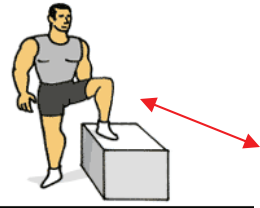
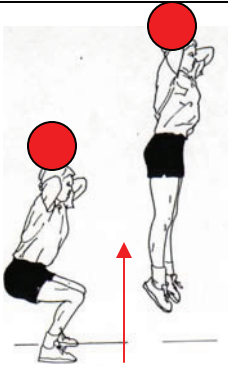




One Leg Squat: Basic power movement. Go as low as you can comfortably, stay in control, do not all the ball to move. Be mindful to not let the bent knee reach the tips of your toes, you want the knee above the ball of your foot and at a 90-degree angle. One set = 20 sec. for each leg. Rest 2 minutes between sets, complete 3 sets to start. (add additional sets as you get stronger)



Lateral Shuffle: Start as shown. Use a box at least 16 inches high. Step up and touch the opposite side. This is similar to skating motion. Be mindful of knee bend and try to copy the position as described above. Keeps hands in front of you and torso tight and in balance. Don't lean forward with chest, stay upright. One set = 30 sec. Rest 90 sec. between sets, complete 3 sets to start.



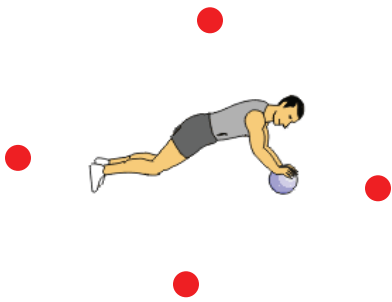
Depth Jump with Medicine Ball Weight: Start in deep knee squat position. Push through the heels and explode upward. Land in the starting position and repeat for 30 seconds (1 set). Be mindful of knee position as stated above. Keep the weight above your shoulders. Chest upright and torso tight. Feet should be shoulder width apart at the start and finish. Do 3 sets resting 2 minutes between sets.



One Leg Stride on Balance Pad: Assume the squat position with as much knee bend as you can, while maintaining your balance. Keep your chest up and abs tight. One leg at a time, stride out at a 45 degree angle (slightly back) while staying in the squatting position, in balance. This will seriously test your balance, endurance and concentration. One set equals 30 sec. Try to increase the amount of strides for each leg each time you do the exercise.



Lateral Box Jump: Start with feet together and jump up and over the box, landing on the balls of your feet. Immediately touch and reverse direction. Tuck knees to chest as you come over the box. One set is 30 sec. Complete 3 sets. This exercise is a great way to build explosive power and increase quickness.



Medicine Ball Push Up –Around the World: Start in push up position. Stand up and sprint to first mark, touch return to push up. One cycle is complete when you have touched each mark. 5 Cycles will complete one set. Do 3 sets to start.



Pull Up with Towel: Use 2 towels to hang and complete full range of motion. 3 sets with as many reps as possible.