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