

1

Standing Internal Rotation



3 - inside
1 - outside

3, 5, 7, 10 SECS

1

Standing Internal Rotation

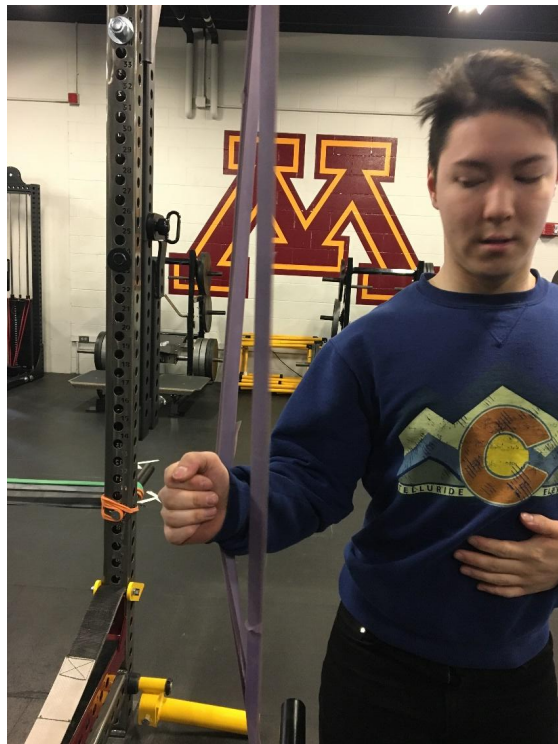


2 Purple Bands
2 Pegs

Pegs - 6

2

Standing External Rotation



3 - outside
1 - inside

3, 5, 7, 10 SECS

2

Standing External Rotation



2 Purple Bands
2 Pegs

Pegs - 6

3

Supine Glute Ham



1 **Green** - Top

3, 5, 7, 10 SECS

3

Supine Glute Ham



1 Black

1 Green

Safety Bars - 10

3A Band Accelerated Jump

Split Stance

4 each side

3A Band Accelerated Jump

Split Stance

4 each side

3B

Prime Time

Bent Knee Fly

10 YARDS

3B

Prime Time

Bent Knee Fly

10 YARDS

4

Standing Row



3, 5, 7, 10 SECS

4

Standing Row



1 Green

1 Purple

Green on Triphasic
Hook

5

Spring Ankle 1

Deep Squat - Heel Down

3, 5, 7, 10 SECS

5

Spring Ankle 1



6 Ankle Rocker Step Up



3, 5, 7, 10 REPS

6

Ankle Rocker Step Up



7

DB Tricep Extension



3 - below
1 - above

3, 5, 7, 10 SECS

7 DB Tricep Extension



2 Purple Bands

3 Pegs

1 DB 31lbs

Pegs - 18 (2) 14 (1)
facing out

8

DB Bicep Curl



3 - above
1 - below

3, 5, 7, 10 SECS

8

DB Bicep Curl



2 Purple Bands
3 Pegs
1 DB 3lbs

Pegs - 18 (2) 14
(1) facing out

9

Standing Quad



1 green - behind

3, 5, 7, 10 SECS

9

Standing Quad



1 Black

2 Green

Safety Bar - 11

10

Standing Hamstring



1 green – front

3, 5, 7, 10 SECS

10

Standing Hamstring



1 Black

2 Green

Safety Bar - 11

10A Band Accelerated Jump

Split Stance

4 each side

10A Band Accelerated Jump

Split Stance

4 each side

10B

Prime Time

Bent Knee Fly

10 YARDS

10B

Prime Time

Bent Knee Fly

10 YARDS

11

Hockey Stretch



3, 5, 7, 10 SECS

11

Hockey Stretch



12 Ankle Rocker Step Up



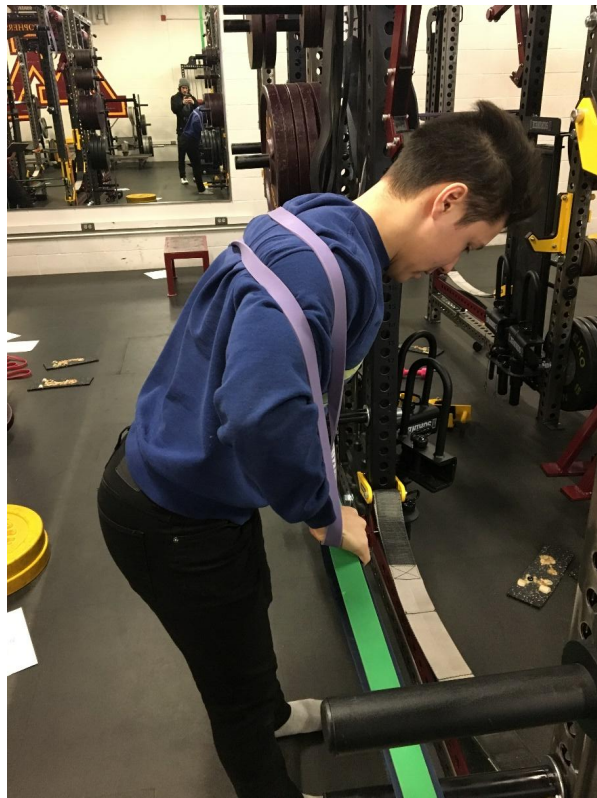
3, 5, 7, 10 REPS

12 Ankle Rocker Step Up



13

Bent Over Banded Row



3, 5, 7, 10 SECS

13

Bent Over Banded Row



1 Blue

1 Green

1 Purple

Pegs - 10

14

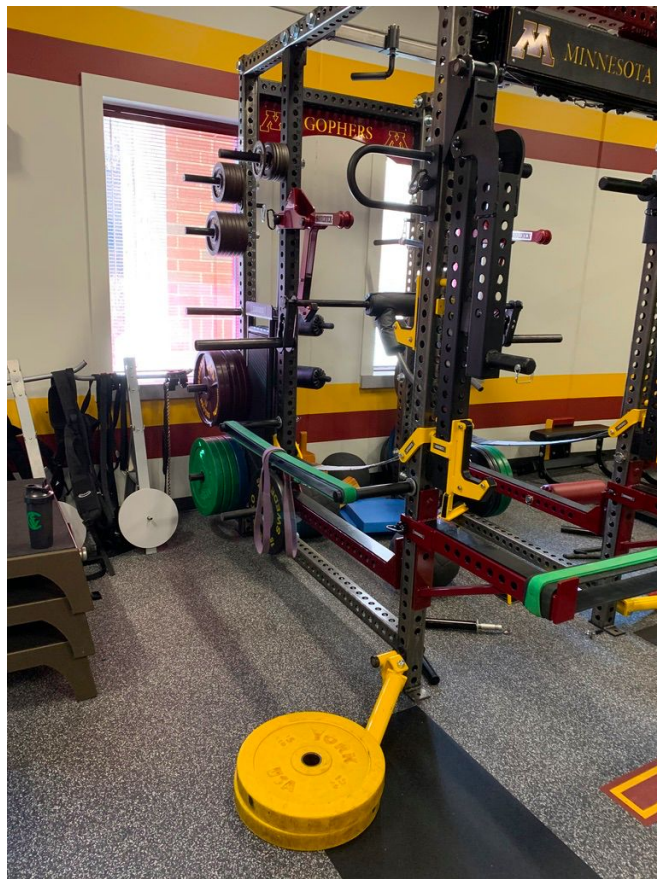
Spring Ankle 2

Deep Squat - Heel Up

3, 5, 7, 10 SECS

14

Spring Ankle 2



15

Standing Hip Flexion

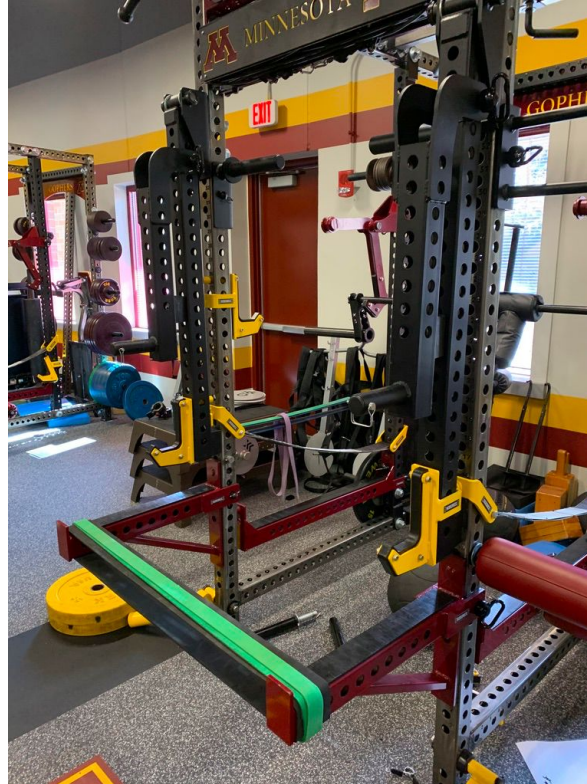


1 green - below

3, 5, 7, 10 SECS

15

Standing Hip Flexion



2 Green
1 Black

Safety Bar - 14

16

Hockey Stretch



3, 5, 7, 10 SECS

16

Hockey Stretch



17 Ankle Rocker Step Up



3, 5, 7, 10 REPS

17 Ankle Rocker Step Up



18

Cuban External



3 - above
1 - below

3, 5, 7, 10 SECS

18

Cuban External



2 Purple Bands
2 Pegs/ 1 Short
1 DB 3lb
1 Carabiner

Pegs - 23 (2) 1 (19)

19

Cuban Internal



3 - below
1 - above

3, 5, 7, 10 SECS

19

Cuban Internal



2 Purple Bands
2 Pegs/ 1 Short
1 DB 31lb
1 Carabiner

Pegs - 23 (2) 1 (19)

20

Spring Ankle 3

Half Squat - Heel Down

3, 5, 7, 10 SECS

20

Spring Ankle 3



21

Psoas Prone



1 green - top

3, 5, 7, 10 SECS

21

Psoas Prone



1 Black

1 Green

Safety Bar - 11

22

Hamstring Bent Knee



1 green - top

3, 5, 7, 10 SECS

22

Hamstring Bent Knee



1 Black
1 Green

Safety Bar - 11

22A Band Accelerated Jump

Split Stance

4 each side

22A Band Accelerated Jump

Split Stance

4 each side

22B

Prime Time

Bent Knee Fly

10 YARDS

22B

Prime Time

Bent Knee Fly

10 YARDS

23

Bent Over Delt



3 - top
1 - bottom

3, 5, 7, 10 SECS

23

Bent Over Delt



2 Purple

3 Pegs

1 DB 31b

Pegs - 19 (2) 15 (1)

24 Ankle Rocker Step Up



3, 5, 7, 10 REPS

24 Ankle Rocker Step Up



25

Hockey Stretch



3, 5, 7, 10 SECS

25

Hockey Stretch



26

Standing Hip Adduction/Abduction



3, 5, 7, 10 SECS

26

Standing Hip Adduction/Abduction



1 Black
2 Pegs

Pegs - 1

27

Hockey Stretch



3, 5, 7, 10 SECS

27

Hockey Stretch



28 Ankle Rocker Step Up



3, 5, 7, 10 REPS

28 Ankle Rocker Step Up



29 Pronate/Supinate Wrist



3, 5, 7, 10 SECS

29

Pronate/Supinate Wrist



1 Purple -
Double Looped
2 Pegs

Pegs - 13 holes
from top

30

Spring Ankle 4

Half Squat - Heel Up

3, 5, 7, 10 SECS

30

Spring Ankle 4



31

Ulnar/Radial Wrist



3, 5, 7, 10 SECS

31

Ulnar/Radial Wrist



1 Purple - Double
Looped
2 Pegs

Pegs - 13 holes
from top

32

Spring Ankle 5

Slight Knee Bend - Heel Up

3, 5, 7, 10 SECS

32

Spring Ankle 5

