

Title: Prevention Pre Season Part 1

For: Indiana H1

By: SCIPS

Created with Skill-Up software!

07 May 2020

Total duration: 00:15:00 (uu:mm:ss)

13 exercises: 6 7 0

Equipment:    






Objective(s): Strength, Stretching - mobility

Workout code: EV5fp3SAe2lw

Comment(s): /



1		Starting position: Two feet next to each other. Exercise: Stand on 1 leg, bend the knees and place the opposite leg behind the supporting leg. Push back up by moving the pelvis forward. Comment: / No. of ex: 1713 Repetitions: 10 Sets: 1 Sides: 2 Time/rep: 00:03 Rest: 00:01
2		Starting position: 1 knee on the floor (bent 90°), other foot on the floor (hip and knee bent 90°), straight trunk, hands by your ears. Exercise: Move trunk slightly forward (stretching rear hip), meanwhile rotate trunk toward front leg. Comment: / No. of ex: 4193 Repetitions: 10 Sets: 1 Sides: 2 Time/rep: 00:04 Rest: 00:01
3		Starting position: outside of foot on stool, leg bent at the hip and knee, supporting leg straight, hands at the knee Exercise: tilt trunk forward, push knee outward Comment: / No. of ex: 2092 Repetitions: 10 Sets: 1 Sides: 2 Time/rep: 00:03 Rest: 00:01
4		Starting position: 1 leg straight, 1 leg slightly bent at hip and knee, foam roller in both hands, roller on upper leg. Exercise: Foam roll the front of the upper leg (quadriceps). Comment: / No. of ex: 1317 Repetitions: 30 Sets: 1 Sides: 2 Time/rep: 00:01 Rest: 00:00
5		Starting position: 1 leg straight, 1 leg slightly bent at hip and knee, foam roller in both hands, roller behind upper leg. Exercise: Roll along the back of your upper leg (hamstrings). Comment: / No. of ex: 1316 Repetitions: 30 Sets: 1 Sides: 2 Time/rep: 00:01 Rest: 00:00
6		Starting position: Hips bent at an angle of 90°, legs extended against vaulting box/wall, feet flexed, arms extended alongside the body. Exercise: Move extended arms in an upward half circular motion and align with body. Comment: / No. of ex: 855 Repetitions: 10 Sets: 1 Sides: 1 Time/rep: 00:02 Rest: 00:01
7		Starting position: Hips and knees bent at an angle of 90°, neutral back, hands at the head. Exercise: Rotate both hips outward. Comment: / No. of ex: 676 Repetitions: 10 Sets: 1 Sides: 1 Time/rep: 00:03 Rest: 00:01
8		Starting position: Hands at the head, hips and knees bent, feet on the floor, legs spread. Exercise: Move both knees toward each other and to the floor (endorotation hip). Comment: / No. of ex: 593 Repetitions: 10 Sets: 1 Sides: 1 Time/rep: 00:02 Rest: 00:01

9		<p>Starting position: 1 knee on the floor, other leg extended with foam roll under hip, lean on both forearms.</p> <p>Exercise: Move foam roll up and down across the hip.</p> <p>Comment: /</p> <p>No. of ex: 4982 Repetitions: 30 Sets: 1 Sides: 2 Time/rep: 00:01 Rest: 00:00</p>
10		<p>Starting position: Legs extended and on top of each other, lean on forearm, other hand on the floor, foam roll under upper leg.</p> <p>Exercise: Move foam roll up and down across the side of the upper leg (= tensor fasciae latae).</p> <p>Comment: /</p> <p>No. of ex: 4978 Repetitions: 30 Sets: 1 Sides: 2 Time/rep: 00:01 Rest: 00:00</p>
11		<p>Starting position: 1 foot supported, other leg crossed (foot on upper leg), lean on both hands, foam roll under buttock.</p> <p>Exercise: Move foam roll up and down across the buttock (= glutes).</p> <p>Comment: /</p> <p>No. of ex: 4974 Repetitions: 30 Sets: 1 Sides: 2 Time/rep: 00:01 Rest: 00:00</p>
12		<p>Starting position: Hands behind the head, 1 knee bent, leaning on foot, other leg bent with ankle on the upper leg (cross-sitting position).</p> <p>Exercise: Move bottom knee toward shoulders.</p> <p>Comment: /</p> <p>No. of ex: 3785 Repetitions: 10 Sets: 1 Sides: 2 Time/rep: 00:05 Rest: 00:01</p>
13		<p>Starting position: Arms wide, legs held together.</p> <p>Exercise: Move foot toward opposite hand.</p> <p>Comment: /</p> <p>No. of ex: 3701 Repetitions: 10 Sets: 1 Sides: 2 Time/rep: 00:05 Rest: 00:01</p>