

**ACTIVE DYNAMIC WARM-UP**

20 Minutes	Exercise					
	Pillar Prep <sup>1</sup>	Circuit	Time	Distance		Rest
	<a href="#">Plank on Elbows</a>	2	15 sec.			
	<a href="#">Side Plank (right)</a>	2	15 sec.			
	<a href="#">Bridge</a>	2	15 sec.			
	<a href="#">Side Plank (left)</a>	2	15 sec.			
	Movement Prep	Sets	Time	Distance	Reps	Rest
	<a href="#">World's Greatest Stretch</a>				1	
	<a href="#">Bretzel</a>		10 sec hold		2	
	<a href="#">Inverted Hamstring</a>				2	
<a href="#">Handwalks</a>			10 yards	1		

Exercise					
Agility	Sets	Time	Distance	Reps	Rest
<a href="#">Slalom - (Ladder Drill)</a>				2	
<a href="#">3 Out 1 In - (Ladder Drill)</a>				2	
<a href="#">60 yard shuffle - Fwd-Back</a>				2	
Muscle Activation	Sets	Time	Distance	Reps	Rest
<a href="#">2 inch Speed Run</a>		10 sec.			20 sec
<a href="#">Mini Band - Hip Activation</a>	2			10 ea side	

Note: <sup>1</sup> "Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.

**ELASTICITY and STRENGTH**

20 Minutes	Exercise					
	Elasticity	Sets	Time	Distance	Reps	Rest
	<a href="#">Side Toss - Medicine Ball</a>	2			8 ea side	20 sec
	<a href="#">Reverse Peltier Slams - MB</a>	2			8	20 sec
	Strength <sup>2</sup>	Circuits	Time	Distance	Reps	Rest
	<a href="#">Backwards Bear Crawls</a>	2		15 Yards		
	<a href="#">Single Leg Resistance Band Pull</a>	2			12 ea side	
<a href="#">Goblet Squat</a>	2			12		

Note: <sup>2</sup> "Strength" is a circuit program = (Perform: "Backwards Bear Crawls", then "Single Leg Resistance Band Pull", then "Foot Elevated Hip Lift"). Then repeat circuit.

**CONDITIONING**

15 Minutes	Exercise					
	ESD	Sets	Time	Distance	Reps	Rest
	<a href="#">Versa-Climber</a>		30-60 sec		5-12	60-120 sec.
	<a href="#">Tread Mill</a>		30-60 sec		5-12	60-120 sec.
	<a href="#">Box Drill</a>				5-12	30 sec.

Exercise					
ESD	Sets	Time	Distance	Reps	Rest
<a href="#">Sleds</a>		30-60 sec		5-12	60-120 sec.
<a href="#">300 yard Shuttle</a>		30-60 sec		5-12	60-120 sec.
<a href="#">Cycling</a>		30-60 sec		5-12	60-120 sec.

Note: "ESD" is a high intensity, maximal effort, anaerobic interval training. Choose 1 exercise modality. The work ratio is 30 to 60 seconds while the rest ratio is 1 to 2 minutes. Slowly progress the number of repetitions as tolerated.

**RECOVERY**

5 Minutes	Exercise					
	Recovery <sup>3</sup>	Sets	Time	Distance	Reps	Rest
	Foam Roller					
	<a href="#">Supine</a>		30 sec.			
	<a href="#">Glutes</a>		30 sec.			
	<a href="#">Hamstring</a>		30 sec.			
	<a href="#">Calves</a>		30 sec.			
	<a href="#">Inner Thigh</a>		30 sec.			
	<a href="#">Chest/Shoulders</a>		30 sec.			
	<a href="#">IT Bands</a>		30 sec.			

Exercise					
Stretches <sup>3</sup>	Sets	Time	Distance	Reps	Rest
<a href="#">Calves and Hamstrings</a>		30 sec.			
<a href="#">Hipflexors and Quads</a>		30 sec.			
<a href="#">Adductors</a>		30 sec.			
<a href="#">Hip Rotation and Posterior</a>		30 sec.			
<a href="#">Bretzel</a>		30 sec.			
<a href="#">90/90 Shoulder</a>		30 sec.			

Note <sup>3</sup>: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.