

Phase 3 Exercises (NOTE: WATCH VIDEOS)

Perform as a circuit, moving from one exercise to the next, however, you may rest for up to 2 minutes between exercises if need be. Perform the entire circuit up to 4 times through.

Phase 3 Strength (EQUIPMENT REQUIRED)

Exercise Number	Exercise name	Reps
1	Broad jump / long jump	6 reps
2	Band run (backward)	6 reps
3	Band run (forward)	6 reps
4	High ball toss	6 reps
5	Banded knee drive	6 reps each side
6	Hay Bails	6 reps each side

Phase 3 Strength (NO EQUIPMENT REQUIRED)

Exercise Number	Exercise name	Reps
1	Broad jump / long jump	6 reps
2	Skiers	8 reps each side
3	Plyometric push up	6 - 8 reps
4	Lateral step-up and knee drive	6 reps each side
5	Side kickers	5 reps each side

Phase 3 Mobility Exercises

Exercise Number	Exercise name	Reps/time held
1	Foam roll calves	1 minute each leg
2	Calf / Achilles stretch	30 seconds each side
3	Rolling bottom of foot with ball	30 - 60 seconds each side
4	Hindu squat and kneeling	1 - 2 minutes
5	Plantar flexion stretch	1 minute
6	Hip flexor and adductor rolling	1 minute each side
7	Adductor stretch	1 minute
8	Standing hip flexor and band stretch	1 min 30 sec on each side
9	Piriformis roll with ball, legs in figure 4 position	1 minute each side
10	Lunge with elbow inside knee	30 seconds each side
11	Low squat sit	1 minute
12	Band / shoulder release	30 seconds each side