

ADAPT TRAINING

DURABILITY PROGRAM





WELCOME TO ADAPT ATHLETICS

ADAPT Athletics views durability as the single most important component of athletic training. Being durable means you can play harder for longer periods, recover faster, and have minimal risk of non-contact injury.

A durable athlete has a balanced muscular system, which creates ideal joint alignment. The result is a body that functions efficiently and moves unconsciously in accordance to its design.

Our goal is to get athletes' bodies out of the way of their talent and dreams. Too often, injuries derail a young career or end an established veterans. In this program, the dynamic and functional exercise routines, sequences, and supplements dramatically improve the ability to stay in the game.

DURABILITY =

permanence
by virtue of
the power to
resist stress
or force



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INTRODUCTION

The Durability Program is a comprehensive approach to injury prevention, and a solution to counter the unbalanced nature of most sports. In general, repetitive sport specific activity creates functional limitations that put athletes at risk of injury. The routines, supplements, and sequences in this program require no need for an education or background in biomechanics, physiology, or human performance. Any player that incorporates the functional and dynamic exercises into their daily regimen will acquire a balanced muscular system that protects against strains, pulls, sprains, and tears. An added benefit of a balanced system is improved speed, quickness, coordination, strength, and power.



ADAPT SUPPORT

ADAPT Support is complimentary customer service from an ADAPT certified trainer. As creators of the program, we are able to answer your questions and help you get the most out of your investment. Questions regarding correct exercise form can be answered through video chat. Start by contacting ADAPT support:



CALL 503-646-8482



support@adapttraining.com

WARNING

If any of the exercises create new pain and discomfort or aggravate an old injury where pain increases as you perform the exercise, immediately stop the program and seek out medical advice before you continue. New soreness is very common when introducing these movements. Seeking out medical advice to understand the difference between soreness and injury is highly recommended.

ROUTINES

Pre: Establishes an ideal neuromuscular connection and optimizes joint function by engaging opposing muscular groups. Intended to be performed before athletic activity.

Post: Re-establishes joint function by accounting for uneven muscular fatigue due to performance compensation or impact. Intended to be performed following athletic activity.

Reset: A short series of exercises designed to re-establish neutral joint positions and reinforce proper neuromuscular connections. Intended to be performed during breaks in athletic activity.

SEQUENCES

Performance Sequences: Series of training exercises that are designed to increase and/or maintain muscular output with specific performance goals in mind.

SAP: Speed and Power.

Speed: Maximizing efficiency of movement.

Power: The ability to recruit all aspects of athleticism in a single movement.

Jump: Optimizing strength to weight ratio for the intent of elevation.

Performance: Increasing muscular output.

Reinforcement: Maintaining muscular output.

SUPPLEMENTS

Recovery Supplement: A sequence of exercises designed to allow for optimal muscular regeneration.

Primary (Recovery): When a specific area of the body requires attention.

Default (Recovery): When the sport or activity dictates the focus for recovery.

TERMS

Demand: Any task or performance asked of the human body.

Fatigue: The diminished production of the muscular system caused by loss of endurance or compensation.

Function: The ability to perform a movement or task correctly according to the intended design of the body.

Muscular Efficiency: The optimal action of an individual muscle as well as the functional relationship between muscular groups asked to perform their designed task.

Vulnerability: Muscular and joint inefficiencies create a breeding ground for injuries. Vulnerability is indicated by any pain in muscles or joints.



COACH CHECKLIST

BASIC

- Pre Routine before every practice and game.
- Post Routine after every practice and game.
- Recovery Supplement* at night after heavy practices and games.
- Performance Sequences utilized in off-season training.
- Reset Routines utilized during pre-season drills.

CHAMPION

- Pre Routine before every practice and game.
- Post Routine after every practice and game.
- Recovery Supplement* every night.
- Reset Routines incorporated into practice drills.
- Follow Performance Sequence instructions for Pre, Mid, and Post-Season.
- Mid-season evaluation by an ADAPT certified trainer.

* Recovery Supplements should be handed out to athletes and done at home.



SPORT SPECIFIC INSTRUCTIONS

BASEBALL

PRE/POST

Shoulder Outdoor

RESETS

Baseball Resetspg 25

BASKETBALL

PRE/POST

For Vulnerability:

Lower body: Knee Indoor
Upper body: Shoulder Indoor
Spine or back: Spine Indoor

No Vulnerability: Knee Indoor

RESETS

General Resetspg 21

SOCcer

PRE/POST

For Vulnerability:

Lower body: Knee Outdoor
Upper body: Shoulder Outdoor
Spine or back: Spine Outdoor

No Vulnerability:

Knee Indoor
Goalkeepers - Shoulder Outdoor

RESETS

Soccer Resetspg 33

SOFTBALL

PRE/POST

Shoulder Outdoor

RESETS

Softball Resetspg 25

TENNIS

PRE/POST

For Vulnerability:

Lower body: Knee Indoor
Upper body: Shoulder Indoor
Spine or back: Spine Indoor

No Vulnerability: Shoulder Indoor

RESETS

General Resetspg 21



SPORT SPECIFIC INSTRUCTIONS

TRACK AND FIELD

PRE/POST

Knee Outdoor: Jumps
Shoulder Outdoor: Throws
Spine Outdoor: Events 400 meters and shorter
Knee Indoor: Events longer than 400 meters

RESETS

General Resetspg 21
Endurance: Events longer than 400 meters
Speed: Events 400 meters and shorter
Upper Body Reset: Throws and Jumps

VOLLEYBALL

PRE/POST

For Vulnerability:
Upper body: Shoulder Indoor
Lower Body: Knee Indoor
Spine or back: Spine Indoor

No Vulnerability:
Alternate Shoulder Indoor and Knee
Indoor every practice or game.

RESETS

General Resetspg 21

For instruction on sports that are not listed, contact ADAPT Support at 503-646-8482.



ROUTINE INSTRUCTIONS

PRE/POST ROUTINES

The ADAPT Pre/Post Routines are to be used before (pre) any activity, including standard warm-ups. Its purpose is to dramatically increase the muscular efficiency and function of the body so it can move correctly during performance and without consequence of injury.

The ADAPT Pre/Post Routines are recommended to be used after (post) an athletic activity to counteract any potential uneven fatigue that may have occurred during the activity.

*If an athlete cannot make it through an entire Pre/Post Routine, they are vulnerable to injury in their sport and should begin the introduction sequence for the Recovery Supplements.

Estimated Length: 10 minutes

Suggested Use

- Pre/Post Practice: 1x
- Pre/Post Competition: 1x
- Building Strength & Conditioning: 3x

Note: "Up to 20x" is dictated by athlete's ability. If form begins to deteriorate or an athlete fatigues before 20x, stop the exercise and move on to the next exercise in the routine. This indicates the presence of vulnerability.

HOW TO CHOOSE WHICH PRE/POST ROUTINE

Default: The joint that is specific to the sport

- OR -

For Vulnerability:

- Lower body joint vulnerability: Knee
- Upper body joint vulnerability: Shoulder
- Spasms or weaknesses in the back: Spine

INDOOR VS. OUTDOOR

Outdoor Pre/Post Routines accommodate the demands of unstable environments caused by outdoor playing surfaces, and account for the need of greater muscular endurance. Outdoor Routines focus on muscular load and use exercises that consider weather conditions.

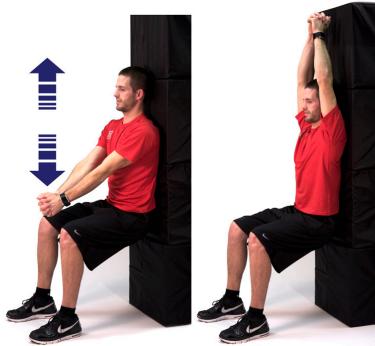
Indoor Pre/Post Routines accommodate the demands of harder, stickier surfaces, which have more impact on the joints. Indoor routines focus on range of motion.



KNEE INDOOR

Pre/Post Activity
REPEAT SEQUENCE UP TO 3X

AIR BENCH PULLOVERS



UP TO 20X

ACTIVE TWIST



1

ACTIVE TRICEP BRIDGE



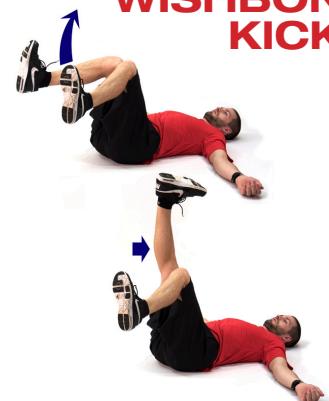
UP TO 20X

HIP LIFT



3

WISHBONE KICKS



UP TO 20X EACH LEG 5

ACTIVE COBRA



UP TO 20X

SITTING ACTIVE DIVA



6

UP TO 20X EACH LEG

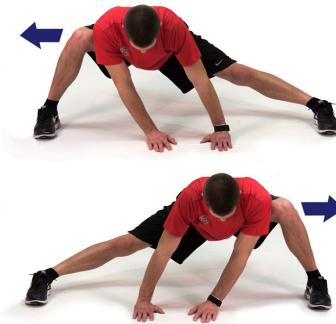
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DOWNTWARD DOG SQUATS



UP TO 20X

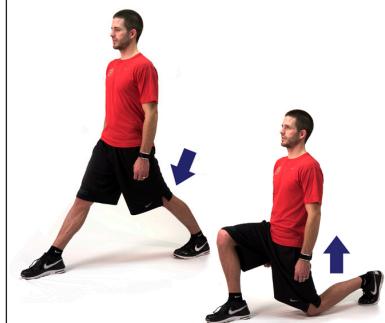
SPREAD FOOT GLIDES



8

UP TO 20X

STATIC LUNGE



UP TO 20X EACH LEG 10

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REPEAT SEQUENCE UP TO 3x**Air Bench Pullovers up to 20x**

Stand with back against a wall, knees and ankles at hip width. Keeping back against the wall lower yourself into a sitting position against the wall so that knees are at 90 degrees and thighs are parallel with the floor; keeping weight in heels lightly press lower back into the wall. Make sure that your knees do not go out past ankles. Extend arms above head and interlace fingers so that palms face you; keeping arms straight, lower them to legs and then raise them back above head. Repeat back and forth.

Active Twist up to 20x

Laying on back with feet flat on the floor and just wider than hips; drop both knees to right side than to left side. Repeat at a slow steady pace.

Active Tricep Bridge up to 20x

Sit on floor with knees bent, feet flat on the floor and both knees and feet at hip width. Extend arms back, palms on the ground, fingers pointing forward. Squeeze glutes raising hips off the floor and back down. Repeat up and down.

Hip Lift 1:00 min each side

Lie on back with knees bent and feet flat on the floor. Place right ankle on left knee and pull left leg toward chest until left knee and hip are at 90 degree angles; hold this position pressing right knee away from chest.

Wishbone Kicks up to 20x each leg

Lay on back with knees together and feet apart with hips and knees bent at 90 degrees. Extend right leg toward the sky and lower back down to 90 degrees. Repeat extending the left leg toward the sky and back down. Repeat extend and relax.

Active Cobra up to 20x

Lie on stomach, rest forehead on hands, spread knees apart and bring soles of feet together behind you. Press the soles of feet together and relax. Repeat squeeze and relax.

Sitting Active Diva up to 20x each leg

Sit up straight, soles of feet together and knees relaxed. Invert the position of the right leg so that the inside of that leg is now resting against the floor and the right foot is behind you. Lift the right knee 1-2 inches off the ground and back down. Repeat up and down and then switch legs.

Downward Dog Squats up to 20x

On hands and knees, place hands in front of and slightly wider than shoulders, knees under hips and toes curled under feet. Straighten legs by lifting knees off the floor, pressing heels towards the floor and lifting hips towards the sky; keep thighs tight and press chest toward legs. In this position lower knees to the floor and back up. Repeat up and down.

Spread Foot Glides up to 20x

Standing with legs out wide and toes facing forward bend forward at waist and place hands on the ground. With hands in middle, bend right leg and keep left thigh tight; as if you are sitting back into a chair. Then switch by straightening right leg and bending left leg; alternate side to side.

Static Lunge up to 20x each leg

Stand with hands by your side, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.



KNEE OUTDOOR

Pre/Post Activity
REPEAT SEQUENCE UP TO 3X

STANDING ROTATIONAL STORK WALK



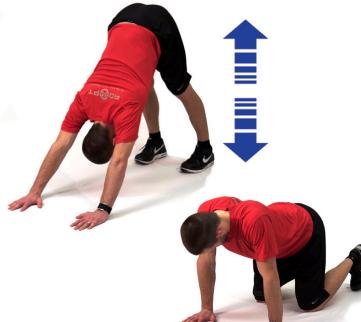
UP TO 20X EACH LEG

HERO SQUATS



UP TO 20X

DOWNWARD DOG SQUATS



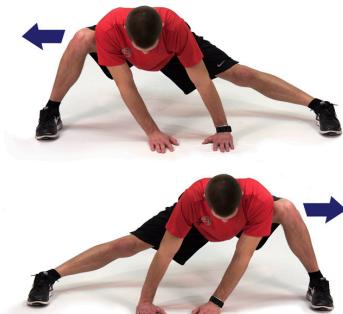
UP TO 20X

HERO LEANS



UP TO 20X

SPREAD FOOT GLIDES



UP TO 20X

SPREAD FOOT REVERSE PULLOVERS



UP TO 20X

KNEE TO CHEST



UP TO 20X EACH LEG

ACTIVE TRICEP BRIDGE



UP TO 20X

STATIC LUNGE



UP TO 20X EACH LEG

SPLIT SQUAT HOPS



UP TO 20X EACH LEG

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REPEAT SEQUENCE UP TO 3x**Standing Rotational Stork Walk up to 20x each leg**

Standing with hands behind head, turn and lift right leg out to the side and up to 90 degrees.

Rotate leg directly in front of you, as if stepping over a bucket and lower foot to the ground.

Repeat with other leg.

Hero Squats up to 20x

On knees, with knees and feet and at hip width and hands by sides, sit back as close to ankles as is comfortable while keeping shoulders directly above hips; as you go down gently arch your lower back then raise hips all the way up above knees and back down. Repeat up and down.

Downward Dog Squats up to 20x

On hands and knees, place hands in front of and slightly wider than shoulders, knees under hips and toes curled under feet. Straighten legs by lifting knees off the floor, pressing heels towards the floor and lifting hips towards the sky; keep thighs tight and press chest toward legs. In this position lower knees to the floor and back up. Repeat up and down.

Hero Leans up to 20x

On knees, with knees and feet at hip width, keeping stomach and back tight, lean back as far as is comfortable and back up. Repeat up and down.

Spread Foot Glides up to 20x

Standing with legs out wide and toes facing forward bend down at waist and place hands on the ground. With hands in middle, bend right leg and keep left thigh tight; as if you are sitting back into a chair. Then switch by straightening right leg and bending left leg; alternate side to side.

Spread Foot Reverse Pullovers up to 20x

Standing with feet out wide and toes facing forward, interlace fingers behind your back with palms facing you. In this position lift arms off lower back as far as is comfortable. Repeat back and forth.

Knee to Chest up to 20x

Standing, pull left knee up towards your chest and hold for a count while keeping down leg straight. Repeat on opposite side.

Active Tricep Bridge up to 20x

Sit on floor with knees bent, feet flat on the floor and both knees and feet at hip width. Extend arms back, palms on the ground, fingers pointing forward. Squeeze glutes raising hips off the floor and back down. Repeat up and down.

Static Lunge up to 20x each leg

Stand with hands by sides, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.

Split Squat Hops up to 20x each leg

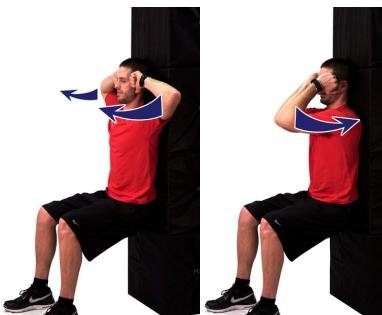
Stand with hands by sides, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, jump up and switch leg position so your left leg is now in front. Repeat up and down.



SHOULDER INDOOR

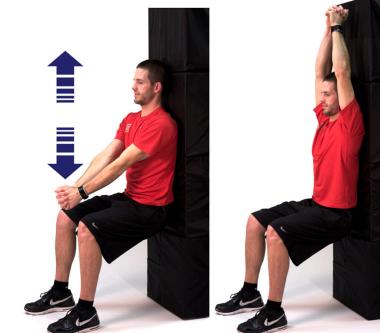
Pre/Post Activity
REPEAT SEQUENCE UP TO 3X

AIR BENCH ELBOW CURLS



UP TO 20X

AIR BENCH PULLOVERS



UP TO 20X

REVERSE PULLOVERS



UP TO 20X

FLUTTER KICKS



UP TO 20X

SUPINE REVERSE CLAPPERS



UP TO 20X

UPPER SPINAL FLOOR TWIST



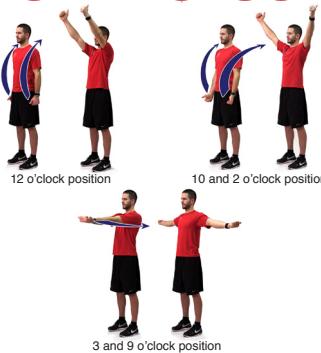
UP TO 1min EACH SIDE

ACTIVE TRICEP BRIDGE



UP TO 20X

STANDING ACTIVE CLOCK



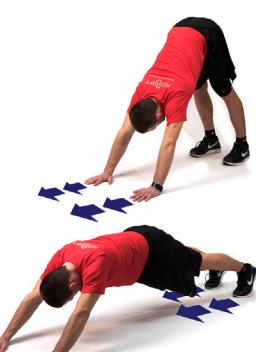
UP TO 20X EACH POS.

FLOOR GLIDE PRESSES



UP TO 20X

INCHWORMS



UP TO 5X

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REPEAT SEQUENCE UP TO 3x**Air Bench Elbow Curls up to 20x**

Stand with back against a wall, knees and ankles at hip width. Keeping back against the wall lower yourself into a sitting position against the wall so that knees are at 90 degrees and thighs are parallel with the floor; keeping weight in heels lightly press lower back into the wall. Make sure that your knees do not go out past ankles. Place knuckles on temples with thumbs pointing towards shoulders and bring elbows together and apart rolling knuckles on temples. Repeat back and forth.

Air Bench Pullovers up to 20x

Stand with back against a wall, knees and ankles at hip width. Keeping back against the wall lower yourself into a sitting position against the wall so that knees are at 90 degrees and thighs are parallel with the floor; keeping weight in heels lightly press lower back into the wall. Make sure that your knees do not go out past ankles. Extend arms above head and interlace fingers so that palms face you; keeping arms straight, lower them to legs and then raise them back above head. Repeat back and forth.

Reverse Pullovers up to 20x

Standing with feet hip width apart and toes facing forward, interlace fingers behind your back with palms facing you. In this position lift arms off lower back as far as is comfortable. Repeat back and forth.

Flutter Kicks up to 20x

Lie on back with legs straight, thighs tight and toes pulled back; raise head off the ground so you are looking at your feet. Keeping legs straight and thighs tight; alternate kicking legs up and down 6" above the floor. Half of the reps are done with toes pulled back and half with the toes pointed forward.

Supine Reverse Clappers up to 20x

Lie on back with knees bent and feet flat on the floor, arms straight out from shoulders with palms down. In this position gently press hands into floor and draw arms together gently pressing palms together above chest. Repeat back and forth.

Upper Spinal Floor Twist 1:00 min each side

Lay on left side, with hips and knees bent to 90 degrees and arms extended straight out in front of you. Place left hand on top of knees to hold together, twist upper body back, opening right arm toward the ground behind you and hold. Repeat on opposite side.

Active Tricep Bridge up to 20x

Sit on floor with knees bent, feet flat on the floor and both knees and feet at hip width. Extend arms back, palms on the ground, fingers pointing forward. Squeeze glutes raising hips off the floor and back down. Repeat up and down.

Standing Active Clock up to 20x each position

Standing with arms down by side and thumbs pointing away from you, pull arms up to the 12 o'clock position, and back down. Repeat with arms in the 10 and 2 position. (Start with hands in front of body and pull arms at 45 degree angles up and away from body). Finally, again in the 9 & 3 position. (Starting with arms extend in front of you at shoulder level and thumbs pointing away from each other. Pull arms back and away from each other, pinching shoulder blades as you pull back).

Floor Glide Presses up to 20x

Lie on back with knees bent and feet flat on the floor. Place elbows and backs of hands against the floor in the "stick 'em up" position. Keeping elbows and backs of hands in contact with the floor, press and release arms into the floor. Repeat press and release.

Inchworms up to 5x

Stand with feet at hip width and toes pointing forward, keep legs straight, bend over at the waist until hands are flat on the floor. In this position walk hands out in front of you as far as is comfortable then walk legs up to hands while keeping legs straight and thighs tight. Repeat.



SHOULDER OUTDOOR

Pre/Post Activity
REPEAT SEQUENCE UP TO 3X

ARM CIRCLES FORWARD



UP TO 20X

STANDING ELBOW CURLS



UP TO 20X

WIDE DOG PUSH UPS



UP TO 20X

SPREAD FOOT REVERSE PULLOVERS



UP TO 20X

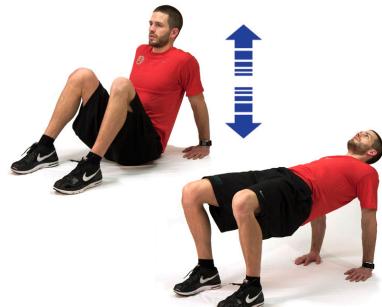
STANDING OVERHEAD EXTENSION PULLOVERS



UP TO 20X

5

ACTIVE TRICEP BRIDGE



UP TO 20X

STATIC LUNGE



UP TO 20X EACH LEG

6

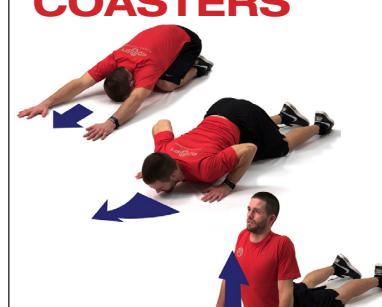
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ACTIVE CLOCK 10 & 2



UP TO 20X

KNEELING ROLLER COASTERS



UP TO 20X

OVERHEAD EXTENSION LUNGE



UP TO 20X EACH LEG

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REPEAT SEQUENCE UP TO 3x
Arm Circle Forward
up to 20x

Stand with feet straight ahead under hips, arms straight out from sides at shoulder level, thumbs pointing forward and palms down. Keeping arms straight, pinch shoulder blades together and make forward circles with arms.

Standing Elbow Curls
up to 20x

Standing with feet at hip width and toes pointing forward, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart, preventing wrists from turning. Repeat back and forth.

Wide Dog Push Ups
up to 20x

On hands and knees, arch lower back toward the floor, hands in front of and wider than shoulders and knees directly under hips. While maintaining this position of hips and back, rock forward on knees, bend arms and drop chest straight down between hands and back up. Repeat up and down.

Spread Foot Reverse Pullovers
up to 20x

Standing with feet out wide and toes facing forward, interlace fingers behind your back with palms facing you. In this position lift arms off lower back as far as is comfortable. Repeat back and forth.

Standing Overhead Extension Pullovers
up to 20x

Standing, extend arms out from chest and interlace fingers with palms facing away from you. Keeping arms straight lower hands toward the floor above your head as far as is comfortable then pull them back toward your waist. Repeat back and forth.

Active Tricep Bridge
up to 20x

Sit on floor with knees bent, feet flat on the floor and both knees and feet at hip width. Extend arms back, palms on the ground, fingers pointing forward. Squeeze glutes raising hips off the floor and back down. Repeat up and down.

Static Lunge
up to 20x each leg

Stand with hands down by your side, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.

Active Clock 10 & 2
up to 20x

Standing with arms down by side and thumbs facing forward. With hands in front of your body pull arms at 45 degree angles up and away from body. Repeat up and down.

Kneeling Roller Coasters
up to 20x

On knees, straighten arms and place palms flat on the floor in front of you, bend over bringing face toward knees and sit back toward heels. Starting in this position bend elbows rolling over knees, move face forward between hands just above floor then drop hips to floor and straighten arms raising chest upward. Lift hips up, return to the original position and repeat.

Overhead Extension Lunge
up to 20x each leg

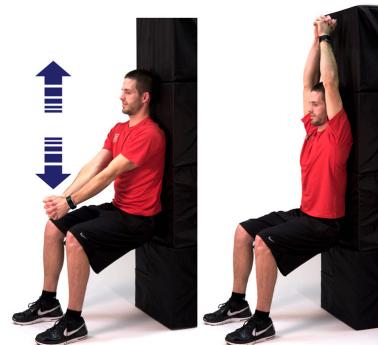
Stand with arms overhead and fingers interlaced so palms are facing out. Bring right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.



SPINE INDOOR

Pre/Post Activity
REPEAT SEQUENCE UP TO 3X

AIR BENCH PULLOVERS



UP TO 20X

ACTIVE TWIST



UP TO 20X

FROG CRUNCHES



UP TO 20X

WISHBONE KICKS



UP TO 20X EACH LEG

WIDE SHOULDER BRIDGE



UP TO 1min

LOWER SPINAL FLOOR TWIST



UP TO 1min EACH LEG

PELVIC TILTS



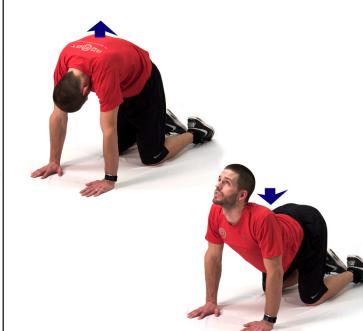
UP TO 20X

ACTIVE COBRA



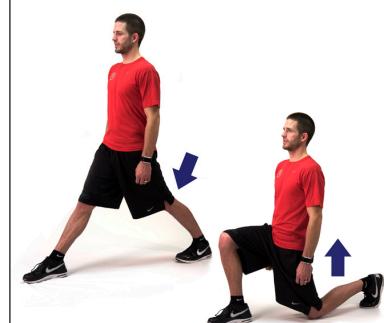
UP TO 20X

CATS AND DOGS



UP TO 20X

STATIC LUNGE



UP TO 20X EACH LEG

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REPEAT SEQUENCE UP TO 3x**Air Bench Pullovers up to 20x**

Stand with back against a wall, knees and ankles at hip width. Keeping back against the wall lower yourself into a sitting position against the wall so that knees are at 90 degrees and thighs are parallel with the floor; keeping weight in heels lightly press lower back into the wall. Make sure that your knees do not go out past ankles. Extend arms above head and interlace fingers so that palms face you; keeping arms straight, lower them to legs and then raise them back above head. Repeat back and forth.

Active Twist up to 20x

Laying on back with feet flat on the floor and just wider than hips; drop both knees to right side than to left side. Repeat at a slow steady pace.

Frog Crunches up to 20x

Lie on back, place soles of feet together, relax and spread knees apart letting them fall towards the floor. In this position place hands behind head keeping elbows back; squeeze and hold glutes while contracting abdominal muscles and lifting shoulders off the floor and back down. Repeat up and down.

Wishbone Kicks up to 20x each leg

Lay on back with knees together and feet apart with hips and knees bent at 90 degrees. Extend right leg toward the sky and lower back down to 90 degrees. Repeat with left leg and alternate back and forth.

Wide Shoulder Bridge up to 1:00 min

Lie on back with knees bent and feet on the floor. Move the knees and feet as wide as possible while keeping the feet pointing straight forward. Squeeze glutes, raising hips and lower back off the floor.

Lower Spinal Floor Twist up to 1:00 min each leg

Lie on back with left leg straight and resting on the floor, lift and bend right knee so that your right knee and hip are at 90 degree angles, grab right knee with left hand and pull it across body towards the floor and hold.

Pelvic Tilts up to 20x

Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, arch lower back off floor, then press lower back into floor. Repeat.

Active Cobra up to 20x

Lie on stomach, rest forehead on hands, spread knees apart and bring soles of feet together behind you. Press the soles of feet together and relax. Repeat press and release.

Cats and Dogs up to 20x

On hands and knees with hands under shoulders and knees under hips, arch back up and pull chin to chest, then lower back toward floor and raise head up. Repeat back and forth.

Static Lunge up to 20x each leg

Stand with hands by sides, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.



SPINE OUTDOOR

Pre/Post Activity
REPEAT SEQUENCE UP TO 3X

STANDING ELBOW CURLS



UP TO 20X

SPREAD FOOT REVERSE PULLOVERS



UP TO 20X

OVERHEAD EXTENSION LUNGE



UP TO 20X EACH LEG

KNEELING GROIN



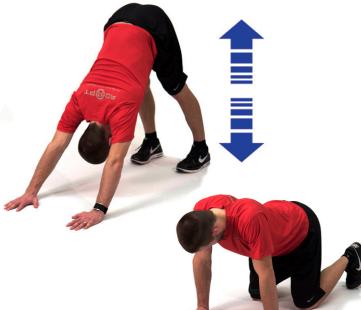
UP TO 1min EACH LEG

KNEE TO CHEST



UP TO 20X EACH LEG

DOWNTWARD DOG SQUATS



UP TO 20X

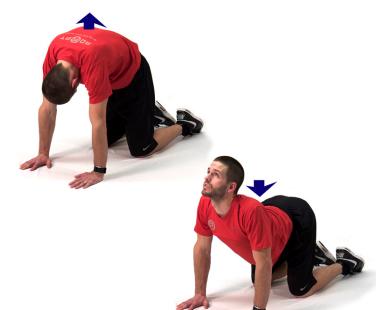
HAND LEG OPPOSITES



6

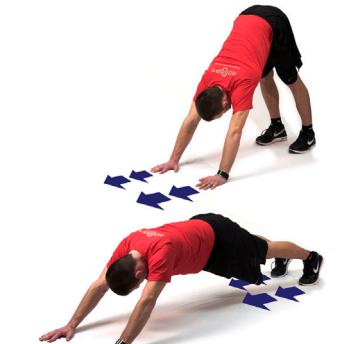
4x5SEC EACH SIDE

CATS AND DOGS



UP TO 20x

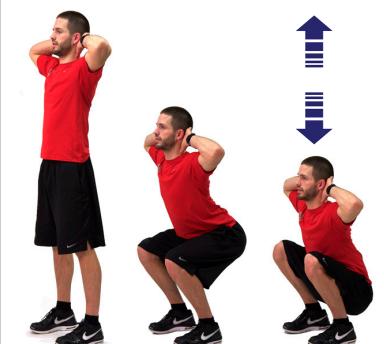
INCHWORMS



8

UP TO 5x

FULL SQUATS



UP TO 20x

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REPEAT SEQUENCE UP TO 3x**Standing Elbow Curls up to 20x**

Standing with feet at hip width and toes pointing forward, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart, preventing wrists from turning. Repeat back and forth.

Spread Foot Reverse Pullovers up to 20x

Standing with feet out wide and toes facing forward, interlace fingers behind your back with palms facing you. In this position lift arms off lower back as far as is comfortable. Repeat back and forth.

Overhead Extension Lunge up to 20x each leg

Stand with arms overhead and fingers interlaced so palms are facing out. Bring right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs. Repeat other side.

Kneeling Groin up to 1:00 min each leg

Kneel on right knee, position left foot so that it is in front of you and place hands on left thigh. Keep shoulders over hips, sink toward left heel and into right hip making sure that left knee does not go past ankle. Squeeze glute and hold. Repeat on other leg.

Knee to Chest up to 20x

Standing, pull left knee up towards your chest and hold for a count while keeping down leg straight. Repeat on opposite side.

Downward Dog Squats up to 20x

On hands and knees, place hands in front of and slightly wider than shoulders, knees under hips and toes curled under feet. Straighten legs by lifting knees off the floor, pressing heels towards the floor and lifting hips towards the sky; keep thighs tight and press chest toward legs. In this position lower knees to the floor and back up. Repeat up and down.

Hand Leg Opposites 4x5 seconds each side

On hands and knees, raise and straighten right arm and left leg simultaneously until they are both straight and parallel with the floor and hold. Switch position of arms and legs and repeat.

Cats and Dogs up to 20x

On hands and knees with hands under shoulders and knees under hips, arch back up and pull chin to chest, then lower back toward floor and raise head up. Repeat back and forth.

Inchworms up to 5x

Stand with feet at hip width and toes pointing forward, keep legs straight, bend over at the waist until hands are flat on the floor. In this position walk hands out in front of you as far as is comfortable then walk legs up to hands while keeping legs straight and thighs tight. Repeat.

Full Squats up to 20x

Standing with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up. Repeat up and down.



GENERAL RESET INSTRUCTIONS

RESET INSTRUCTIONS

A short routine designed to re-establish neutral joint positions and proper neuromuscular connections.

Estimated length: 5 minutes

Suggested Use

- As a warm-up for substitutes before entering the game.
- During breaks in competition and practice.
- If time does not permit a “Post” routine, use as a short alternative cool-down.
- For uneven fatigue.

Endurance Reset: Sports and/or positions that are endurance based.

Speed Reset: Sports and/or positions that require speed and power.

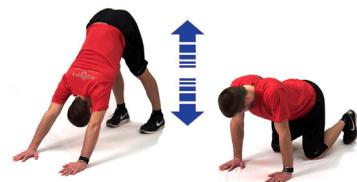
Upper Body Reset: Sports and/or positions that emphasize upper body movement and reaction.

ENDURANCE RESET
Standing Elbow Curls
20x

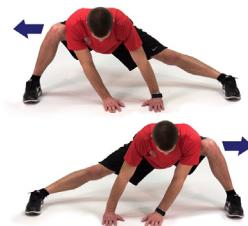
Standing with feet at hip width and toes pointing forward, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart, preventing wrists from turning. Repeat back and forth.


Downward Dog Squats
10x

On hands and knees, place hands in front of and slightly wider than shoulders, knees under hips and toes curled under feet. Straighten legs by lifting knees off the floor, pressing heels towards the floor and lifting hips towards the sky; keep thighs tight and press chest toward legs. In this position lower knees to the floor and back up. Repeat up and down.


Spread Foot Glides
20x

Standing with legs out wide and toes facing forward bend forward at waist and place hands on the ground. With hands in middle, bend right leg and keep left thigh tight; as if you are sitting back into a chair. Then switch by straightening right leg and bending left leg; alternate side to side.


Overhead Extension Lunge
10x each leg

Stand with arms overhead and fingers interlaced so palms are facing out. Bring right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.



SPEED RESET
Walking Quad Stretch
10x each leg

Stand on left leg, bend the right leg up behind you and take hold of your foot. Keeping knees even and hips square, squeeze right glute, and press right hip slightly forward. Walk forward, switch legs and repeat.


Inchworms
5x

Stand with feet at hip width and toes pointing forward, keep legs straight, bend over at the waist until hands are flat on the floor.

In this position walk hands out in front of you as far as is comfortable then walk legs up to hands while keeping legs straight and thighs tight. Repeat


Backward Rotational Stork
10x each leg

Stand with hands behind head. Pull left knee up to 90 degrees then to outside as wide as possible. While lowering foot toward floor, keep foot under knee and toes pointing forward when it nears ground (one fluid motion). Repeat with other leg.


Reverse Pullover Lunge Walk
10x each leg

Stand with hands interlaced behind your back, take a big step forward with right foot, bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips up and straightening legs. Repeat, alternating legs.



UPPER BODY RESET
Roller Coasters (Kneeling/Standing) 10x

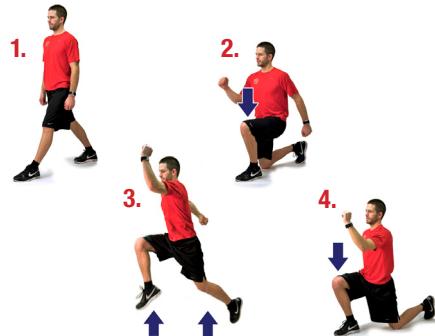
On hands and knees, straighten legs by lifting knees off the floor, pressing heels toward the floor and lifting hips towards the sky. Bend arms and lower face toward the floor while dropping hips toward the floor and finally pressing arms straight and looking up at the sky. Return to original position and repeat.

KNEELING ROLLEROASTERS

STANDING ROLLEROASTERS

Split Squat Hops 5x each leg

Stand with hands by sides, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, jump up and switch leg position so your left leg is now in front. Repeat up and down.


Spread Foot Reverse Pullovers 20x

Standing with feet out wide and toes facing forward, interlace fingers behind your back with palms facing you. In this position lift arms off lower back as far as is comfortable. Repeat back and forth.


Full Squats 10x

Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up. Repeat.





BASEBALL/SOFTBALL RESET AND NEUTRALIZER INSTRUCTIONS

BASEBALL/SOFTBALL RESET INSTRUCTIONS

Estimated length: 5 minutes

Suggested Use: After a prolonged period of doing specific movements or when changing drills.

- Building strength & conditioning: 3x
- Reset for uneven fatigue: 1x
- Short alternative game cool-down: 1x

HITTING NEUTRALIZER

Contracts and lengthens muscle groups to align the spine so it can withstand the twisting motion of hitting.

Suggested Use: Complete after a turn at bat.

Standing Cats & Dogs: (Standing feet hip width apart, hands on thighs, knees bent, arch back up and push chin to chest, then lower back toward floor and raise head up; repeat back and forth.)

THROWING NEUTRALIZER

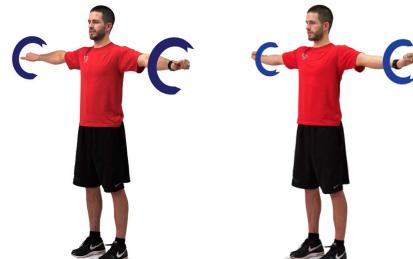
Works muscles in the opposite direction to maintain muscular balance in the upper body.

Suggested Use: Perform exercise as needed for uneven fatigue.

Scapula Squeezes: Arms straight extended out to 45 degrees, gently squeeze shoulder blades together and relax. Repeat squeeze and relax.

CATCHER RESET
1/2
Arm Circles (each direction)
10x

Stand with feet straight ahead under hips, arms straight out from sides at shoulder level, thumbs pointing forward and palms down. Keeping arms straight, pinch shoulder blades together and make forward circles with arms. Point thumbs backwards, turn palms up, and make backward circles.


Standing Pullovers
10x

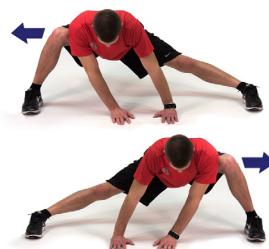
Straighten arms and interlace fingers with palms facing your body. Keeping arms straight raise arms above head as far as is comfortable then lower them back down toward waist. Repeat up and down.


Standing Rotational Stork Walk
10x each leg

Standing with hands behind head, turn and lift right leg out to the side and up to 90 degrees. Rotate leg directly in front of you, as if stepping over a bucket and lower foot to the ground. Repeat with other leg.


Spread Foot Glides
10x each leg

Standing with legs out wide and toes facing forward bend forward at waist and place hands on the ground. With hands in middle, bend right leg and keep left thigh tight; as if you are sitting back into a chair. Then switch by straightening right leg and bending left leg; alternate side to side.


Kneeling Bridge
:30 sec

Kneeling, grab heels with hands so that thumbs are inside of heels, squeeze glutes and push hips forward into the air and hold.



KNEELING ROLLEROASTERS

2/2

CATCHER RESET
Spread Foot Rollercoasters (Kneeling/Standing) 10x

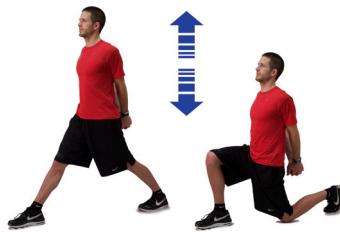
Walk hands out in front of you and spread hands so they are slightly wider than shoulders. Bend arms and pull face just above floor in a "U" motion. Drop hips toward floor and press arms straight. Return to original position by lifting hips into air and shifting weight back into feet. Repeat.



STANDING ROLLEROASTERS


Static Lunge with Reverse Pullover Hold 5x each leg

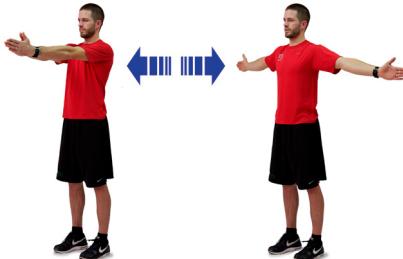
Interlace fingers behind your glutes. Keeping arms straight, raise as high as possible. Take a big step forward with right foot, bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips up and straightening legs. Repeat with other leg.



Repeat entire CATCHER RESET up to 3x

INFILDER RESET
1/2
Clappers
10x

Extend arms straight out from sides, palms facing forward, pull arms together and lightly press palms together in front of body, then bring back apart.


Standing Pullovers
10x

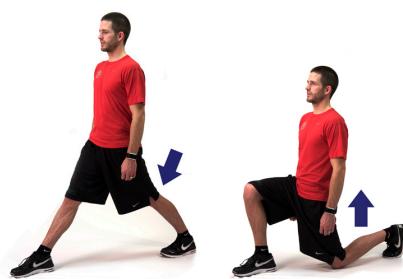
Extend arms in front of chest and interlace fingers, palms toward you. Keep arms straight, lower them toward waist then pull arms comfortably overhead as far as you can.


Skate Walk
10x

Stand with hands on hips and feet hip width apart, toes pointed forward. Bend knees and squat as far down as is comfortable. Push off the outside of the left foot and take a big step at a 45 degree angle, bring the left foot to the right. Return to start position. Stay in a low squatted position for the entire move. Alternate legs.


Static Lunge
5x each leg

Stand with hands by sides, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.


Inchworms
5x

Stand with feet at hip width and toes pointing forward, keep legs straight, bend over at the waist until hands are flat on the floor. In this position walk hands out in front of you as far as is comfortable then walk legs up to hands while keeping legs straight and thighs tight. Repeat.



INFILDER RESET**2/2****Dynamic Squats****2x**

Standing with feet at hip width, toes pointing straight ahead and hands behind head. Keeping heels in contact with the floor, squat down as far as is comfortable and back up; position feet 3-4 inches wider and repeat. Continue by moving feet apart 3-4 inches in two more positions finishing with feet as far apart as is comfortable. Repeat one more squat at the widest point, then move feet back together in the same fashion as going apart. All the way out and all the way in = 1 rep.



Repeat entire INFILDER RESET up to 3x

PITCHER RESET

1/2

Elbow Curls

10x

On knees, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart, preventing wrists from turning. Repeat back and forth.


Spread Foot Reverse Pullovers

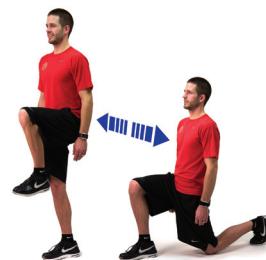
10x

Standing with feet out wide and toes facing forward, interlace fingers behind your back with palms facing you. In this position lift arms off lower back as far as is comfortable. Repeat back and forth.


Stork Lunges

5x each leg

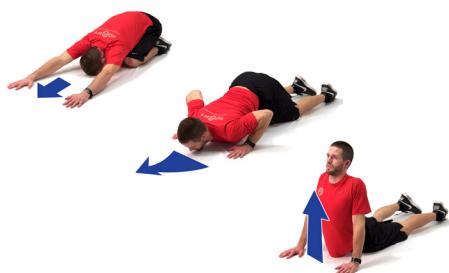
Lift left knee up to 90 degrees, keeping foot under knee. Take a big step backwards with the left leg so that the right leg is out in front. Bend both knees allowing the left leg to drop towards the floor, press feet into floor lifting hips and straightening legs. Repeat up and down and then switch legs.


Spread Foot Rollercoasters (Kneeling/Standing)

10x

Walk hands out in front of you and spread hands so they are slightly wider than shoulders. Bend arms and pull face just above floor in a "U" motion. Drop hips toward floor and press arms straight. Return to original position by lifting hips into air and shifting weight back into feet. Repeat.

KNEELING ROLLEROASTERS



STANDING ROLLEROASTERS

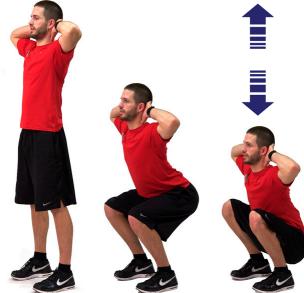


PITCHER RESET**2/2****Full Squats**

Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up. Repeat.

10x

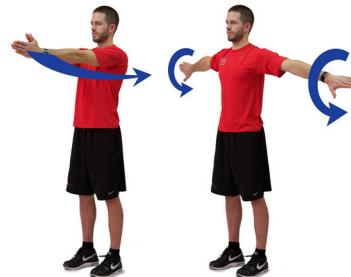
Repeat entire PITCHER RESET up to 3x



OUTFIELDER RESET

Reverse Clappers
10x

Extend arms straight out from sides, palms towards the back of the body. Bring arms together and gently, and evenly, press palms together in front of chest; then bring the arms back apart, ending the movement where it started with a light squeeze between the shoulder blades. Repeat back and forth between positions.


Standing Overhead Extension Pullovers
10x

Extend arms in front of chest and interlace fingers, palms facing away from you. Keep arms straight, lower them toward waist then pull arms comfortably overhead as far as you can. Repeat back and forth.


Hero Leans
5x

On knees, with knees and feet at hip width, keeping stomach and back tight, lean back as far as is comfortable and back up. Repeat up and down.


Downward Dog Squats
5x

On hands and knees, place hands in front of and slightly wider than shoulders, knees under hips and toes curled under feet. Straighten legs by lifting knees off the floor, pressing heels towards the floor and lifting hips towards the sky; keep thighs tight and press chest toward legs. In this position lower knees to the floor and back up. Repeat up and down.


Kneeling Bridge
:30 sec

Kneeling, grab heels with hands so that thumbs are inside of heels, squeeze glutes and push hips forward into the air and hold.


Split Squat Hops
10x each leg

Stand with hands by sides, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, jump up and switch leg position so your left leg is now in front. Repeat up and down.



Repeat entire OUTFIELDER RESET up to 3x



SOCCKER RESET INSTRUCTIONS

SIDELINE INSTRUCTIONS

A routine that activates the body and reinforces the gains from the Pre/Post Routine.

Estimated length: 5 minutes

Suggested Use:

- Warm-up for substitutes.
- Short team warm-up before the second half starts.

SOCCKER/GOALKEEPER RESET

A short routine designed to re-establish neutral joint positions and proper neuromuscular connections.

Estimated length: 5 minutes

Suggested Use:

- During breaks in competition and practice.
- For tightness and uneven fatigue.

GAME COOL-DOWN

A short cool-down routine that has less demand than the Pre/Post Routine. It accounts for match fatigue and effectively restores muscular balance.

Estimated length: 5 minutes

Suggested Use: Post-game.

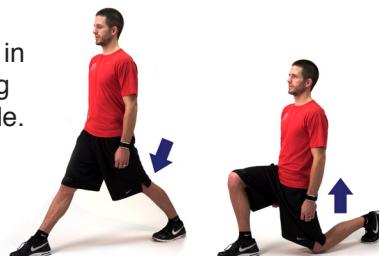
SIDELINE ROUTINE

Spread Foot Glides 10x each leg

Standing with legs out wide and toes facing forward bend down at waist and place hands on the ground. With hands in middle, bend right leg and keep left thigh tight; as if you are sitting back into a chair. Then switch by straightening right leg and bending left leg; alternate side to side.


Static Lunges 10x

Stand with hands on your hips. Step forward so that the right leg is out in front and left leg back behind you. Bend both knees allowing the left leg to drop towards the floor without letting your knee extend past your ankle. Straighten back up and repeat with the right leg.


ROM Skipping 30 - 50 yards

Relax arms in a running motion and over swing, lift knee to 90 degrees keep foot under knee and relaxed; do this motion while hopping on opposite foot, switching feet with each step.


Run 30 - 50 yards

Repeat up to 3x

SOCcer RESET
Walking Quad Stretch
10x each leg

Stand on left leg, bend the right leg up behind you and take hold of your foot. Keeping knees even and hips square, squeeze right glute, and press right hip slightly forward. Walk forward, switch legs and repeat.


Inchworms
5x

Stand with feet at hip width and toes pointing forward, keep legs straight, bend over at the waist until hands are flat on the floor.

In this position walk hands out in front of you as far as is comfortable then walk legs up to hands while keeping legs straight and thighs tight. Repeat


Backward Rotational Stork
10x each leg

Stand with hands behind head. Pull left knee up to 90 degrees then to outside as wide as possible. While lowering foot toward floor, keep foot under knee and toes pointing forward when it nears ground (one fluid motion). Repeat with other leg.


Reverse Pullover Lunge Walk
10x each leg

Stand with hands interlaced behind your back, take a big step forward with right foot, bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips up and straightening legs. Repeat, alternating legs.



GOALKEEPER RESET
Roller Coasters (Kneeling/Standing) 10x

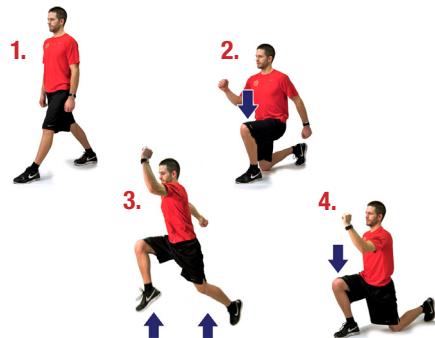
On hands and knees, straighten legs by lifting knees off the floor, pressing heels toward the floor and lifting hips towards the sky. Bend arms and lower face toward the floor while dropping hips toward the floor and finally pressing arms straight and looking up at the sky. Return to original position and repeat.

KNEELING ROLLEROASTERS

STANDING ROLLEROASTERS

Split Squat Hops 5x each leg

Stand with hands by sides, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, jump up and switch leg position so your left leg is now in front. Repeat up and down.


Spread Foot Reverse Pullovers 20x

Standing with feet out wide and toes facing forward, interlace fingers behind your back with palms facing you. In this position lift arms off lower back as far as is comfortable. Repeat back and forth.


Full Squats 10x

Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up. Repeat.



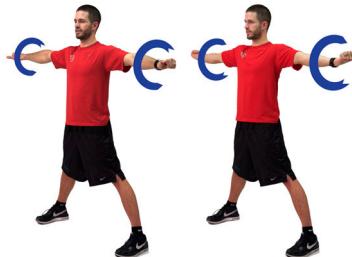
SOCcer GAME COOL-DOWN

GAME COOL-DOWN

Spread Foot Arm Circles

20x each direction

Stand with feet straight and spread wider than hips, arms straight out from sides at shoulder level, thumbs pointing forward and palms down. Keeping arms straight, pinch shoulder blades together and make forward circles with arms. Point thumbs backwards, turn palms up, and make backward circles.



Knee to Chest

20x each leg

Standing, pull left knee up towards your chest and hold for a count while keeping down leg straight. Repeat on opposite side.



Static Lunges

10x

Stand with hands on your hips. Step forward so that the right leg is out in front and left leg back behind you. Bend both knees allowing the left leg to drop towards the floor without letting your knee extend past your ankle. Straighten back up and repeat with the right leg.



Spread Foot Glides

15x each leg

Standing with legs out wide and toes facing forward bend down at waist and place hands on the ground. With hands in middle, bend right leg and keep left thigh tight; as if you are sitting back into a chair. Then switch by straightening right leg and bending left leg; alternate side to side.



Full Squats

10x

Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up. Repeat.





PERFORMANCE SEQUENCE INSTRUCTIONS

The SAP and Jump Sequences improve the performance of athletes while maximizing their potential durability. These sequences can be manipulated to accomplish two different training goals: performance and reinforcement.

SUGGESTED USE

Lower Body SAP 1 & 2: Lower body strength, speed, quickness, agility, coordination, and balance.

Sequences are performed between cones spaced:

- Up to 50 yards apart for performance
- Up to 30 yards apart for reinforcement

**After each exercise walk backwards to the starting point.*

Estimated length: 30 min for performance/15 min for reinforcement.

Upper Body SAP 1 & 2: Upper body strength, power, coordination, flexibility, and balance.

- 3x for performance
- 1x for reinforcement

Estimated length: 30 min for performance/10 min for reinforcement.

Jump Sequence: Lower body strength, explosion, coordination, and agility.

- 3x for performance
- 1x for reinforcement

Estimated length: 20 min for performance/ 7 min for reinforcement.

Pre-Season: Rotate sequences every training session for performance.

Mid-Season: Complete one sequence for performance and one for reinforcement during the week.

Post-Season: Complete one sequence for reinforcement on two occasions during the week.

Note: Choosing which performance sequence to do is based on a coach's or athlete's training goals.

Skate Walk

Stand with hands on hips and feet hip width apart, toes pointed forward. Bend knees and squat as far down as is comfortable. Push off the outside of the left foot and take a big step at a 45 degree angle, bring the left foot to the right. Return to start position. Stay in a low squatted position for the entire move. Alternate legs.

Lunge Walk Forward

Standing with hands behind head, take a big step forward with right foot, bend both knees dropping left knee straight toward the floor as far as is comfortable then raise back up and step forward with the left leg without pausing between steps. Make sure front knee does not go out past ankle when lowering toward the ground. Repeat alternating legs.

Skip

Relax arms in a running motion, lift knee in relaxed motion while hopping on opposite foot, switching feet with each step. Moving forwards.

Forward Square Hops

Stand with feet at hip-width, toes pointing forward, and hands behind head. Squat down as low as you can, then jump forward fully straightening your legs. Collapse into a squat when you land and immediately repeat the jump moving sideways, then forward, then sideways again. Alternate which way you jump to the side so you progress forward in a straight line.

Combine the following 2 exercises by alternating:**Knee to Chest**

Standing, pull left knee up towards your chest and hold for a count while keeping down leg straight. Repeat on opposite side.

- AND -

Walking Quad Stretch

Stand on left leg. Bend the right leg up behind you and take hold of your foot. Keeping knees even and hips square, squeeze right glute, and press right hip slightly forward. Walk forward, switch legs and repeat.

Backwards Skip

Relax arms in a running motion, lift knee in relaxed motion while hopping on opposite foot, switching feet with each step. Moving backwards.

Bear Crawl

On hands and feet crawl forward; keep back flat and knees under body in line with hips.

Run Full Field/Court**Repeat entire LOWER BODY SAP 1 sequence up to 3x**

Lateral Duck Walk

Stand with hands on hips and lower hips keeping chest upright. Keep toes pointed straight ahead and hips at the same level, step laterally to the right with the right foot. Switch directions half-way and lead with left foot.

Stork Walk w/ Leg Extensions

Hands behind head, lift knee to 90 degrees and then straighten leg out from the knee. Bend knee and step forward as you come down, repeat with other foot.

ROM Skipping

Relax arms in a running motion and over swing, lift knee to 90 degrees keep foot under knee and relaxed; do this motion while hopping on opposite foot, switching feet with each step.

Squat Hops

Stand with feet at hip-width, toes pointing forward, and hands behind your head. Squat down as far as you can, then fully extend legs jumping forward as high as you can. Collapse all the way down when you land and repeat immediately.

Combine the following 2 exercises by alternating:**Knee to Chest**

Standing, pull left knee up towards your chest and hold for a count while keeping down leg straight. Repeat on opposite side.

- AND -

Walking Quad Stretch

Stand on left leg. Bend the right leg up behind you and take hold of your foot. Keeping knees even and hips square, squeeze right glute, and press right hip slightly forward. Walk forward, switch legs and repeat.

Speed Skip

Relax arms in a running motion, lift knee in relaxed motion while hopping on opposite foot, switching feet with each step. Moving forwards as fast as possible.

Bear Crawl

On hands and feet crawl forward; keep back flat and knees under body in line with hips.

Run Full Field/Court**Repeat entire LOWER BODY SAP 2 sequence up to 3x**



PERFORMANCE SEQUENCE UPPER BODY SAP 1

Standing Active Clock

Up to 20x each position

Stand with feet at hip-width and arms hanging relaxed at your sides, thumbs pointing forward. Raise both arms straight above your head to the 12 o'clock position. Lower arms and repeat in the 10-2 and 9-3 o'clock positions. In the 9-3 position, start with arms straight together in front of you and pinch shoulder blades together as you bring arms back.

Roller Coasters (Kneeling/Standing)

Up to 10x

On hands and knees. Straighten legs by lifting knees off the floor, pressing heels toward the floor and lifting hips towards the sky. Bend arms and lower face toward the floor while dropping hips toward the floor and finally pressing arms straight and looking up at the sky. Return to original position and repeat.

Reverse Pullovers

Up to 20x

Kneeling, interlace the fingers behind the glutes. Keeping arms straight, pull hands and arms as high as possible and lower back to starting position. Repeat.

Single Leg Walkouts (Kneeling/Standing)

Up to 8x

Stand with feet at hip width and toes pointing forward, bend over and place palms of hands flat on the floor close to feet. From this position, walk hands out in front of you until body is flat with hands wider than shoulders (in push-up position). Lift one leg up behind you while doing a push-up. Press back up to starting position and switch legs, repeat 8 times then walk hands back up to feet and stand up. Repeat while doing, 6, 4, & 2 push-ups.

Overhead Extension Pullovers

Up to 20x

Extend arms above head and interlace fingers so that palms face away from you; keeping arms straight, lower them to legs and then raise them back above head. Repeat back and forth.

Hand Leg Opposites

Up to 4 x 10 sec

On hands and knees, raise right arm and left leg simultaneously until they are both straight and parallel with the floor. Lower back down and repeat with the opposite arm and leg. Repeat alternating sides.

Burpees

Up to 10x

Stand with feet at hip width and toes pointing forward. Jump down into and push-up position and jump back up to a standing position and finish by hopping with arms up.

Full Squats

Up to 10x

Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up. Repeat.

Repeat entire UPPER BODY SAP 1 sequence up to 3x

Reverse Clappers**Up to 20x**

Standing with feet hip width apart, arms straight out from shoulders with palms together. In this position gently squeeze palms and draw arms away from you at shoulder height while rotating your palms back.

Inchworms**Up to 10x**

Stand with feet at hip width and toes pointing forward, keep legs straight, bend over at the waist until hands are flat on the floor. In this position walk hands out in front of you as far as is comfortable then walk legs up to hands while keeping legs straight and thighs tight.

Active Tricep Bridge**Up to 20x**

Sit with knees bent and feet on the floor, hands under shoulders, fingers facing toward your feet. Squeeze glutes and lift hips as high as possible. Return to starting position and repeat up and down.

Spread Foot Roller Coasters with**Reverse Coasters (Kneeling/Standing)****Up to 10x**

Start on hands and knees, with palms flat on the floor, comfortably wider than shoulders. Straighten legs, raise hips, and lower heels toward floor. Walk feet out as wide as possible, keeping toes straight. Bend arms and bring your face close to the floor while lowering hips. Straighten arms and look upward. Return to the starting position by repeating the same motion in reverse.

Elbow Curls**Up to 20x**

Lay on back with knees bent and feet flat on the floor, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart.

One Arm Bridge**Up to 4 x 15 sec**

Lie on right side with legs extended; place right palm flat on the floor underneath right shoulder. Straighten legs and arms while also pushing hips toward the sky. Raise left arm toward the sky so your body now looks like a "T".

Single-leg Tricep Push-up (Kneeling/Standing)**Up to 10x**

Starting in push-up position bring arms directly under shoulders. Bend arms lowering chest toward the ground while keeping elbows close to sides while lifting one leg up behind you. Press back up to starting position, switch legs and repeat up and down.

Downward Dog Squats**Up to 10x**

On hands and knees. Curl toes under feet and straighten legs by lifting knees off the floor. In this position lower knees to the floor and back up. Repeat up and down.

Repeat entire UPPER BODY SAP 2 sequence up to 3x



PERFORMANCE SEQUENCE JUMP

Standing Lateral Leg Lifts

Up to 10x

Standing straight with toes pointing forward, hold onto something for balance and lift your right leg straight up to the side as high as you can without bending in any direction. Switch sides and repeat.

Dynamic Squat Hops 3 out, 3 in Up to 3x

Stand with feet at hip-width, toes pointing forward, and hands behind head. Squat down as far as is comfortable without lifting heels. Repeat squat but each time increasing distance between feet by 3-4 inches. After reaching the widest point that is comfortable, squat one more time, then reverse order of feet positions and repeat each squat. One repetition = all squats both directions.

Standing Stork Walk w/ Leg Extensions Up to 10 x each leg

Hands behind head, feet hip width apart, lift knee to 90 degrees and then straighten leg out from the knee, pause briefly before bending the knee back to 90 degrees. Step down into the starting position, repeat with other foot.

Square Hops Up to 3x

Stand with feet at hip-width, toes pointing forward, and hands behind head. Squat down as low as you can, then jump forward fully straightening your legs. Collapse into a squat when you land and immediately repeat the jump moving sideway, then backwards, and again to the side to return the starting position. The hops are in a square pattern.

Pendulum Swings Up to 10x each leg

Straighten your right leg and swing it forward toward your head, then back behind you as far as you can.

Jump Hops Up to 10x

Stand with feet at hip-width, toes pointing forward, and hands behind head. Squat down as low as you can, then jump straight up, tucking your knees to your chest.

Repeat entire JUMP sequence up to 3x



RECOVERY SUPPLEMENT INSTRUCTIONS

The ADAPT Recovery supplements help the body recuperate after activity, provide joint maintenance, and are the building blocks for the Pre/Post Routines.

HOW TO CHOOSE WHICH RECOVERY SUPPLEMENT

Default: The joint that is most specific to the sport

- OR -

Primary: The joint that is currently most vulnerable

INTRODUCTION SEQUENCE

Step 1: Complete Joint Specific Recovery Supplement #1 on three separate occasions.

Step 2: Complete Joint Specific Recovery Supplement #2 on three separate occasions.

*If an athlete cannot make it through the entire Joint Specific Recovery Supplement #1 it is recommended to set an appointment for the ADAPT Return to Sport Program.

UPON COMPLETION OF INTRODUCTION SEQUENCE

Recovery from Performance

Use Joint Specific Recovery Supplement #1 with full repeats when any of the following occur:

- Joint soreness
- Post competition
- Extreme fatigue

Use Joint Specific Recovery Supplement #2 with full repeats when any of the following occur:

- Muscle soreness
- Day after competition

Maintenance

Alternate Joint Specific Recovery Supplement #1 & #2 with no repeats.

Building blocks for the Pre/Post Routines

Repeat the introduction sequence until able to make it through the entire pre/post routine.

Clappers 20x

Lie on back with knees bent and feet flat on the floor. Stretch arms straight out from shoulders, flat on the floor with palms up. Press backs of hands gently against the floor, then lift arms straight above your chest and press palms together. Repeat.



Overhead Extension :30 sec

Lie on back with knees bent and feet flat on floor. Straighten arms above head with palms outward. Hold.



Knee Squeeze Hold :30 sec

Lie on back, knees bent with feet flat on the floor. Place knees and ankles together. Squeeze and hold.



Frog Glutes :30 sec

Lie on back with soles of feet together and knees spread apart. Relax and let knees fall toward the floor. Squeeze and release glutes.



Pelvic Tilts 10x

Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, press lower back against the floor, then arch lower back off floor. Repeat.



Repeat last three exercises up to 3x

Leg Lifts 10x each leg

Lie on back with left leg straight along the floor and right knee bent so that your right foot is flat on the floor. Keeping left leg straight and thigh tight, lift leg up as far as is comfortable then lower back down towards the ground. Repeat up and down and switch legs.



Sidelying Quad Stretch :30 sec each leg

Lie on right side with both legs straight. Bend the right leg up behind you and take hold of your foot. Keeping knees even and hips square, squeeze right glute, and press right hip slightly forward. Hold, switch legs.



Active Shoulder Bridge 10x

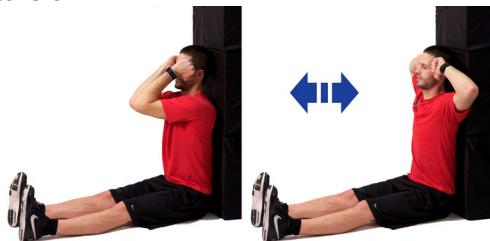
Lie on back with knees bent and feet flat on the floor at hip-width. Squeeze glutes and lift hips off the floor. Lower hips and repeat.



Repeat last three exercises up to 3x

SITTING FLOOR SEQUENCE

Sit on the floor with your back flat against a wall, legs straight in front of you, and glutes as close to the wall as possible. Pull toes back, flex thighs, and press backs of knees against the floor.



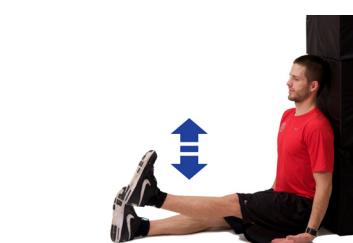
Elbow Curls 20x

Place knuckles on your temples with thumbs pointing down. Spread elbows spread wide apart pinching shoulder blades together, then bring elbows back together.



Wide Femur Rotations 20x

Spread both legs out as wide as comfortable, keep thighs tight and toes pulled back and rotate both legs in and out from the hip.



Leg Lifts 10x

Starting with the heel, keeping knee straight, thigh tight, lift the right leg, then switch legs and repeat.



Cats & Dogs 10x

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.



Air Bench up to 2 min

Standing with back flat against a wall, keep knees and feet at hip-width while lowering yourself to a sitting position. Thighs should be slightly above parallel with the floor, and knees should not extend past your ankles. Keeping weight in heels, press lower back against the wall and hold.

Active Frog
1 min

Lie on back with knees and feet together; relax and let knees fall towards the floor. Bring knees together and apart. Repeat back and forth.


Alternating Hip Flexor Lifts
1 min

Move right foot slightly to the right of the right knee and lift 2-3 inches, lower and then switch feet.


Long Wide Femur Rotations
1 min

Lie on back with both legs straight and wide as you can. Tighten both thighs, pull toes back and rotate in and out from the hip.



Repeat previous 3 exercises up to 3x

Pelvic Tilts
10x

Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, press lower back against the floor, then arch lower back off floor. Repeat.


Elbow Curls
20x

Lie on back with knees bent and feet flat on the floor. Place knuckles on temples with thumbs pointing down. Spread elbows wide apart, pinching shoulder blades together, then bring elbows back together. Repeat.


Pullovers
10x

Lie on back with knees bent and feet flat on the floor. Interlace fingers and stretch arms straight above your head, reaching as far back behind your head as is comfortable without bending arms. Stretch arms back toward knees, then back behind your head. Repeat.


Ruep Kicks
10x

Lie on back with knees bent and feet flat on floor. Bring your left knee up to your chest, then straighten it so that shoulder, hip, knee, and ankle are all in a straight line. Switch sides and repeat.


Elevated Femur Rotations
20x

Lie on back with right leg bent and right foot flat on floor. Straighten left leg, tighten thigh and pull leg off ground about 4 inches. Keep thigh tight and rotate in and out from the hip. Switch sides and repeat.



Leg Press Glute Squeezes 1 min

Lie on back with right leg bent and right foot flat on floor. Straighten left leg, tighten thigh and squeeze right glute and hold. Repeat on opposite leg.



Repeat previous 6 exercises up to 3x

Static Back Splits 10x

Lie on back with legs bent in the air and hips and knees at 90-degree angles. Maintaining the angle, spread legs apart as wide as is comfortable, then bring back together and repeat.


Shoulder Bridge :30 sec

Lie on back with knees bent and feet flat on the floor. Squeeze glutes, raise hips off the floor and hold. Concentrate on squeezing glutes and keeping back relaxed.


Long Wide Press :30 sec

Lay on your back with your legs spread as far apart as you can. Press back of knees into ground, tighten thighs, and press out from your heels.



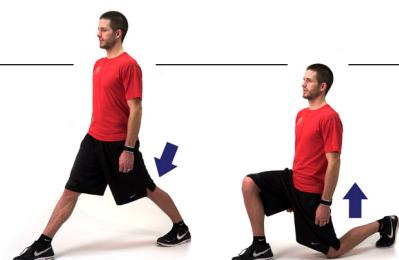
Repeat previous 3 exercises up to 3x

Cats & Dogs 10x

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.


Static Lunges 5x each leg

Stand with hands down by your side, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.


Standing Stork Walk 10x each leg

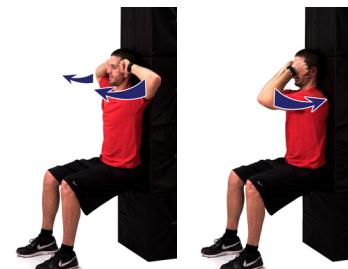
Stand with hands behind head and lift left knee up to form a 90 degree angle. Alternate legs.



Repeat previous 2 exercises up to 3x

Air Bench Elbow Curls 30x

Standing with back flat against a wall, keep knees and feet at hip-width while lowering yourself to a sitting position. Thighs should be slightly above parallel with the floor, and knees should not extend past your ankles. Keep weight in heels, press lower back against the wall, and hold. Place knuckles on your temples with thumbs pointing down. Spread elbows spread wide apart pinching shoulder blades together, then bring elbows back together. Repeat.



Palm Presses 30x

Lie on back with knees bent and feet flat on floor. Stretch arms out from your shoulders, palms down. Gently press palms against floor and release. Repeat.



Pullovers 20x

Lie on back with knees bent and feet flat on the floor. Interlace fingers and stretch arms straight above your head, reaching as far back behind your head as is comfortable without bending arms. Stretch arms back toward knees, then back behind your head. Repeat.



Active Frog 40x

Lie on back with knees and feet together; relax and let knees fall towards the floor. Bring knees together and apart. Repeat back and forth.



Femur Rotations 20x each leg

Lie on back with left leg straight on the floor, right knee bent, and right foot flat on the floor. Tighten left thigh, pull toes back, and lift leg so that it is even with the right knee. Rotate left leg in and out from the hip. Switch legs and repeat.



Ruep Kicks 10x each leg

Lie on back with knees bent and feet flat on floor. Bring your left knee up to your chest, then straighten it so that shoulder, hip, knee, and ankle are all in a straight line. Repeat back and forth. Switch legs and repeat.



Leg Press 1 min each leg

Lie on back with left leg straight along the floor and right knee bent so that your right foot is flat on the floor. In this position, tighten quad pull toes back and hold while pressing back of knee and heel into the floor. Switch legs and repeat.



Abdominal Presses 10x

Lie on back with knees bent and feet flat on the floor. Lightly contract abdominal muscles while pressing the lower back against the floor. Relax and repeat.


Hand Leg Opposites 4 x 5 sec

On hands and knees, raise right arm and left leg simultaneously until they are both straight and parallel with the floor. Switch sides and repeat.


Cats & Dogs 10x

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.


Prone Ankle Squeezes 40x

On your stomach and knees bent to 90 degrees. Squeeze your knees and ankles together. Relax and repeat.


Static Back 5 - 20 min

Lie on back with lower legs resting on a large block and hips and knees at 90-degree angles. Breathe deeply and relax.



Repeat entire sequence up to 3x

Isolated Hip Flexor Lifts
30x each leg

Lie on back with knees bent and feet slightly wider than knees on the floor. Lift right foot off the ground 2-3 inches and back down, keeping ankle and toes relaxed; repeat up and down then switch legs.


Leg Press and Release
30x each leg

Lie on back with left leg straight along the floor and right knee bent so that your right foot is flat on the floor. Keeping left leg straight and thigh tight press and release into the floor.


Repeat last two exercises up to 3x
Active Frog
20x

Lie on back with knees and feet together; relax and let knees fall towards the floor. Bring knees together and apart. Repeat back and forth.


Abdominal Presses
10x

Lie on back with knees bent and feet flat on the floor. Lightly contract abdominal muscles while pressing the lower back against the floor. Relax and repeat.


Repeat last two exercises up to 3x
Femur Rotations
30x each leg

Lie on back with left leg straight on the floor, right knee bent, and right foot flat on the floor. Tighten left thigh, pull toes back, and lift leg so that it is even with the right knee. Rotate left leg in and out from the hip. Switch legs and repeat.


Long Wide Press
1 min

Lay on your back with your legs spread as far apart as you can. Press back of knees into ground, tighten thighs, and press out from your heels.


Active Twist
10x

Laying on back with feet flat on the floor and just wider than hips; drop both knees to right side then switch to left. Repeat at a slow steady pace.


Pelvic Tilts
10x

Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, press lower back against the floor, then arch lower back off floor. Repeat.


Repeat last four exercises up to 2x

Prone Alternating Quad Squeeze 1 min

Laying on stomach, rest forehead on hands and relax with toes together and heels apart. Squeeze and release quads alternating back and forth.


Prone Femur Rotations 30 sec

Laying on stomach, rest forehead on hands and relax with toes together and heels apart. Rotate hips in and out.


Elbow Curls 20x

On back knees bent and feet flat on floor, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart, preventing wrists from turning. Repeat back and forth.


Pullovers 20x

Lie on back with knees bent and feet flat on the floor. Interlace fingers and stretch arms straight above your head, reaching as far back behind your head as is comfortable without bending arms. Stretch arms back toward knees, then back behind your head. Repeat.


Ruep Kicks 10x each leg

Lie on back with knees bent and feet flat on floor. Bring your left knee up to your chest, then straighten it so that shoulder, hip, knee, and ankle are all in a straight line. Switch sides and repeat.


Active Twist Hold 1 min

Laying on back with feet flat on the floor and just wider than hips; drop both knees to right side and hold. Repeat on opposite side.


Active Twist 10x

Laying on back with feet flat on the floor and just wider than hips; drop both knees to right side then switch to left. Repeat at a slow steady pace.


Active Frog 20x

Lie on back with soles of feet together; relax and let knees fall towards the floor. Bring knees together and apart. Repeat back and forth.



Repeat previous 6 exercises up to 3x

Cat Rockers**10x**

On hands and knees with hands under shoulders and knees under hips, arch back and pull chin to chest, shift your weight forward over hands and back. Repeat back and forth.

**Cats & Dogs****10x**

On hands and knees with hands under shoulders and knees under hips, arch back up and pull chin to chest, then lower back toward floor and raise head up. Repeat back and forth.



Air Bench Clapper Press
:30 sec

Standing with back flat against a wall, keep knees and feet at hip-width while lowering yourself to a sitting position. Thighs should be slightly above parallel with the floor, and knees should not extend past your ankles. Keep weight in heels, press lower back against the wall, and hold. Bring arms together in front of chest. Keeping elbows straight press palms together and hold.


Kneeling Shoulder Blade Contractions 40x

Kneel with arms hanging relaxed at your sides with glutes squeezed. Squeeze shoulder blades together and release.


Repeat last two exercises up to 3x
Wishbone Kicks from Floor
30x total

Lie on back with knees bent and feet flat on the floor. Arms are resting at sides. With knees together and feet wide apart, kick the right leg out in front of you. Lower and repeat with the left leg.


Frog Glutes
40x

Lie on back with soles of feet together and knees spread apart. Relax and let knees fall toward the floor. Rest hands on stomach. Squeeze and release glutes.


Active Twist
:30 sec

Lie on back with arms stretched straight out from shoulders, palms up and feet flat on the floor, just wider than hips, drop both knees to the right and switch to the left. Repeat at a slow steady pace.


Pelvic Tilts
10x

Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, press lower back against the floor, then arch lower back off floor. Repeat.


Repeat last four exercises up to 3x
Clappers
20x

Lie on back with knees bent and feet flat on the floor. Stretch arms straight out from shoulders, flat on the floor with palms up. Press backs of hands gently against the floor, then lift arms straight above your chest and press palms together. Repeat.



Elbow Curls
20x

On back knees bent and feet flat on floor, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart, preventing wrists from turning. Repeat back and forth.


Pullovers
20x

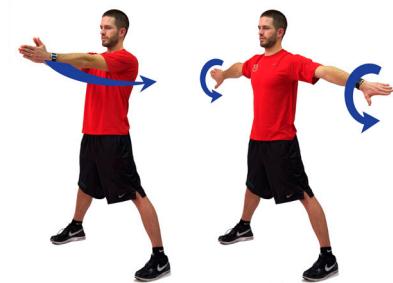
Lie on back with knees bent and feet flat on the floor. Interlace fingers and stretch arms straight above your head, reaching as far back behind your head as is comfortable without bending arms. Stretch arms back toward knees, then back behind your head. Repeat.



Repeat last three exercises up to 3x

Spread Foot Reverse Clappers
20x

Standing with feet hip width apart, toes straight ahead. Stretch arms straight out in front of you with palms touching. Press palms together. Keeping arms straight at shoulder height, separate arms apart as far as comfortable while rotating shoulders so palms are facing back. Repeat.


Static Lunges
up to 10x each leg

Stand with hands by your side, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor, press feet into floor lifting hips and straightening legs. Repeat up and down then switch legs.


Cats & Dogs
10x

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.



Air Bench Reverse Presses 20x

Stand with back against a wall, knees and ankles at hip width. Lower yourself into a sitting position against the wall so that thighs are slightly above parallel with the floor. Keeping weight in heels lightly press lower back into the wall. Knees should not go in front of ankles. Raise arms to shoulder level, bend elbows to 90 degrees, and lightly press backs of elbows into wall and release. Repeat press and release.



Shoulder Bridge Pullovers 20x

Lie on back with knees bent and feet flat on the floor. Squeeze glutes, raise hips off the floor and hold. Concentrate on squeezing glutes and keeping back relaxed. Interlace fingers and stretch arms straight above your head, reaching as far back behind your head as is comfortable without bending arms. Stretch arms back toward knees, then back behind your head. Repeat.



Repeat last two exercises up to 3x

Frog Crunches up to 25x

Lie on back, soles of feet together and knees spread apart. Relax and let knees fall towards the floor. Place hands behind your head with elbows back and chin off your chest. Squeeze and hold glutes while contracting abdominal muscles and lifting shoulders off the floor. Repeat up and down.



Elbow Curl Press :30 sec

Lie on back with knees bent and feet flat on the floor. Place knuckles on temples with thumbs pointing down. Bring elbows together and press. Hold.



Upper Spinal Floor Twist up to 1 min each side

Lie on your left side with hips and knees bent to 90-degree angles and arms extended straight in front of you. Keeping knees together, lift right arm straight up, twisting upper back to bring arm as far behind you as comfortable. Switch sides and repeat.



Repeat last three exercises up to 3x

Reverse Clappers 20x

Lie on back with knees bent and feet flat on the floor. Stretch arms straight out from shoulders, flat on the floor with palms down. Press palms gently against the floor, then lift arms straight above your chest and press palms together. Repeat.



Long Wide Femur Rotations 20x

On your back with legs fully extended and apart at 45 degrees, toes pulled back, and thighs tight. Rotate hips in and out. Breathe deeply and relax.


Floor Glide Presses 20x

Lie on back with knees bent and feet flat on the floor. Place elbows and backs of hands against the floor in the “stick ‘em up” position. Keeping elbows and backs of hands in contact with the floor press your arms into floor and release. Repeat.


Ruep Kicks up to 20x each side

Lie on back with knees bent and feet flat on floor. Bring your left knee up to your chest, then straighten it so that shoulder, hip, knee, and ankle are all in a straight line. Switch sides and repeat.



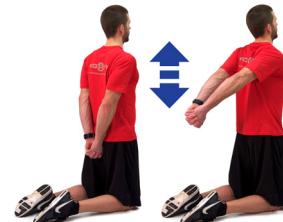
Repeat last four exercises up to 3x

Dog Push-ups up to 20x

Start on hands and knees, hands in front and slightly wider than shoulders, and knees directly under hips. Keeping back arched downward, bend arms, and lower your face toward the floor between your hands then press back up. Repeat.


Reverse Pull Overs 20x

Kneel with fingers interlaced behind your glutes. Keeping arms straight, raise as high as possible. Lower and repeat.


Active Hand Leg Opposites :30 sec

On hands and knees, raise right arm and left leg simultaneously until they are both straight, and parallel with the floor. Switch sides and repeat.


Cats & Dogs 10x

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.

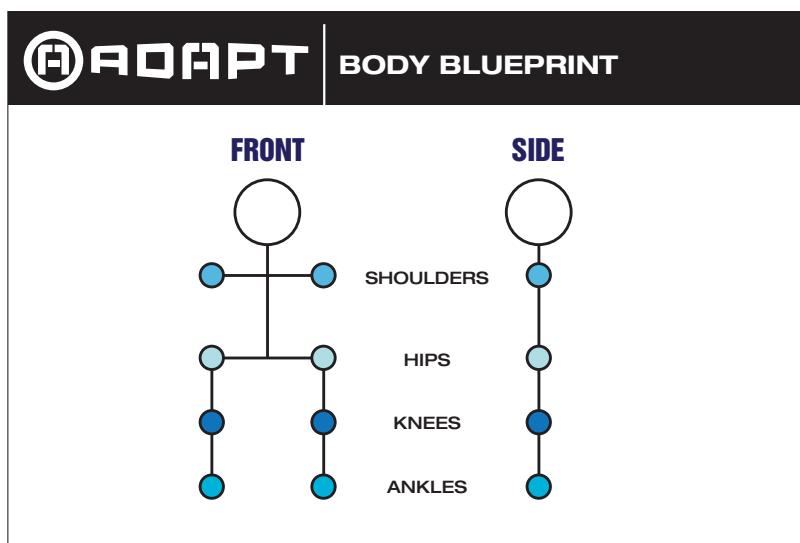


Repeat last four exercises up to 3x

ADAPT Training is a human performance development company. Through the ADAPT techniques, we are able to return the body to a fully functioning durable machine that one remembers from childhood. We believe if you give the body the tools it needs, it has the ability to heal itself as well as perform at extremely high athletic levels free of pain and injury. ADAPT is committed to the belief that an athlete, who is serious about their training, deserves to have the “body nature intended.”

ADAPT Training is formed around the principles of how your body adapts to specific physical stimulus to produce desired results. This philosophy is grounded in correcting muscular dysfunction, and the goal is to restore, develop, and maintain a balanced muscular and skeletal system.

The ADAPT Training model is based on understanding that the human body has a specific design and blueprint. There are four major reference points to the blueprint. We identify them as the structural joints (shoulders, hips, knees, and ankles). These joints are designed to maintain a specific relationship with each other to evenly distribute the impact of the weight of the body and maintain the ideal alignment. The structural joints are designed to work independently and unconsciously throughout their entire range of motion. The durability and performance of your entire body is dependent on maintaining the function of your structural joints.



MUSCLES RESPONSIBLE FOR JOINT FUNCTION

The joining of two or more bones makes up a joint. Bones are inanimate objects that are under the control of the muscles that are attached to them. The position and movement of the structural joints are dependent on properly functioning muscles. There is an ideal pattern established to fire the muscles in a proper sequence to allow these joints to remain in equal relationship to each other. This should be an unconscious neuro-muscular response. When the body is functioning in an anatomically correct position, it is designed to handle an amazing amount of stress and pounding without injury. It is when the joints are not held in the proper position or angle due to improper muscular function that the body becomes inefficient and susceptible to injury.

The gains made by our football program are numerous; among them is a reduction of injuries, (muscle pulls have been eliminated). Our team actually becomes faster as the season progresses; we have great conditioning, and improve as a team athletically. While a lot of teams are hoping to maintain a level of speed, strength, and flexibility through the season, we are getting better week-to-week.

FAUSTIN RILEY, BEAVERTON HIGH SCHOOL FOOTBALL COACH

The first exercise system I have used that truly integrates the complexity of the whole body.

DR. JASON LINDEKUGEL

ADAPT Training will give you the edge you need to reach your athletic goals and ensure your body stays healthy.

JORDAN SENN, CAROLINA PANTHERS

After eighteen years of being involved in teaching Physical Education and athletics, I've been exposed to, and used many types of training, and rehabilitative programs for students/athletes. With ADAPT Training I've seen my students/athletes make dramatic increases in their athleticism more so than any other program I've used.

CRAIG SCHIMEL PHYSICAL EDUCATION TEACHER

I've played at the top college and professional level and I've never done anything like this before. After just a week, I noticed improved flexibility and feel stronger. It works muscles that I've never worked before. After a month, I feel a complete transformation in my body.

JOSH WESTERMANN, ASSISTANT COACH

OF COCHISE COLLEGE

I had been dealing with a lot of muscular imbalances — it has been life changing since starting this program. Finding ADAPT has put my career back on course.

DAVID JACKSON, GUARD FOR

PGE TUROW ZGORZELEC

Shattering the Training Myths Associated with Knee Health

The “knee” is not a complex machine. It has one function: flex and extend while supporting the weight of the human body. It is labeled a hinge joint because bending is all that it is designed to do. Each component of the knee facilitates this hinge function. Anytime the knee is recruited to perform an action other than a hinge — such as a twist or glide — parts of the knee will be compromised and potentially damaged. That is the short answer to the big mystery behind all symptoms or limitations that are labeled as knee injuries.

You may be asking yourself who I am and how I possess these hidden secrets that have eluded some of the most decorated professionals in the field. I am an actual product of the misunderstanding of the knee. I was a projected NFL first round draft pick who had my career ripped away by improper rehabilitation of my blown out knee. I played offensive line for Stanford University Football, and was a three-year starter — never missing a single game or practice due to injury. At the end of my third season, an opposing player was thrown into my extended knee — tearing my ACL (anterior cruciate ligament) and MCL (medial cruciate ligament). My rehabilitation ended with the rupture of two discs in my spine that required emergency surgery to prevent permanent paralysis. The heavy weight lifting on an improperly rehabilitated knee created a spine vulnerability that did not exist before my knee injury.

Since 1993, I have spent all my resources on discovering the truth behind my rehabilitation mistakes and creating a training system that prevents this from happening to other athletes. The simplicity to my discoveries will be shocking to most of you and hopefully eye opening to others.

To begin this adventure in common sense let us first look at the function of the knee in relation to the action of the entire leg. One major oversight is the belief that the muscles associated with the knee are solely responsible for knee strength and stability. The reality of knee health is that the hip, knee, and ankle each have specific movement responsibilities for the overall performance of the leg. Unfortunately, most rehabilitation programs emphasize building the specific muscles that articulate (move) the knee (strong quads) rather than focusing on attaining the ideal relationship between these three joints. Think of all the combinations that these joints can produce in an athletic action (squatting, twisting, lunging, jumping, and running). The key to knee health is that when a movement is performed by the leg, the knee is only required to hinge (bend) in accordance to its design. All rotation and lateral movement should initiate in the hip. The hip is a ball and socket joint designed for multi-directional movement. The ankle is also a dynamic joint with multi-directional movement intended to support the action of the hip and adjust to the ground surface. Anytime the knee is asked to make up for a lack of range of motion or strength in the hip or ankle, the components of the knee will suffer.

COMPONENTS OF THE KNEE

1) Framework (Bones) The knee is a composite of specifically shaped bones that are designed with matching grooves to maximize the hinge movement. The force of impact should be distributed evenly over the entire surface of the knee. Anytime the muscular mechanics alter the alignment of these bones, deterioration can occur (osteoarthritis). If proper alignment is restored, the bones can regenerate just as any bone break can heal. Therefore, rather than assuming there is a debilitating condition in the bone, practitioners need to focus on the muscular system creating the improper alignment.

2) Shock Absorbers (Cartilage) This material is the whipping boy of the knee. All faulty movement is initially absorbed by the main shock absorber (meniscus). Any twist, lateral shift, or uneven force will create damage over time, or in a single action. Without correcting the mechanics, individuals will require continual “clean-ups” of this material. It is not the failure of the meniscus that creates these tears; it is the abuse of the intended usage of the material.

3) Connectors (Ligaments) Here is where the controversy lies. Why have ligaments become so fragile that they tear with increased frequency and seem to have a sexual bias? Why are common movements like jumping and cutting putting ligaments in such danger? I've heard some of the most far-fetched explanations for this epidemic in comparison to any other condition I have come across at my clinic. Here is the simple truth: Ligaments can tear with excessive external force (contact), or when expected to hold the bones of the knee together while the knee performs a dysfunctional movement (twist/glide).

I have recently witnessed a number of non-contact related knee injuries in professional sports. To put it simply, these injuries should *never* occur and indicate a dysfunction in the body. Dysfunctional movement patterns are caused by strength imbalances, range of motion restrictions, and uneven weight distribution. These physical conditions are products of improper and/or lack of sufficient training and a surplus of sport specific drills. One example of detrimental training is limiting the range of motion for the benefit of a joint. Many studies have created the misconception that we should train within limited degrees of movement. This information is based on studying the impact of load angles on people with pre-existing dysfunctional patterns in relation to weight lifting. Training should be focused on increasing functional range of motion to create the durability of a four-year-old. Getting stronger within limited range of motion will only increase injury vulnerability, especially when an activity requires range one hasn't trained in. A second example of disadvantageous training is the high volume of sport specific drills. The same repetitive movements create muscular imbalances. This is the greatest cause of non-contact related knee injuries in women's athletics.

Examine the physical development of children; they learn how to walk and run by using dynamic movement to build muscular function. Athletic training should reflect the same dynamic movements that develop the body — and match sport specific physical demands. Want to read a study? Look up early childhood development and the importance of crawling to create ideal muscular patterns. One wouldn't use a leg press to develop the muscles needed for a baby to walk — for the movement doesn't build the necessary multi-directional strength and stability.

The moral of the story is the knee is an incredibly durable piece of machinery when used in accordance with its design. It's time to stop blaming faulty parts and bad luck and start looking at training and rehabilitation techniques. An injured knee is just a casualty of improper function of the musculoskeletal system. If you've ever experienced a knee injury: Did your trainer, doctor, or therapist watch you walk, lunge, and twist before condemning the “defective” parts of your knee? Does your training program include every combination of positions that your hip, knee, and ankle can produce? Take a step back and understand that the knee has become a scapegoat for bigger problems that exists elsewhere in the body.



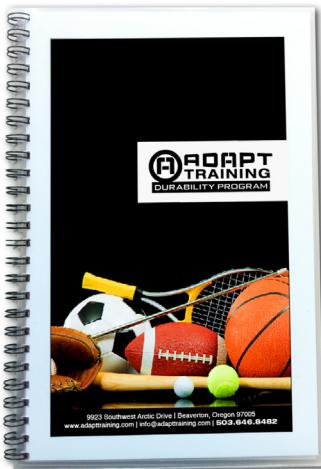
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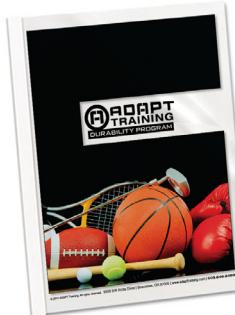
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