

Exercise #1

- Arms crossed
- Shoulder blades just clear of table
- Athlete should be able to hold position for 30 sec.
- Exercise should be pain free



Exercise #2

- Arms crossed
- Shoulder blades just clear of table
- Athletes squeezes knees together against resistance
- Performs exercise for 30 seconds or to fatigue
- Exercise should be pain free



Exercise #3

- Arms crossed
- Supine position with hips @ 90degrees
- Knees flexed a little less than 90 degrees
- Use abdominals to curl buttocks off table
- Hold position for 30 sec. or to fatigue /discomfort



Exercise #4

- Arms crossed
 - Supine position with hips @ 90 degrees
- Knees flexed a little less than 90 degrees
- Use abdominals to curl buttocks off table
- Provide resistance against knees
- Hold position for 30 sec. or to fatigue /discomfort



Exercise #5

- Arms crossed
 - Supine position with hips @ 90 degrees
- Knees flexed a little less than 90 degrees
- Use abdominals to curl buttocks off table
- Provide isometric resistance against adductors
- Hold position for 30 sec. or to fatigue /discomfort



Exercise #6

- Arms crossed
 - Supine position with hips @ 90 degrees
- Knees flexed a little less than 90 degrees
- Use abdominals to curl buttocks off table
- Provide isometric resistance against adductors, single leg.
- Hold position for 30 sec. or to fatigue /discomfort



Exercise #7

- Arms crossed
 - Supine position with hips @ 90 degrees
- Knees flexed a little less than 90 degrees
- Hold arms straight up. Palms together
- Use abdominals to curl buttocks off table
- Provide isometric resistance to arms & legs, "push apart"
- Hold position for 30 sec. or to fatigue /discomfort



Exercise #8

- Arms crossed
 - Supine position with hips @ 90 degrees
- Knees flexed a little less than 90 degrees
- Hold arms straight up. Palms together
- Use abdominals to curl buttocks off table
- Provide isometric resistance to opposite arm & leg, "push & pull"
- Hold position for 30 sec. or to fatigue /discomfort



Exercise #9

- Prone position on elbows
- Isometric bridge
- 30 Reps, 3 Second Hold
- Maintain neutral spine alignment
- No hyperextension in Low Back



Reminders

- Isometric positions. Hold for 30 seconds.
- Increase hold durations as athlete becomes stronger. Progress up to 1 minute holds
- Exercise should be pain free before you progress to the next exercise.

Active Stretching



Forced Front Split



Forced Back Split



Hamstring ISO

- One set to below fatigue or loss of form
- Hold for 3 Seconds & return to starting position