

The Goal of this plan is:

injury Prevention

Stability

Core Strength

Agility

Sit to Stand

TO DO:

Sit in a chair with both feet on top the band, each hand holding one end of it. Extend your left leg
Use your right leg to stand up. You'll need to bend slightly forward. Lower back down to the chair
using your right leg. Repeat on the other leg.

Strengthens

Quads, Glutes and hamstrings

Core Twist

TO DO:

Secure one end of the band in a doorjamb (or tie to a sturdy object) at chest level. With your right side facing the door, grab the band's other end with both hands. With arms extended, rotate your torso away from the door.
Release; repeat on the other side

Strengthens

Core Strength

Rectus abdominal, Side (internal and external oblique

SQUAT

Works the quads, hip extensors and glutes

TO DO:

Stand with feet on a band. Grab both ends of the band with your hands and bring your arms up to your shoulders, palms facing out. Squat down, pushing your glutes down and back. Return to standing and repeat.

SIDE-LEG RAISE

Works the gluteus medius

TO DO:

Secure one end of the band in a doorjamb (or tie to a sturdy object). Loop the other end around your left ankle. While squeezing the glutes on your right side, hike your left hip up, and then lift your left leg out to the side. Lower that leg; repeat on the other side.

ARM SWING

Works the arms and shoulders to improve posture during motion

TO DO:

Insert center of the band in a doorjamb (or tie to a sturdy object). Hold both ends of the band. Alternate bending and straightening your elbows to pump your arms as if you were running. If too easy, stand on one leg as you pump

Stretching-lengthening

Leg lift to chest
Step out lunge
Rotate torso
Bending lat stretch
Chest stretch
Internal and External oblique stretch

Warm Up-integration

10 body squats
4 push ups
8 squats with plate your collar bone
4 overhead squats
4 squats with heel lift
4 push ups

Core

Planks (15 to 30 seconds)
Side planks 15 to 30 seconds)

Agility (Used to improve footwork and coordination)

Sumo bench jumps (8 to 10 reps)
Side stepping squats (8 to 10 reps)
Lateral bounding (8 to 10 reps)
Single leg lunge on bench (8 to 10 reps)