



10-Week Vertical Jump Training Program

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A note from Alan

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Introduction

Welcome to our 10-Week Vertical Jump Training Program. While we hope you will, we can't promise you will be dunking by the end of this program. But we can promise, if you follow this program with effort and consistency, you will make progress!

There is more to the game of basketball than dunking. Becoming more explosive will help you maximize your potential for success on the court. Your commitment to excellence, combined with the information in this program, will help you implement a sound and productive strength training and power program.

Proper strength and power training is still a greatly underestimated aspect of preparation for many players. You are not an Olympic lifter or bodybuilder, so you need not train that way.

The importance of strength and power is quite evident in the sport of basketball. The days of just playing pick-up at the gym are over. It is important for you to participate in a truly comprehensive strength training and power program in order to improve your performance on the court.

In addition to elevating your bounce, this program has been designed to decrease the occurrence and/or severity of injury. Basketball is a physically demanding sport. Making your muscles, ligaments, and tendons stronger will lessen the chance and/or severity of an injury (such as a pulled groin or sprained ankle), and keep you on the court where you belong.

IMPORTANT: For any exercises listed with a number and a letter (1**A**: Dumbbell Squats and 1**B**: Dumbbell Bench Press), these exercises are to be performed in a superset fashion. Perform a set of 1**A**: Dumbbell Squats, then immediately perform at set of 1**B**: Dumbbell Bench Press. Move back and forth until the prescribed number of sets have been completed.

Pre-Workout

Prior to beginning the actual workout, we will have you go through a structured series of foam roll and pre-hab exercises. Foam rolling, which in essence is a self-massage, is used to prepare your body for the workout as well as keep your muscles healthy. Pre-hab is a term coined to describe a series of exercises done as a proactive means to reduce the risk and overall severity of an injury. This is done by strengthening specific muscle groups and joints. The ankle is the single most injured area for basketball players. Ankle sprains can happen from landing on another player's foot or having it roll over during a sharp cut. A severe ankle sprain can debilitate you for several months. We recommend you perform many of the pre-workout exercises without your shoes on to help strengthen the intrinsic muscles of your feet and ankles. The pre-workout portion of this program is integral to success.

Warm-Up

Prior to beginning these workouts, it is important to go through a proper warm-up to reduce the chance of injury. Don't confuse warming up with stretching, as they are two completely separate activities. The warm-up will consist of low intensity movements that involve most of the muscles in the body. The goal of the warm-up is to raise the body's core temperature a few degrees in order to increase blood flow to the muscles and loosen up the joints. This will help prepare the body and mind for the workout to follow. The warm-up won't take very long, but is very important.

Dynamic Flexibility

Dynamic flexibility is the superior way to prepare, as it is more effective, focused, and productive than sitting and stretching. The dynamic flexibility exercises in this program will increase your active range of motion. Given that the workout is going to consist of dynamic movements, it is important to prepare the body in a similar manner. These exercises help with coordination and gross motor skills. These traits are invaluable with younger athletes who are still learning how to control their bodies in space.

Practice Dunks

One aspect that makes this program unique is the attention we place on practicing your weekly dunk attempts. While getting stronger and more powerful is obviously integral to improving your hops, it is important you practice the *specific* skill of dunking. You need to decide whether you want to be a one foot or two foot jumper, work on your approach, your take-off point, and your ability to secure the ball and extend to your highest point. In order to work on this, as well as to build confidence, we recommend you practice dunking with smaller balls. Once you can pull the rim down, we suggest you progress to a tennis ball, then to a souvenir ball, then to a women's ball, and finally to a regulation basketball. You should only progress to the next biggest ball after you have successfully dunked three times with your current ball.

Core Training

The core consists of everything from the armpits to the kneecaps. This includes the abdominals, low back, obliques, hips, and glutes (butt). The core is the center of all movement. A strong core will help prevent hip and lower back injuries (which are especially common among taller players), as well as enhance performance (such as improving a player's vertical jump and lateral movement). We have selected core exercises that train the core in all three planes of motion as well as from a variety of angles.

Strength Training

Safety, time efficiency, and intensity are the backbone of this training program. The main focus is to facilitate improvement in muscular strength and potential for power. The stronger a player is the more force they can produce. The more force they can produce, the higher they can jump.

Our goal is to minimize risk within the training atmosphere. We have chosen the safest exercises available but still recommend that all workouts are properly supervised. Players should always use perfect technique to get the most out of each exercise. Additionally, players should perform every movement in a controlled manner.

Time is a precious commodity. Therefore, the goal of this strength program is to get the best results possible in the shortest amount of time. Why should you spend ten hours per week strength training if you can attain equal results in just three hours per week? Those additional seven hours would be better invested on fundamentals! We have chosen to use a limited number of sets and exercises during each workout, while minimizing rest intervals to induce an overall conditioning effect.

Intensity is the most important controllable factor in determining results. Below a certain level of intensity, strength training will have very little benefit. Intensity is the level of effort exerted by the player. If a player is capable of doing 10 pull-ups and they only do 8, the exercise was clearly not as intense as it could have been. Therefore, it is recommended each set is taken close to the point of momentary muscular fatigue; the point at which no additional reps can be safely completed because the exercise becomes so challenging. If the weight has been selected correctly, the player will reach muscular fatigue within the provided rep range.

Progression is another vital component. You should consistently attempt to lift more weight and/or do more reps with each workout. If a player can lift 100 pounds 10 times one day, yet they are still lifting the same 100 pounds 10 times three months later, then they haven't gotten any stronger. The best way to monitor progress is to record all workout data on the workout cards provided.

Power

Plyometrics (plyos) are exercises that involve some form of explosive movement such as a jumping, hopping, or bounding for the lower body, and some type of swinging, pushing, and throwing for the upper body. Plyos are designed to increase power. They use the force of gravity or of a weighted object to store potential energy in the muscles, and then immediately release this energy in the opposite direction. We have implemented numerous plyo drills into this program to improve power and help with their body-awareness and confidence. Plyos are also an excellent tool for teaching proper landing mechanics, a commonly overlooked yet integral part of an overall training program.

Age

A person's chronological age does not always mirror their physical and mental maturity. Some 10 year olds look 16 and some 16 year olds look 10! So regarding a specific player's individual readiness to participate in this comprehensive strength program, we recommend you get the approval of a qualified professional. However, for the most part, we are very confident this program is appropriate for a majority of players ages 13 and older. If a player is younger than 13, we encourage them to make two slight modifications:

- ➡ Only do 1 set of each of the plyometric exercises listed.
- ➡ Perform 15 reps for all strength exercises; regardless of what is listed.

For all players age 13 and older, you can follow the program exactly as it is designed.

Weight

Selecting the appropriate weight or resistance is integral to the success of this program. It will take a little bit of trial and error. When choosing a weight, we highly recommend you take a conservative approach and would rather you pick a weight that is too light than too heavy. You can easily increase if necessary! You should record each exercise in the charts provided as weight x reps (85 x 12 means 85 lbs. for 12 reps). Ideally, we recommend you take each exercise to the point when the exercise becomes very challenging. This is the point at which you are having trouble completing reps with good form. Please use good judgment when deciding this and always use a spotter. For example, let's say a player could only perform 10 reps at 145 lbs on the bench press, before reaching muscle fatigue. As long as 10 falls within the prescribed rep range, that is an appropriate weight. However, if the rep range was 12-15, then 145 lbs. was too heavy. But let's assume the rep range was 10-12, making 145 lbs. the perfect weight. As soon as they can perform 12 reps at that weight, the weight should be increased by 5 lbs. for the following workout. If they don't complete 12 reps (as in this example they only did 10), then they are to use the same weight each successive workout until they can.

Rest

We recommend you rest as long as you feel necessary in between each set and exercise. Initially this may be as much as 2-3 minutes, but over time, as you get in better basketball shape, you will be able to reduce your rest to 30-45 seconds. Ideally your rest intervals will continue to get shorter as the season approaches. This "metabolic" conditioning will help you on the court!

Post-Workout

After each workout is completed we recommend performing a series of cool down and post-workout stretches to aid in recovery and maximize each workout.

Workout Schedule

This 10-week program was designed to be flexible in regards to scheduling the weekly workouts as we know everyone's situation is slightly different. It is to be performed twice a week for first two weeks (Day 1 and Day 2 workout) and three times per week (there is a Day 1, Day 2, and Day 3 workout) for weeks #3-10 on non-consecutive days. It can be performed before or after skill workouts or practice.

IMPORTANT: This training program only addresses the strength & power portion of your training program. Skill work (ball handling and shooting in particular) and playing are the two most important portions of your player development. **No matter how strong or fit a player is, if they can't shoot, dribble, pass, rebound or defend - they won't have much success on the court!**

Important: many of the exercises within the exercise program have abbreviated descriptions.

KEY:

BB = Barbell

DB = Dumbbell

MB = Medicine Ball

SB = Stability Ball

Workout: Weeks 1 and 2 - Day 1

Activity		Week 1	☑	Week 2	☑
Warm-Up	Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Back, Chest				
	Glute Bridge	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>
	Front Bridge	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>
	Side Bridge (each side)	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>
	Dynamic Flexibility: Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge				
Plyometrics	Vertical Jump Testing	No Step & Max Touch	<input type="checkbox"/>		
	Dunk Attempts (One or Two Foot Jumps): Regulation Basketball	6 attempts	<input type="checkbox"/>	6 attempts	<input type="checkbox"/>
Resistance Training	1A: Forward Lunges (bodyweight) (each leg)	2 sets of 8 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	1B: Basketball Push-Ups (Two balls)	2 sets of 10-12 reps	<input type="checkbox"/>	3 sets of 8-10 reps	<input type="checkbox"/>
	2A: Reverse Lunges (bodyweight) (each leg)	2 sets of 8 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	2B: Standing Cable Row (each side)	2 sets of 8 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	3A: Low Back Extension	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 12 reps	<input type="checkbox"/>
	3B: Single Leg DB Calf Raise (each side)	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 12 reps	<input type="checkbox"/>
Post Stretch	Hamstring (Band) Stretch, Groin (Band) Stretch, IT Band (Band), Quad (Band) Stretch Heel Drops	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>

Workout: Weeks 1 and 2 – Day 2

Activity		Week 1	☑	Week 2	☑
Warm-Up	Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Back, Chest				
	Glute Bridge	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>
	Front Bridge	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>
	Side Bridge (each side)	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>
	Dynamic Flexibility: Knee Hugs, Side-to-Side Lunges, Frankenstein March, Pointers, Quad Stretch, Shin Grabs				
Resistance Training	1A: DB Squats: warm-up using a light weight for 6 reps	2 sets of 8 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	1B: DB Incline Press: warm-up using a light weight for 6 reps	2 sets of 10-12 reps	<input type="checkbox"/>	3 sets of 8-10 reps	<input type="checkbox"/>
	2A: Split Squats (bodyweight) (each leg)	2 sets of 8 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	2B: Underhand Pull-down	2 sets of 8 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	3A: Cable Twist (each side)	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 12 reps	<input type="checkbox"/>
	3B: One Leg Weighted Dorsiflexion (each leg)	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 12 reps	<input type="checkbox"/>
Post Stretch	Hamstring (Band) Stretch, 90 / 90 Hip Stretch, Angled Lunge Stretch, Standing Groin Stretch	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>

Workout: Weeks 3, 4, 5, 6 - Day 1

Activity		Week 3	☑	Week 4	☑	Week 5	☑	Week 6	☑
Warm-Up	Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Back, Chest								
	Glute Bridge	2 sets of 30 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>				
	Glute Bridge (one leg) (each leg)					2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>	3 sets of 30 seconds	<input type="checkbox"/>	2 sets of 45 seconds	<input type="checkbox"/>
	Side Bridge (each side)	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>	3 sets of 30 seconds	<input type="checkbox"/>	2 sets of 45 seconds	<input type="checkbox"/>
	Dynamic Flexibility: Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge								
Plyometrics	Low Box Landings	2 sets of 5 reps	<input type="checkbox"/>	2 sets of 5 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>
	*Warm-Up Jumps	1 set of 5 reps	<input type="checkbox"/>	1 set of 5 reps	<input type="checkbox"/>	1 set of 5 reps	<input type="checkbox"/>	1 set of 5 reps	<input type="checkbox"/>
	Dunk Attempts: use smaller ball if necessary (tennis ball, souvenir ball, women's ball)	3-4 attempts	<input type="checkbox"/>	3-4 attempts	<input type="checkbox"/>	3-4 attempts	<input type="checkbox"/>	3-4 attempts	<input type="checkbox"/>
	Dunk Attempts: regulation size ball	3-4 attempts	<input type="checkbox"/>	3-4 attempts	<input type="checkbox"/>	3-4 attempts	<input type="checkbox"/>	3-4 attempts	<input type="checkbox"/>
Resistance Training	1A: BB Front Squats: warm-up using a light weight for 6 reps	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	5 sets of 5 reps	<input type="checkbox"/>	6 sets of 3 reps	<input type="checkbox"/>
	1B: Plyo: Knee Tuck Jumps	3 sets of 5 reps	<input type="checkbox"/>	3 sets of 6 reps	<input type="checkbox"/>	4 sets of 5 reps	<input type="checkbox"/>	5 sets of 3 reps	<input type="checkbox"/>
	1C: Pull-Ups (or Underhand Pull-down)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	3 sets of 6 reps	<input type="checkbox"/>
	2A: Single Leg DB RDL (each leg)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	2B: DB Push-Up Row (each arm)	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>
	3: Single Leg DB Calf Raise (each leg)	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 12 reps	<input type="checkbox"/>	3 sets of 15 reps	<input type="checkbox"/>	4 sets of 10 reps	<input type="checkbox"/>
Post Stretch	Hamstring Rocker, 90 / 90 Hip Stretch, Forward Lunge Stretch, Angled Lunge Stretch, Lateral Lunge Stretch, Standing Groin Stretch	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>

***Warm-up Jumps: Perform 1 Set of 5 reps at 75% of maximum effort. Use the same style of jump as you will use for the dunk attempts.**

Workout: Weeks 3, 4, 5, 6 - Day 2

Activity		Week 3	☑	Week 4	☑	Week 5	☑	Week 6	☑
Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Upper Back, Lats, Chest									
Warm-Up	Glute Bridge	2 sets of 30 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>				
	Glute Bridge (one leg)					2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>	3 sets of 30 seconds	<input type="checkbox"/>	2 sets of 45 seconds	<input type="checkbox"/>
	Side Bridge	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 30 seconds	<input type="checkbox"/>	3 sets of 30 seconds	<input type="checkbox"/>	2 sets of 45 seconds	<input type="checkbox"/>
Dynamic Flexibility: Knee Hugs, Side-to-Side Lunges, Frankenstein March, Pointers, Quad Stretch, Shin Grabs									
Plyometrics	1A: Low Box Landings	2 sets of 5 reps	<input type="checkbox"/>	2 sets of 5 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>
	1B: Bar Hang	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>
Resistance Training	1A: Plyo: Power Skips (each leg)	3 sets of 5 reps	<input type="checkbox"/>	4 sets of 5 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	5 sets of 4 reps	<input type="checkbox"/>
	1B: Cable Twist (each side)	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>
	2A: BB Reverse Lunges (each leg)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	2B: One Arm DB Row (each arm)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
	3A: Low Back Extension	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>
	3B: One Arm DB Overhead Press (each arm)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring (Band) Stretch, Groin (Band) Stretch, It Band (Band) Stretch, Quad (Band) Stretch, Heel Drops	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>

Workout: Weeks 3, 4, 5, 6 - Day 3

Activity		Week 3	☑	Week 4	☑	Week 5	☑	Week 6	☑
Warm-Up	Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Upper Back, Lats, Chest								
	Dynamic Flexibility: Knee Hugs, Quad Stretch, Lateral Hamstring Rocker, Forward Leg Swings, Hip Circles								
Resistance Training	1A: Standing Cable Press (each arm)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	4 sets of 8 reps	<input type="checkbox"/>
	1B: Over the Fence	5 reps each direction	<input type="checkbox"/>	5 reps each direction	<input type="checkbox"/>	5 reps each direction	<input type="checkbox"/>	5 reps each direction	<input type="checkbox"/>
	2A: Standing Cable Row (each arm)	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>
	2B: Heel Drops	2 sets of 30 seconds each	<input type="checkbox"/>	2 sets of 30 seconds each	<input type="checkbox"/>	2 sets of 45 seconds each	<input type="checkbox"/>	2 sets of 45 seconds each	<input type="checkbox"/>
	3A: SB Rollouts	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>
	3B: One Leg Weighted Dorisflexion (each leg)	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 12 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 12 reps	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring (Band) Stretch, Groin (Band) Stretch, It Band (Band) Stretch, Quad (Band) Stretch, Heel Drops	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>

Workout: Weeks 7, 8, 9, 10 - Day 1

Activity		Week 7	☑	Week 8	☑	Week 9	☑	Week 10	☑
Warm-Up	Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Upper Back, Lats, Chest								
	Glute Bridge (one leg)	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	Wide Circles	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>
	Push Throughs	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>
	Dynamic Flexibility: Knee Tucks, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge								
Plyometrics	1A: Low Box Landings	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>
	1B: Bar Hang	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>
	Warm-Up Jumps (50-75% effort)	1 set of 5 reps	<input type="checkbox"/>	1 set of 5 reps	<input type="checkbox"/>	1 set of 5 reps	<input type="checkbox"/>	1 set of 5 reps	<input type="checkbox"/>
	Vertical Jump Test (optional)	Week 1 Only	<input type="checkbox"/>						
	Dunk Attempts: Regulation Basketball	3-5 attempts	<input type="checkbox"/>	5-6 attempts	<input type="checkbox"/>	5-6 attempts	<input type="checkbox"/>	5-6 attempts	<input type="checkbox"/>
Resistance Training								(Light Lift Week)	
	1A: Step-Up Jumps (each leg)	3 sets of 5 reps	<input type="checkbox"/>	4 sets of 5 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	3 sets of 5 reps	<input type="checkbox"/>
	1B: MB Slams	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>
	2A: DB Split Squats (foot on bench): warm-up using a light weight for 6 reps	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	3 sets of 6 reps	<input type="checkbox"/>
	2B: Pull-Ups (or Underhand Pull-down)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	3 sets of 6 reps	<input type="checkbox"/>
	3A: Single Leg DB RDL (each leg)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	3B: DB Push-Up Row (each arm)	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	4: Single Leg DB Calf Raise (each leg)	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 12 reps	<input type="checkbox"/>	3 sets of 14 reps	<input type="checkbox"/>	4 sets of 10 reps bodyweight	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring (Band) Stretch, Groin (Band) Stretch, It Band (Band) Stretch, Quad (Band) Stretch, Heel Drops	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>

Workout: Weeks 7, 8, 9, 10 - Day 2

Activity		Week 7	☑	Week 8	☑	Week 9	☑	Week 10	☑
Warm-up	Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Upper Back, Lats, Chest								
	Glute Bridge (one leg)	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	Wide Circles	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>
	Push Throughs	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>
	Dynamic Flexibility: Knee Hugs, Side-to-Side Lunges, Frankenstein March, Pointers, Quad Stretch, Shin Grabs								
Plyometrics	1A: Low Box Landings	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>	2 sets of 6 reps	<input type="checkbox"/>
	1B: Bar Hang	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>	2 sets of 10 seconds	<input type="checkbox"/>
Resistance Training								(Light Lift Week)	
	1A: BB Deadlift or DB Squats: warm-up using a light weight for 6 reps	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	5 sets of 5 reps	<input type="checkbox"/>	3 sets of 5 reps	<input type="checkbox"/>
	1B: Plyo: Two Foot Bounds	3 sets of 5 reps	<input type="checkbox"/>	3 sets of 6 reps	<input type="checkbox"/>	4 sets of 5 reps	<input type="checkbox"/>	3 sets of 5 reps	<input type="checkbox"/>
	1C: DB Bench Press	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	3 sets of 6 reps	<input type="checkbox"/>
	2A: DB Walking Lunges (each leg)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	3 sets of 10 reps	<input type="checkbox"/>	3 sets of 6 reps	<input type="checkbox"/>
	2B: Inverted Row	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	3: Single Leg DB Calf Raise (each leg)	3 sets of 6 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	4 sets of 8 reps	<input type="checkbox"/>	4 sets of 10 reps bodyweight	<input type="checkbox"/>
Post Stretch	Hamstring (Band) Stretch, 90 / 90 Hip Stretch, Forward Lunge Stretch, Angled Lunge Stretch, Lateral Lunge Stretch, Standing Groin Stretch	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>

Workout: Weeks 7, 8, 9, 10 - Day 3






Activity		Week 7	☑	Week 8	☑	Week 9	☑	Week 10	☑
Warm-Up	Foam Roll: Gluteus, Hamstrings, IT Band, Groin, Quads, Hip Flexors, Shins, Calves, Upper Back, Lats, Chest								
	Dynamic Flexibility: Knee Hugs, Quad Stretch, Lateral Hamstring Rocker, Forward Leg Swings, Hip Circles								
	Heel Drops	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 20 seconds	<input type="checkbox"/>	2 sets of 20 seconds	<input type="checkbox"/>
Resistance Training								(Light Lift Week)	
	1A: Standing Cable Press (each arm)	3 sets of 6 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	4 sets of 6 reps	<input type="checkbox"/>	2 sets of 8 reps	<input type="checkbox"/>
	1B: Hamstring Rocker (each hand / each position)	3 reps	<input type="checkbox"/>	3 reps	<input type="checkbox"/>	3 reps	<input type="checkbox"/>	3 reps	<input type="checkbox"/>
	2A: Standing Cable Row (each arm)	2 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>	3 sets of 8 reps	<input type="checkbox"/>	2 sets of 10 reps	<input type="checkbox"/>
	2B: Basketball Core: Over Unders and Side Twists	2 sets of 30 seconds each	<input type="checkbox"/>	3 sets of 30 seconds each	<input type="checkbox"/>	2 sets of 45 seconds each	<input type="checkbox"/>	2 sets of 45 seconds each	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring (Band) Stretch, Groin (Band) Stretch, It Band (Band) Stretch, Quad (Band) Stretch, Heel Drops	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>	30 seconds each	<input type="checkbox"/>







Foam Roll Warm-Ups

At the collegiate and professional levels, many teams are fortunate enough to have massage therapists to tend to a player's individual needs. Massage is a tremendous tool to aid the recovery process. Massage helps eliminate muscular waste products and allows a player's body to improve muscle tone and skeletal alignment. It is also a tremendous stress reliever.

Unfortunately, most high school players do not have access (or the financial means) to a massage therapist. An outstanding alternative is a foam roller, which serves as a "self-massage." You can perform "self-myofascial techniques" with a foam roller or a tennis ball. Foam rollers are sold in numerous sporting goods stores as well as at <http://www.optp.com>.

To use this technique effectively, you simply target a specific muscle and try to locate a tender spot. Once you've found a tender area, maintain pressure on that area until most of the discomfort has dissipated. Initially roll back and forth and keep pressure on each muscle for approximately 30 seconds. As you roll back and forth, try to locate the most tender spot and then hold static pressure there for an additional 30 seconds.

<p>Shoulders: Begin by lying on your back with the foam roller or ball placed at your mid to upper back. You can place your hands behind your head or up towards the ceiling. Roll up and down the mid-back and shoulder area. While rolling, you can lean left or right to emphasize one side or the other.</p>	
<p>Back: Begin by lying on your side with the foam roller or ball placed underneath your lat muscle. While keeping your arm straight and palm open, roll up and down the muscle.</p>	
<p>Chest: Begin by lying flat down on the ground. Place your chest and shoulder area on top of the foam roller or ball.</p>	
<p>Gluteus: Begin by sitting on the foam roller or ball on one of your hips. Cross your other foot over onto your opposite knee. Roll the muscle then switch sides.</p>	
<p>Hamstrings: Begin by sitting on the ground with the foam roller or ball under one leg behind your thigh. Roll back and forth between the back of your knee and rolling up to your backside.</p>	

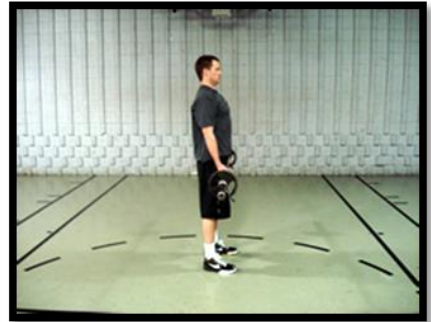
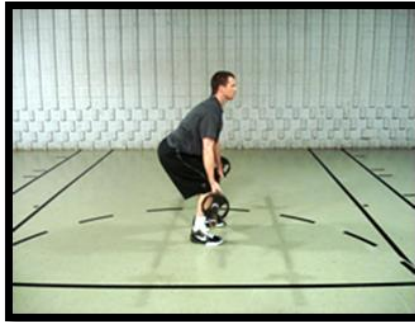
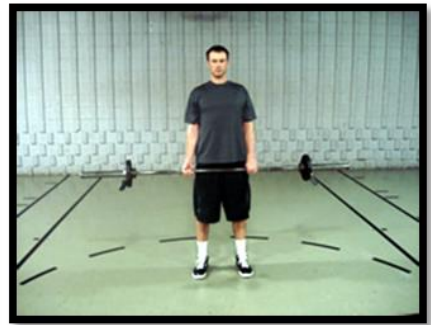
<p>Groin: Begin by lying face down with a leg out to the side and a slight bend in your knee. Place the foam roller or ball on the inside of your leg and roll the groin muscle. You can lean into the roller or ball more or less to emphasize certain areas.</p>	
<p>Quadriceps: Begin by lying face down with most of your weight on your forearms with the foam roller or ball under your thigh. Roll back and forth from your knee to toward your hip. You can lean on one leg or the other for more emphasis.</p>	
<p>IT Band: Begin by lying on your side on top of the foam roller or ball with it placed under your hip bone. While keeping your body in a straight line, balance on your forearm. Roll up and down the side of your thigh from your hip toward your knee.</p>	
<p>Hip Flexors: Begin by lying on one side of the foam roller or ball with it placed at the top of your thigh. Roll slowly and change position to emphasize specific areas.</p>	
<p>Shins: Begin by assuming an “all fours” position. Place the foam roller or ball under the front of your lower leg. Roll from your knee down towards your ankle. You can lean more of your body weight into the roller to place more pressure on your muscles.</p>	
<p>Calves: Begin by balancing your body with your hands while the foam roller or ball is underneath your calf muscles. Roll from the back of the knee down towards the ankle. Lean on one leg or the other to emphasize tough spots.</p>	

Activity Descriptions (Ordered Alphabetically)**90 / 90 Hip Stretch**

Sit on the floor with your front and back legs each making a 90 degree angle. The lower part of your front leg should be parallel with your hips and the lower part of your back leg should be perpendicular to your hips. Try and lower your torso towards your front foot.

Angled Lunge Stretch

Follow the exact same guidelines as the forward lunge except place your front leg at a 45 degree angle (foot still faces forward). Instead of driving your hips straight forward, drive them at a 45 degree angle.

BB Deadlift

Start by setting up close to the barbell (bar should touch your shins). Grab the bar tightly with a shoulder-width grip. Keep your arms straight and locked with the shoulder blades drawn back. Drive hard through your heels and pick the bar up until your body is fully extended. Be sure to drive the head and chest up and keep your upper body stiff and in good posture throughout the entire movement.

BB Front Squats

Balance a barbell on the front of your shoulders by holding your elbows high and holding it in place with your fingers. Lower yourself until your thighs are parallel to the ground, then push back up to the start. Push your backside back as you descend and keep your weight on your heels.

BB Reverse Lunges



Stand with a barbell on the back of your shoulders. Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs.

Bar Hang



Hang onto a pullup bar with your arms fully extended. Hold for the prescribed amount of time.

Basketball Core Series



Over Unders: Sit up on your backside without letting your feet touch the ground and alternate by pulling each knee to your chest while placing the ball “over and under” each leg.



Side Twists: Assume the same starting position as the Over Unders. Holding the ball with both hands twist your shoulders and from side to side, touching the ball on the ground next to your hip. Do your best to get your shoulders square to the direction you are tapping.

Basketball Push-Ups (One or Two)



- ➔ **One Basketball:** Place one hand on the ground and the other hand on a basketball. Keep your ankles, knees, hips, and shoulders in a straight line. Lower your body until your chest is close to the ground, then press back up to the starting position. You can keep the ball in place for a number of repetitions or you can switch the ball between each repetition.
- ➔ **Two Basketballs:** Same as above except place a ball under each hand.

Cable Twist



Set up a cable so that it is approximately chest height. Grab the attachment with both hands and walk out until you have tension when your arms are fully extended. Assume an athletic stance and keep a slight bend in your elbows. In a twisting motion, rotate your core and move your hands across your body keeping your arms extended. Your head and shoulders should stay square with your hands. Return to the start and repeat.

DB Bench Press



Start by holding a pair of dumbbells with a shoulder-width grip and the weights by your shoulders. Push the dumbbells back up over your face until your arms are fully extended. Then lower the weights under control keeping your shoulder blades down and back and your elbows tight to your body.

DB Incline Press



Start by holding a pair of dumbbells with a shoulder-width grip and the weights by your shoulders. Push the dumbbells back up over your face until your arms are fully extended. Then lower the weights under control keeping your shoulder blades down and back and your elbows tight to your body.

DB Push-Up Row



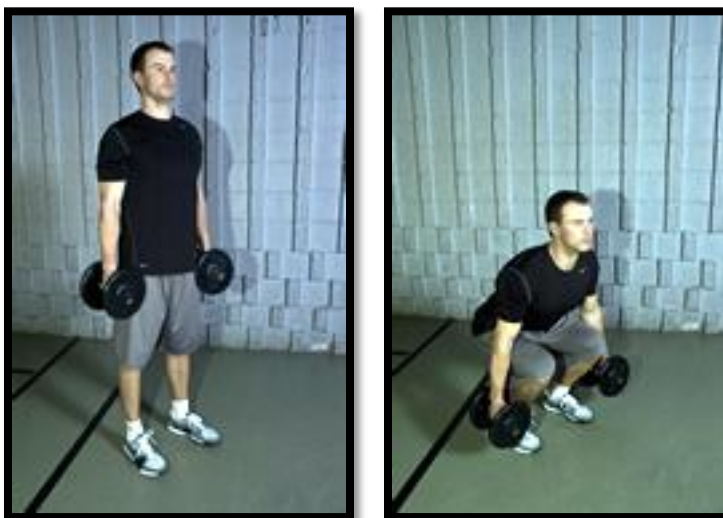
Start in a push-up position with your hands on a pair of dumbbells. Perform a full push-up on the dumbbells. Keep your ankles, knees, hips, and shoulders in a straight line and lower your body until your chest is close to the ground. Keep your elbows tight throughout the movement and push your body back up to an arms extended position. After the push-up, stabilize your body on one arm and perform a row with the other arm by pulling the weight towards your chest. Repeat the push-up then perform a row on the other hand.

DB Split Squats (foot on bench)



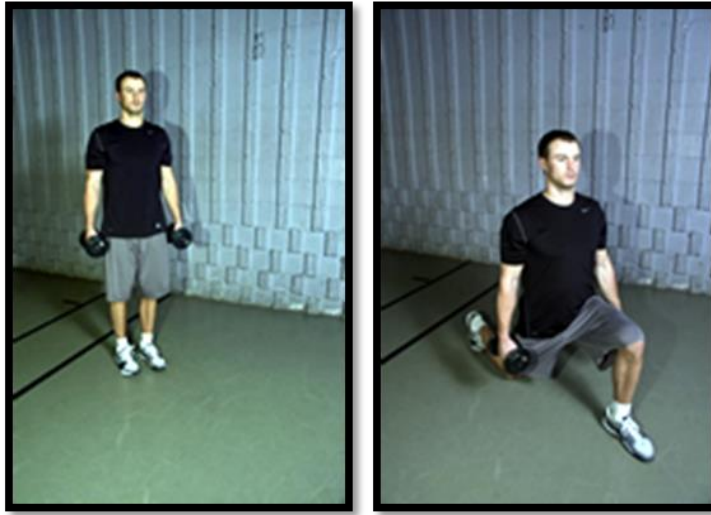
Holding two dumbbells, balance on one leg with a slight bend in your knee with your opposite foot placed on a bench behind you. Drop down into a lunge position attempting to reach the point where your front thigh is parallel to the ground. Push back up to the starting position and repeat. Upon lowering your body, do not allow your knee to travel in front of your foot. If it does, simply re-position by moving your front foot farther away from the bench. Keep your heels flat and be sure to maintain good upper body posture through the entire range of motion.

DB Squats



Stand with a dumbbell in each hand. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.

DB Walking Lunges



Stand with a dumbbell in each hand. Step forward and drop down into a lunge position bringing your back knee close to the ground. Be sure to maintain good posture and balance throughout the exercise. Keep the knee of your front leg directly over your heel. Push back up to the starting position and switch legs.

Dunk Attempts

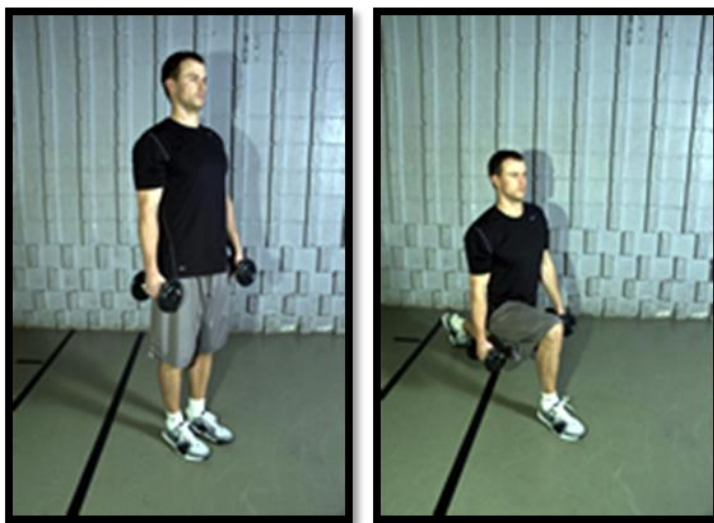
This is where you will attempt to dunk with the particular jumping style you choose (one or two leg jumps). Perform the prescribed amount of dunk attempts for each workout. Do not rush through these repetitions. Give yourself enough of a rest where you feel you can give a maximal effort in your dunk attempt.

Forward Leg Swings



Stand near a wall (for balance purposes) and swing your leg forward and backward. Keep your opposite foot flat on the ground with minimal movement and be sure to maintain good posture through the entire exercise.

Forward Lunges



Step forward into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs. This exercise will be performed in Weeks 1 and 2. It is recommended to not use dumbbells for this movement during this period so you can better acclimate to the program.

Forward Lunge Stretch



Assume a slightly extended lunge position (with a folded towel or mat under your knee for comfort). Make sure your ankles, knees, and hips are facing forward. Don't let your front knee travel past your toes. Slowly drive your hips forward and keep your torso upright.

Frankenstein March



While walking forward and keeping your right leg straight, kick your right leg up in front of you as high as you can and try to touch your opposite hand's finger tips, then repeat with the left leg.

Front Bridge



Balance on your elbows/forearms and your toes. Keep your body in straight line running from your head to your heels

Glute Bridge (Two Leg / One Leg)



Glute Bridge (Two Leg): Lie flat on your back with your knees bent and feet close to your body. Push through your heels and raise your hips into the air as high as possible. Pause briefly then return to the starting position.

Glute Bridge (One Leg): same description as above except you will tuck one knee in tight to the body while performing the movement.

Groin (Band) Stretch



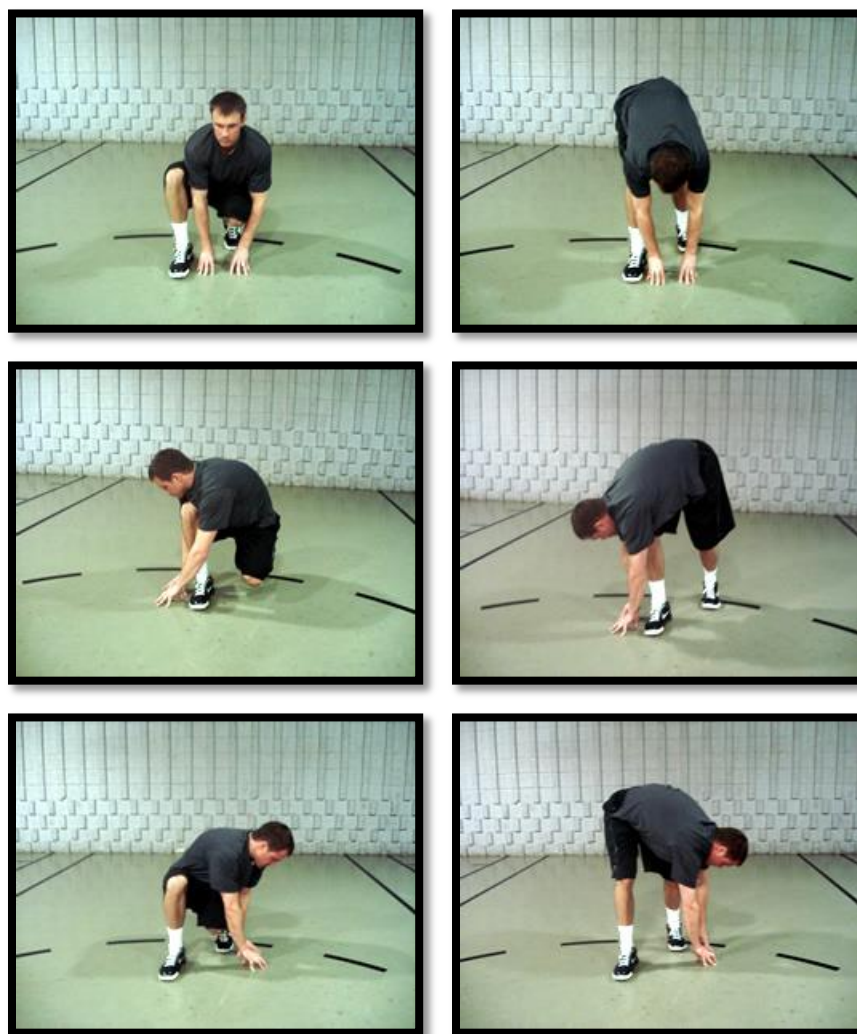
Follow the exact same guidelines as the hamstring stretch and then, keeping your torso and hips flat on the ground, drop your leg down laterally. For a more intense stretch, continue to pull your foot towards the top of your head.

Hamstring (Band) Stretch



Lie on your back with both legs extended. Wrap an elastic band or jump rope around the middle part of one foot. Keeping both legs straight (one stays on the ground), slowly pull your foot towards your nose. Make sure your ankle stays dorsi-flexed (right angle).

Hamstring Rocker



Start in a split stance (feet hip-width apart and one foot staggered in front of the other foot). Bend down and place your hands on the ground on each side of the front foot. While keeping your hands on the ground, attempt to straighten your legs by raising your hips. Hold for a second and return to the start position.

- ➡ Hand Position #2: Place both hands outside of your front foot and repeat the same sequence.
- ➡ Hand Position #3: Place both hands on the inside of your front foot and repeat the sequence.

Perform each stretch 5 times for each hand position and each leg.

Heel Drops



Stand on one leg with the ball of your foot on the edge of a step. Drop the heel into a deep stretch and hold for the prescribed amount of time.

Hip Circles



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, make a big circle with your other leg.

Horizontal Leg Swings



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, swing your other leg across your body reaching in both directions in a sweeping motion.

Inchworm



Starting in pushup position, and keeping your legs as straight as possible, walk your feet towards your hands until you feel a stretch. Maintain good posture during the entire exercise. Try to keep your heels down during each step to stretch your Achilles. Once you have walked your feet in as far as possible, walk your hands back out to the original pushup position.

Inverted Row



Set a bar so that it is approximately waist height. Position yourself underneath the bar and hold with an overhand grip. Pull your chest towards the bar and pause briefly. Return to the starting position and repeat.

NOTE: this exercise can be made more challenging by raising your feet and placing them on a bench or stability ball.

Knee Hugs



While walking forward, hug your right leg into your chest, then step and do the same thing with your left leg (then repeat again with your right).

Knee Tuck Jumps



Assume an athletic stance. Vertically jump straight up and pull your knees towards your chest. Land in an athletic stance and quickly repeat the jump for the prescribed amount of repetitions.

Lateral Hamstring Rocker



Start by standing in a wide stance. Bend down and place your hands on the ground on each side of the front foot. While keeping your hands on the ground, attempt to straighten your legs by raising your hips. Hold for a second and return to the start position.

- ➡ Hand Position #2: Place both hands outside of your front foot and repeat the same sequence.
- ➡ Hand Position #3: Place both hands on the inside of your front foot and repeat the sequence.

Perform each stretch 5 times for each hand position and each leg.

Lateral Lunge Stretch



Follow the exact same guidelines as the forward lunge except place your front leg and foot perpendicular to your back leg. Continue to face forward and drive your hips laterally.

Low Back Extension



Position yourself on a low back machine so your legs are secure and your hips are slightly in front of the pad. Keep your ankles, knees, hips, and shoulders in a straight line. While keeping your shoulder blades back, slowly lower yourself towards the ground until you feel a good stretch in your hamstrings. Push your body back to the starting position.

IT Band (Band) Stretch



Follow the exact same guidelines as the lateral hamstring stretch, except instead of dropping your leg laterally, cross over and drop it the opposite side. For a more intense stretch, continue to pull your foot towards the top of your head.

Low Box Landings



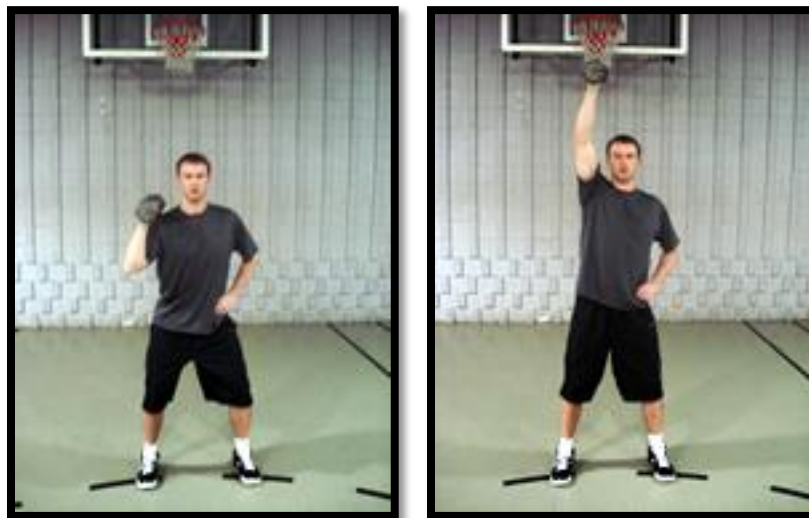
Stand on a low box (approximately 6-12 inches high). Step off of the box and land in an athletic stance. Make sure to land “chest over knees over feet.” Let your weight dissipate over your entire foot and land “quietly” and “softly.”

MB Slams



Bring the medicine ball straight overhead and quickly reverse directions throwing the ball as hard as possible towards the ground. Be careful as the ball may quickly bounce back up towards your head. Grab the medicine ball and repeat.

One Arm DB Overhead Press



Hold one dumbbell at your shoulder and press straight above your head until your arm is fully extended. Try not to lean to one side and maintain good posture. Return the weight under control to the starting position and repeat.

One Arm DB Row



Start with one knee on a bench and the other foot on the ground. Maintain a flat back and pull the dumbbell towards your chest; keeping your upper body stationary. Return the weight to the starting position and repeat.

One Leg Weighted Dorsiflexion



Place one weight plate (10 lb or 25 lb) on the ground and put your heel on the edge. Hold the other weight plate straight up and place it on your top of your shoe (towards your toe). Hold onto the weight and lower your foot until it touches the ground, then drive your toes up as high as you can and pause momentarily. Lower back to the start and repeat.

Over the Fence



Facing laterally to the direction you are going, raise your right knee up as high as you can and rotate it forward as if you were trying to step over an imaginary fence. Then do the same thing with the left leg (alternating each leg). Keep your shoulders and torso facing straight ahead.

Overhead Forward Lunge



Step forward and drop into a lunge position. At the bottom of the lunge, extend your arms overhead. Step forward bringing both feet together and repeat on the other leg.

Pointers



While walking forward and keeping your right leg straight (left leg bent) and right foot pointed upwards, reach down with your left hand and try to touch your right toe. Next, take a step and repeat with the other side.

Power Skips



In an exaggerating skipping motion, explode off your left leg jumping into the air as high as possible, raising your right knee and right arm. Land on the left leg then quickly switch feet and repeat the jump on the right foot, raising your left knee and left arm. This jump is identical to shooting a standard lay-up. Perform the prescribed amount of repetitions for each leg.

Push Throughs



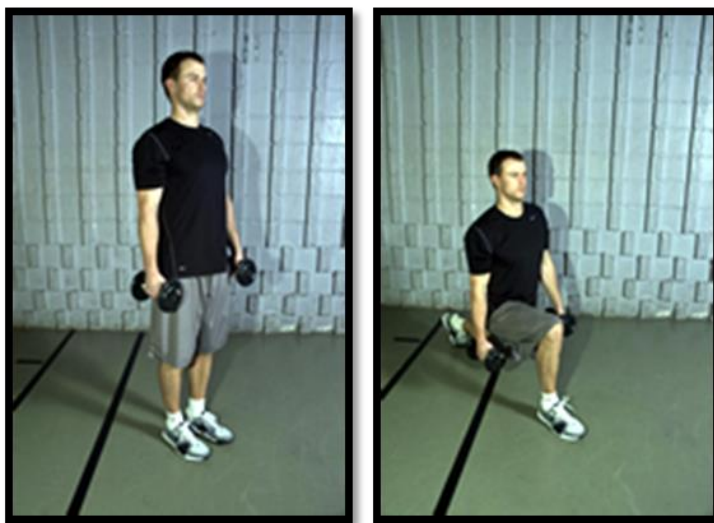
Assume a plank position with your right foot on a paper plate. Slide your right foot underneath your right shoulder and then slide it (push it) through to the other side (when using your right foot; if the starting position is 6 o'clock, slide your foot up and over to 9 o'clock). Then slide it back to the starting position and repeat. Don't let your hips touch the ground!

Pull-Ups



Pull-ups Take an overhand grip on a pull-up bar. Let your body hang so the arms are fully extended. Pull your chin above the bar (eliminating as much momentum as possible). Slowly lower yourself to the starting position.

Reverse Lunges



Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs. This exercise will be performed in Weeks 1 and 2. It is recommended to not use dumbbells for this movement during this period so you can better acclimate to the program.

Shin Grabs



While walking forward, grab your ankle and knee and pull towards your chest. Hold for 2 seconds then switch legs.

Side Bridge



Lay on your side in a straight line. Place your elbow so it's directly underneath the shoulder. Raise your hips and hold your body up in a straight line from your head to your heels.

Side-to-Side Lunges



Step laterally to your right with your right leg and assume a side lunge position (ankles, knees, hips, and shoulders facing perpendicular to the direction you are moving and keeping your torso upright). Allow your bodyweight to shift over your right foot. Bring your feet together and repeat. Make sure to do both sides.

Single Leg DB Calf Raises



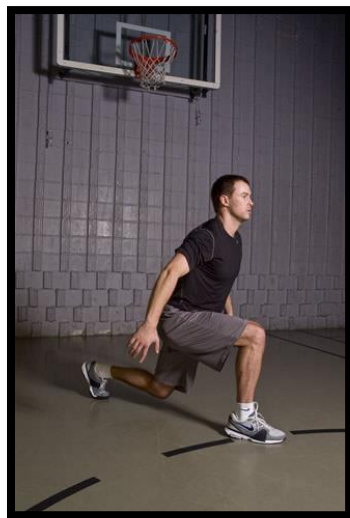
Balance the power pad of your foot on an elevated surface. While holding a dumbbell in one hand, let your heel drop into a deep stretch then push up onto your toes and pause briefly. Lower your heel back down to the starting position and repeat.

Single Leg DB RDL



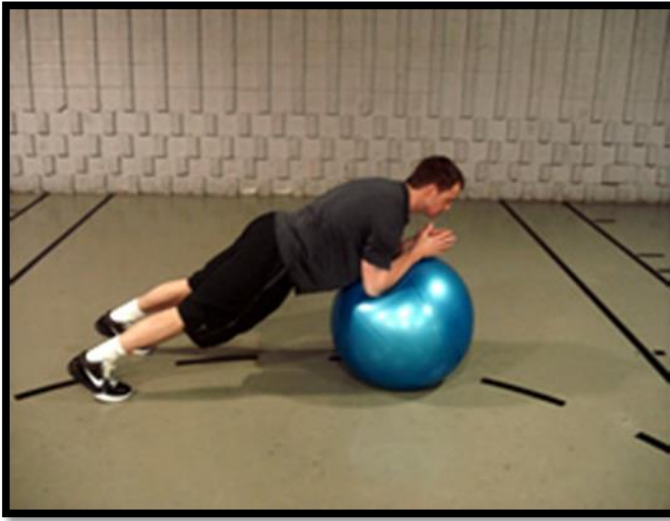
Holding two dumbbells, balance on one leg with a slight bend in your knee. Initiate the movement by lowering your upper towards the ground (letting that hip act as a hinge). Once the dumbbells have reached the middle of your shins, pull your body back up to the starting position. It is important to maintain good upper body posture through the entire range of motion. If the middle of your shins is too deep, then only lower yourself as far as you are able to while maintaining proper posture.

Split Squats



Start by balancing in a split stance. Drop down into a lunge position attempting to reach the point where your front thigh is parallel to the ground. Push back up to the starting position and repeat. Upon lowering your body, do not allow your knee to travel in front of your foot. If it does, simply re-position by moving your front foot farther forward and focus on dropping straight down. Keep your front heel flat and be sure to maintain good upper body posture through the entire range of motion.

SB Rollouts



Balance on a stability ball by placing your hands, wrists, and forearms on the ball and only your feet touching the ground. Do not let your torso touch the ball. Keep your ankles, knees, hips, and shoulders in a straight line. Slowly extend your arms out in front of you while maintaining this position. Reach out as far as you feel comfortable and only as far as you can while maintaining good form. Return your arms back to the start and repeat.

Standing Cable Press



Set up a cable so that it is approximately chest height. Stand in an athletic stance with your feet staggered. Push your hand out and extend your arm away from your chest. Be sure to maintain good posture through the entire movement.

Standing Cable Row



Set up a cable so that it is approximately chest height. Stand in an athletic stance and pull your hand towards your chest. Return the weight to the starting position and repeat.

Standing Groin Stretch



Start by standing in a wide stance. Drop down into a squat position and while at the bottom position, use your elbows to push your knees away from each other. Hold for 2 seconds, then stand back up.

Step-Up Jumps



Start with your right foot on a box (approximately knee height). Explode through your right foot, fully extending your leg and jumping as high as possible. Land on the box with the right foot first then the left foot to the ground. Repeat for the prescribed amount of repetitions then switch legs.

Two Foot Bounds



Jump forward with both feet attempting to take up as much distance as possible. Land in a balanced athletic position, then repeat for the prescribed amount of repetitions.

Underhand Pull-down



Start by grabbing the bar with an underhand grip and your arms fully extended. Pull your hands towards your upper chest and pause momentarily. Return the weight under control and repeat.

Wide Circle



Assume a plank position with your right foot on a paper plate. Slide your right foot up and out as wide and as high as possible (when using your right foot; if the starting position is 6 o'clock, slide your foot to 3 o'clock). Then slide your right foot underneath your right shoulder and then back to starting the position. If done correctly; you right foot will trace $\frac{1}{4}$ of a circle!