

## Lunge Forward



**Ready Position:** Stand with feet hip width apart, pointing straight ahead, with pressure on the balls of the feet. Eyes look straight ahead with the head in cervical neutral position. Draw in the transversus abdominis.

**Initiation:** In a smooth, controlled movement, simultaneously flex at the knee and hip joints of one leg, while slightly extending the opposite leg at the hip to move the foot in front of the body and step forward.

## Lunge Backward



**Ready Position:** Stand with feet hip width apart, pointing straight ahead, with pressure on the balls of the feet. Eyes look straight ahead with the head in cervical neutral position. Draw in the transversus abdominis.

**Initiation:** Extend one leg at the hip joint. Contact the ball and toe of the now active rear leg on the floor at a comfortable yet effectively stretched distance while keeping the opposing front foot in full contact with the ground

## Gallop



**Ready Position:** Stand with feet hip width apart, pointing straight ahead, with pressure on the balls of feet. Arms hang at sides with palms facing in. Eyes look straight ahead with spine in cervical neutral. Draw in the transversus abdominis.

**Initiation:** In a smooth movement, flex one leg at the hip while keeping its knee straight and ankle dorsiflexed. Simultaneously initiate arm action. Maintain draw in and body position.

## Wide Out



**Ready Position:** Assume a half squat position. Shins are vertical with the knees behind the toes. Feet are hip width apart, pointing straight ahead, with pressure on balls of the feet. Shoulders are aligned directly over the toes. Arms are flexed at the shoulder and elbow holding the hands in front of chest. Eyes look at training surface slightly in front of feet with head in cervical neutral position. Draw in transversus abdominis.

**Initiation:** In a short and quick burst, slightly extend at the knees to perform a small in place jump. Hip angle remains constant in an effort to maintain eye level and center of mass position. Immediately following take off, begin to quickly and simultaneously abduct and externally rotate the legs. Maintain draw in and cervical neutral.

## Drop Squat



**Ready Position:** Stand with feet hip width apart, pointing straight ahead. Weight is equally distributed between both feet, with pressure on balls of feet. Knees and hips are slightly flexed in preparation for jump. Arms are in front of body with palms facing back, fingers pointing down. Eyes look straight ahead with spine in cervical neutral position. Transversus Abdominis drawn in.

**Initiation:** Extend hips and knees to perform a controlled in-place jump to slightly abduct legs to adjust foot position slightly wider than shoulder width. Upon landing rapidly flex at hip and knee joints as if to sit back on a chair that is slightly too far away. Shin angle remains vertical, feet pointing straight ahead with knees in sagittal alignment with feet. Maintain draw in and body position.



### Donkey Kicks

**Ready Position:** Modified push up position with elbows slightly flexed, hands directly underneath shoulders. Hips raised in the air so hip joint angle is approximately 90 degrees. Knees are slightly bent with pressure on balls of feet. Head is in cervical neutral position. Draw in transversus abdominis.

**Initiation:** In a controlled movement, apply pressure into ground by eccentrically flexing the knee joints slightly. Keep ankles dorsiflexed. Maintain draw in and body position.



**Execution:** Stabilize arms to support body weight and immediately, explosively flex the knees through full range of motion, bringing the heels to the glutes. Maintain draw in and body position.



### Side Slides with Arm Swings

**Ready Position:** Feet are hip width apart, pointed straight ahead, with pressure on balls of feet. Arms are slightly flexed at the elbow and internally rotated with palms facing the hips. Eyes look straight ahead with spine in cervical neutral position. Draw in the transversus abdominis.

**Initiation:** Movement begins by abducting the trail leg to push center of mass laterally while simultaneously abducting the lead leg. As leg movement is initiated the arms begin to abduct and externally rotate. Feet remain pointing straight ahead with ankles dorsiflexed. Maintain drawn in and body position.



### Thrust Frogs

**Ready Position:** Pushup position with hands flat, fingers pointing straight ahead. Hands are directly underneath shoulders. Feet are separated slightly with weight on balls of feet, body is straight. Eyes focus on training surface between hands with chin tucked keeping spine in cervical neutral position. Draw in transverse abdominis.

**Initiation:** Forcefully contract hip abductors to separate feet along with the abdominals, hip flexors, and hamstrings, to flex at waist, hips, and knee joint.



### Single Leg Thrusts

**Ready Position:** Pushup position with hands flat, fingers pointing straight ahead. Hands are directly underneath shoulders, body is straight. Eyes focus on training surface between hands with chin tucked keeping spine in cervical neutral position. Draw in transverse abdominis. Feet are slightly separated with one leg extended at the hip so foot is off ground, weight on ball of active foot. Knee of non-active leg remains slightly bent, ankle dorsiflexed.

**Initiation:** Forcefully contract abdominals, hip flexors, and hamstrings, to flex at waist, hips, and knee joint.





### Abductor Straight Leg Raise

**Ready Position:** Lie down in a side lying position, body aligned straight with ankles dorsiflexed, head resting on the grounded hand to maintain cervical neutrality, and with the opposite hand placed palm down in front of the chest to stabilize the straight body position. Athlete should be very slightly tilted forward on the grounded hip to help maintain stability and straight body alignment. Dorsiflex both ankles by pulling toes toward shins.



**Execution:** Abduct the leg through a full range of motion while maintaining the internal rotation of the hip. The foot should remain pointing in a downward direction or slightly downward direction. Maintain straight body position. Motion should be quick (approximately on second) to prepare for dynamic mobility.



### Adductor Straight Leg Raise

**Ready Position:** Lie down in a side lying position, body aligned straight with ankles dorsiflexed, head resting on the grounded hand to maintain cervical neutrality. Flex knee and externally rotate hip and position the top leg so that the foot rests flat on ground anterior to the thigh of the active (grounded) leg. Grasp the crossed leg's ankle with the same side hand to assist in maintaining body alignment. In this position the knee of the top leg should be pointing directly upward or as close to this position as comfortable flexibility will allow. Draw in the transversus abdominis.



**Initiation:** With the active (grounded) leg remaining straight, adduct the thigh lifting the dorsiflexed ankle and foot slightly off the lying surface. Toes remain pointed forward with the foot parallel to the ground. Avoid any internal or external rotation of the hip.

**Execution:** Adduct thigh through full range of motion, then lower thigh in a controlled manner. Avoid resting leg on the ground until completion of the exercise.



### Prone Opposites

**Ready Position:** Lay prone with one arm extended overhead, thumb pointing superiorly, other arm flexed at the elbow with a clenched fist. Rest forehead on fist of flexed arm placing spine in cervical neutral position. The contralateral leg of the extended arm has its ankle plantar flexed, the opposite legs ankle is dorsiflexed, toes on training surface. Draw in the transversus abdominis.

**Initiation:** In a smooth, controlled movement, use glute to extend at the hip of the leg with the plantarflexed ankle, lifting the leg slightly off of the training surface. Simultaneously, flex at the shoulder of the contralateral arm, raising the thumb toward the ceiling. Maintain draw in and head position.

### Quadruped Abduction



**Ready Position:** Quadruped position with knees flexed to 90 degrees, ankles dorsiflexed. Arms are straight with hands directly underneath shoulders. Back is flat with hips level, transverse abdominis is drawn in. Chin is tucked, eyes looking at training surface directly between hands maintaining cervical neutral position.

**Initiation:** In a smooth, controlled movement abduct at hip joint of active leg. Maintain knee and ankle angle. Arms remain straight, back flat, hips level, and chin tucked.



### Hip Lift Prone

**Ready Position:** Lay prone with ankles dorsiflexed, hands under shoulders and forearms in contact with training surface. Eyes look at training surface between hands with head in cervical neutral position. Draw in the transversus abdominis.



**Initiation:** Support body weight with forearms and in a quick, controlled movement, flex at the hip joint lifting the glutes superiorly. Maintain shoulder position, draw in and cervical neutral.

### Hip Pop



**Ready Position:** Sit on training surface with legs extended, knees slightly bent, feet hip width apart, ankles dorsiflexed. Arms are extended with hands under shoulders. Externally rotate shoulders so fingers point posteriorly. Draw in the transverse abdominis.

**Initiation:** Lift hips off of training surface so body weight is supported by hands and heels. Forcefully contract glutes to extend at hip joint, raising hips toward ceiling.

### Low Walk



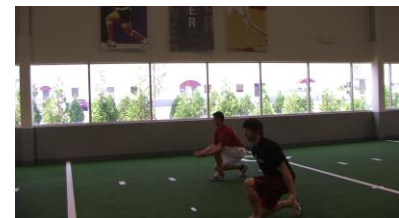
**Ready Position:** Feet are hip width apart, pointing straight ahead, with weight equally distributed on both balls of feet. Hips and knees are flexed to half squat position with chest over knees. Shins are vertical with knees in alignment with feet. Eyes look at training surface slightly in front of feet with head in cervical neutral position. Less skilled athletes will have arms flexed at the elbow and shoulder holding hands in front of the body to assist with balance while more skilled athletes will keep their arms flexed at the elbow with hands behind their back. Transversus abdominis is drawn in.

### Skip & Scoop



**Initiation:** Shift body weight to one leg while flexing the knee joint of the opposite leg bringing the heel to the glute. Keep the ankle dorsiflexed. Maintain arm position, draw in and cervical neutral. **Ready Position:** Stand with feet in a staggered stance, hip width apart, pointing straight ahead, with pressure on the balls of feet. Arms are relaxed at sides. Eyes look straight ahead with head in cervical neutral position. Draw in the transversus abdominis.

**Initiation:** In a smooth, controlled movement, flex at the hip joint of the posterior leg, swinging the foot forward at the height of the opposite foot's medial malleolous. Simultaneously, initiate arm action by flexing at the shoulder of the contralateral arm while extending the shoulder of the ipsilateral arm. Maintain draw in and body position.



**Execution Scoop:** Following two skips, move into a forward lunge or "scoop" position by flexing the hip of the first active leg to step forward followed by eccentrically flexing the anterior legs knee and hip, moving the center of mass inferiorly. As center of mass drops, arms extend at the elbow and slightly extend at the shoulder with hands at sides, palms facing forward. During lunge the posterior leg knee remains flexed, slightly above the training surface with the anterior legs shin vertical and knee in sagittal alignment with its foot. Maintain draw in and body position.

## Supine Leg Swing



**Ready Position:** Lay supine, with arms abducted 90 degrees to sides, elbows extended with palms facing up. Legs are extended with ankles dorsiflexed. Back of the head is in contact with the training surface with head in cervical neutral position. Draw in the transversus abdominis.

**Initiation:** In a quick and controlled movement, internally rotate and flex the hip joint of one leg bringing its foot toward the contralateral hand. The opposite leg remains extended and stationary. Move through complete range of motion while simultaneously rotating the head to look in the opposite direction of leg movement. The back of the hands, the shoulders and the upper back are in constant contact with training surface. Maintain dorsiflexion, draw in and body position.

## Prone Scorpions



**Ready Position:** Lay prone with arms abducted to 90 degrees, palms flat on training surface. For comfort purposes, female athletes may choose to adduct elbows to sides, flex arms at the elbows and place fists underneath the sternum. Chin is tucked with head in cervical neutral position, face held just above training surface. Legs are extended with ankles dorsiflexed. Draw in the transversus abdominis.

**Initiation:** In a quick and controlled movement, extend and adduct at the hip joint of one leg while simultaneously flexing the knee joint, rotating the hips so the heel lifts toward the contralateral hand. Head will rotate and look in the opposite direction of leg movement. Hands and chest will remain in contact with the training surface. Keeping the ankle dorsiflexed, touch the heel to the training surface. Female athletes performing the exercise in the modified position will touch the heel as close to the point where the hand would be if the arms were abducted to 90 degrees. Maintain draw in.

## Mountain Climbers



**Ready Position:** Push up position; hands are directly under shoulders with fingers pointing straight ahead. Triple-flex one leg placing its knee between the arms with pressure on the ball of foot and heel slightly above the ground. Opposite leg is extended straight back with pressure on the ball of foot. Eyes look directly between hands keeping spine in cervical neutral position. Transversus abdominis is drawn in.

**Initiation:** In a quick movement, simultaneously triple-flex the posterior leg and extend the anterior leg. Keep hips low while maintaining draw in and body position.

## Groiners



**Ready Position:** Push up position with arms extended, hands directly under the shoulders. Eyes are looking at the training surface between the hands placing head in cervical neutral position. Body is straight with the transversus abdominis drawn in.

**Initiation:** In a quick and controlled movement, triple flex and slightly externally rotate one leg placing its foot flat on the training surface, just outside of the ipsilateral hand. The anterior leg's shin is perpendicular to ground while the posterior leg is extended with its knee just above the training surface. Maintain draw in and body position.

## Rocker with Inside Hurdle Seat



**Ready Position:** Sit with legs extended straight in front of body, ankles dorsiflexed. Arms are extended at the elbow with hands next to thighs on training surface. Back is straight with transversus abdominis drawn in.

**Initiation:** Keep hips locked and in a smooth, controlled movement, swing arms overhead by flexing at the shoulders to rock backward, moving torso posteriorly. Keep legs straight as they rise. Rock posteriorly until back is flat against training surface with hips in full flexion, legs rotated over the trunk. Stop rocking prior to toes touching the training surface. Arms are extended overhead with the back of the hands on the training surface. Maintain dorsiflexion, body position and draw in.

**Execution:** At the conclusion of the backward rocking motion, immediately rock forward. While rocking forward keep one leg straight and flex the opposite leg at the knee joint. Position flexed leg in an inside hurdle seat position with bottom of shoe touching the medial aspect of the straightened leg's knee. Use the momentum of rocking forward to flex at waist and reach toward the toes of the straightened leg. Once a point of maximum stretch is realized rock backward again repeating the process, but switch the position of the legs on the next rock forward. Maintain dorsiflexion, body position and draw in.



## Hurdle Seat Change

**Ready Position:** Sit in an outside hurdle seat position with one leg extended in front of the body. The opposite leg is internally rotated and flexed at the knee joint with its foot posterior to the hips so the upper leg is perpendicular to the extended leg. Arms are hanging at sides. Eyes look straight ahead with head in cervical neutral position. Back is straight with the transversus abdominis drawn in. Ankles are dorsiflexed.

**Initiation:** In a quick and controlled movement, lean and rotate the upper body in the direction of the extended leg. As the body rotates, the arm contralateral to the direction of rotation will reach across the body, while the ipsilateral arm stays on the training surface to support some of the body weight. Both hands will be placed on the training surface just posterior to the hips, palms down, fingers pointing away from feet. The bent leg will begin to rise off of the training surface and extend at the knee as the chest turns and begins to lower. Maintain dorsiflexion and draw in.

**Execution:** Continue to rotate so the body ends up in a prone position with feet together. Hands are at next to chest with palms flat on training surface. Elbows are flexed with arms supporting body weight. Maintain dorsiflexion and draw in.

