Exercise Order/Programming

1. General Warm-up – 5 mins
   * Stationary bike, jumping jacks, walk on treadmill
2. Specific Warm-up – 10 mins
   * Foam rolling, lacrosse balling, DYNAMIC warm-up, short sprints (10-20m), landing drills from jumps or drops
3. Strengthening Exercises
   * Large muscle groups first
     1. Deadlifts, squats, lunges, stiff-leg/romainan deadlifts, glute-ham raises, \*kettlebell swings\*
   * Smaller muscle groups/movement training last
     1. Hip-hinging exercises (single-leg squats to a bench/box), hip abduction/adduction, bridging, internal/external rotation
4. Core Exercises
   * Anti-extension (planks, rollouts, vertical pallof presses)
   * Anti-flexion (farmer’s carries)
   * Anti-rotation (cable chops, renegade rows, half-kneeling pallof presses)
   * \*Bear crawls\*
   * \*Turkish Get-up\*
5. Conditioning
   * 1 day per week of aerobic base training (tempo running)
   * 2-3 days per week of anaerobic conditioning
     1. Interval training (sprinting/biking)
     2. Acceleration training (mtn climber to sprint)
     3. Figure 8s on soccer field
     4. Circuits (sleds, kettlebells, jump rope, etc.)
6. Cool Down
   * More foam rolling, STATIC stretching