

Activation	
Hips	
Glute Raises	x10
Hip ABduction	x10e
Hip Adduction	x10e
Hip External Rotation	x10e
Hip Internal Rotation	x10e
Shoulders	
Y's	x10e
T's	x10e
W's	x10e
Core	
Front Plank	x30-60 sec.
Side Plank / Side Plank	x20-45 sec.
Lying Opposites - Floor	x10e
Active Stretches	
Bent Leg Calf Stretch - Wall	x5e
Knee Hug - Walking (Glutes)	x5e
Cradle Walk (Piriformis/Glute)	x5e
Foot Grab - Walking (Quads)	x5e
Inverted Hamstring - Walking	x5e
Forward Lunge - Walking	x5e
Monster Walk - High Kicks	x5e
Dynamic Warmup	
High Knee Skip (A Skip)	Down
High Knees	Back
Butt Kicks	Down
Backwards Run	Back
Slide/Glide (Tall Shuffle)	Down
Slide/Glide (Tall Shuffle)	Back
Carioca (Traditional)	Down
Carioca (Traditional)	Back
Low Shuffle	Down
Low Shuffle	Back
Carioca - High Knee Crossover	Down
Carioca - High Knee Crossover	Back
Stride	Down
Stride	Back
10-15 meters for each drill	

Recovery / Regeneration	
Flexibility	
Arm Circles/Arm Crosses	x10e
Lat Stretch	x10e
Pec Stretch	x10e
Glute - Knee to Chest	x:20e
Glute Medius - Figure 4/Cradle	x:20e
Torso - 90/90 Stretch	x10e
Adductors - Butterfly	x:20
Hamstring - Hurdler Stretch	x:20e
Hip Flexor - Lunge Stretch	x:20e
Calf Straight Leg	x:20e
Cobra Stretch	x:20
Foam Rolling	
Quads	x10e
IT Bands	x10e
Adductors - Groin	x10e
Hamstrings	x10e
Glute Max	x10e
Glute Medius	x10e
Calves	x10e
Upper Back - Lats	x10
Lower Back	x10
Posture Slides	x10
Tennis Ball Arch Rolls	Cover Arch
Hot/Cold Shower Therapy	
<i>To speed up the recovery process use Hot/Cold Shower Therapy</i>	
AM - End COLD / PM - End HOT	
1 Min Hot, 1 Min Cold, continue...	
<i>Be sure to get every area cold during cold segments ESPECIALLY legs.</i>	
Reason for ending cold in am is to wake you up! Ending warm in the evening is to relax you.	
Ice Bath / Cold Tub	
Using a cold tub or even your home bath tub try to get water temperature to 50 degrees and bathe for 10-15 min.	

PRE Season Circuit - #1	
Inverted Rows	x10-12
Body Squats	x10-12
Jump Squat + Stabilize	x8
Pushups	x10-20
Walking Lunge - Forward	x20strides
Inverted Rows	x10-12
Split Squats	x10-12e
Jump Squat + Stabilize	x8
Pushups	x10-20
Drop Lunge	x8e
Front Pillar Bridge - Plank	x :30-:60
Lateral Bridge w/ Hip Dips	x8-10
Lateral Bridge w/ Hip Dips	x8-10
Hip Extensions - Straight	x8e
Front Pillar Bridge - Plank	x :30-:60
Lateral Bridge w/ Hip Dips	x8-10
Lateral Bridge w/ Hip Dips	x8-10
Hip Extensions - Straight	x8e
PRE Season Circuit - #2	
Chinups	x6-10
Split Squats	x10-12e
Split Squat Jumps - Alternating	x10 TOTAL
Shoulder Press - No Split	x10-12
Walking Lunge - Forward	x20strides
Chinups	x6-10
Lateral Squats	x8e
Split Squat Jumps - Alternating	x10 TOTAL
Shoulder Press	x10-12
Drop Lunge	x8e
Pushup Plank + Arm Raise	x10 TOTAL
Lateral Bridge w/ Hip Dips	x8-10
Lateral Bridge w/ Hip Dips	x8-10
Russian Twist - Feet Elevated	x30
Pushup Plank + Arm Raise	x10 TOTAL
Lateral Bridge w/ Hip Dips	x8-10
Lateral Bridge w/ Hip Dips	x8-10
Russian Twist - Feet Elevated	x30
<i>To be balanced you must complete EVERY exercise.</i>	