the line, jump on 2 feet forward and backward over line for 8 jumps
- Continuing on the left foot, jump forward and backward over line for 8 jumps
- Continuing on the Right foot, jump forward and backward over line for 8 jumps.

