

WEBER STATE UNIVERSITY BASKETBALL



STRENGTH AND CONDITIONING
SUMMER 2013

**The Pride and Success of the Weber State Wildcats will NOT Be
Entrusted to the Timid or the Weak.”**

Contact Information

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“There is no substitute for STRENGTH, and no excuse for the lack of it.”

Strength and Conditioning Philosophy

Our strength and conditioning program at Weber State University is designed to develop the athletes' total athletic performance capabilities. Strength and conditioning shall be conducted in a manner that plans multiple peaks throughout the athletes' competitive season as well as career. All programs will be constructed around the following list of program goals and objectives;

- All programs will be evidence based and include some form of progressive overload and periodization.
- Injury prevention.
 - Attain optimal range of motion and flexibility for all joints and muscles.
 - Develop balanced strength and stability around joints.
 - Train balance and proprioception.
 - Purposeful strength and flexibility training of injury prone areas in general and for specific sports.
- Athletic performance enhancement.
 - Priority of training will be on movements, not muscles.
 - Explosive power will be developed through the use of Olympic lifts and plyometrics.
 - Core strength lifts will include squats, dead lifts, pressing and pulling lifts in bilateral and unilateral variations.
 - Train athletic movements/ basic motor skills
 - Develop aerobic/ anaerobic conditioning programs based on sports specific metabolic demands.
- Develop discipline, leadership, and mental toughness.
- Provide a safe, competitive, energetic and positive training environment.
- Provide education and resources on the topics of sports nutrition and recovery.
- Develop core strength using various methods and exercises. This will contribute to enhanced performance and injury prevention.
- Programs will be sequential and progressive.

May 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1			1	2 Lower Body Lift Plyometrics/ Agility	3 Upper Body Lift Movement/ Mobility Training	4
5 Week 2	6 Lower Body Lift Power Conditioning	7 Speed Training Upper Body Lift	8	9 Lower Body Lift Plyometrics/ Agility	10 Upper Body Lift Movement/ Mobility Training	11
12 Week 3	13 Lower Body Lift Power Conditioning	14 Speed Training Upper Body Lift	15	16 Lower Body Lift Plyometrics/ Agility	17 Upper Body Lift Movement/ Mobility Training	18
19 Week 4	20 Lower Body Lift Power Conditioning	21 Speed Training Upper Body Lift	22	23 Lower Body Lift Plyometrics/ Agility	24 Upper Body Lift Movement/ Mobility Training	25
26 Week 5	27 Lower Body Lift Power Conditioning	28 Speed Training Upper Body Lift	29	30 Lower Body Lift Plyometrics/ Agility	31 Upper Body Lift Movement/ Mobility Training	

June 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5						1
2 Week 6	3 Lower Body Lift PowerConditioning	4 Upper Body Lift Speed Training	5	6 Lower Body Lift Plyometric/ Agility	7 Upper Body Lift Movement/ Mobility	8
9 Week 7	10 Lower Body Lift PowerConditioning Condition.	11 Upper Body Lift Speed Training	12	13 Lower Body Lift Plyometric/ Agility	14 Upper Body Lift Movement/ Mobility	15
16 Week 8	17 Camps Lower Body Lift PowerConditioning	18 Camps Upper Body Lift Speed Training	19 Camps	20 Camps Lower Body Lift Plyometric/ Agility	21 Camps Upper Body Lift Movement/	22
23 Week 9	24 Camps Lower Body Lift Power Condition.	25 Camps Upper Body Lift Speed Training	26 Camps	27 Camps Lower Body Lift Plyometric/ Agility	28 Camps Upper Body Lift Movement/	29
30						

July 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 10	1 Lower Body Lift Power Conditioning	2 Speed Training Upper Body Lift	3	4 Lower Body Lift Plyometrics/ Agility	5 Upper Body Lift Movement/ Mobility Training	6
7 Week 11	8 Lower Body Lift Power Conditioning	9 Speed Training Upper Body Lift	10	11 Lower Body Lift Plyometrics/ Agility	12 Upper Body Lift Movement/ Mobility Training	13
14 Week 12	15 Lower Body Lift Power Conditioning	16 Speed Training Upper Body Lift	17	18 Lower Body Lift Plyometrics/ Agility	19 Upper Body Lift Movement/ Mobility Training	20
21 Week 13	22 Lower Body Lift Power Conditioning	23 Speed Training Upper Body Lift	24	25 Lower Body Lift Plyometrics/ Agility	26 Upper Body Lift Movement/ Mobility Training	27
28 Week 14	29 Lower Body Lift Power Conditioning	30 Speed Training Upper Body Lift	31			

August 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 15				1 Lower Body Lift Plyometrics/ Agility	2 Upper Body Lift Movement/ Mobility Training	3
4 Week 16	5 Lower Body Lift Power Conditioning	6 Speed Training Upper Body Lift	7	8 Lower Body Lift Plyometrics/ Agility	9 Upper Body Lift Movement/ Mobility Training	10
11	12 Lower Body Lift Power Conditioning	13 Speed Training Upper Body Lift	14	15 Lower Body Lift Plyometrics/ Agility	16 Upper Body Lift Movement/ Mobility Training	17
18	19 Lower Body Lift Power Conditioning	20 Speed Training Upper Body Lift	21	22 Lower Body Lift Plyometrics/ Agility	23 Upper Body Lift Movement/ Mobility Training	24
25	26 School Starts	27	28	29	30	31

DYNAMIC WARMUP AND CORE	Monday	22-Jul		29-Jul		5-Aug		12-Aug	
	EXERCISES	WEEK 13	Wt.	WEEK 14	Wt.	WEEK 15	Wt.	WEEK 16	Wt.
Warm-Up/ Prehab	Barbell Hip Mobility Circuit 10x Each Position								
Power Clean	6x3	75%	6x3	75%	6x2	80-85%	6x2	85-90%	
Front Squat-Complex Below	5x4		5x4		6x3		6x3		
Squat Jump	5x5		5x5		5x6		5x6		
RDL	3x6		3x6		3x5		3x5		
Barbell Hip Bridge	3x8		3x8		3x6		3x6		
Side Step Up	2x8 each		2x8 each		2x6 each		2x6 each		
Calf Raise	4x12		4x12		4x12		4x12		
Running/Conditioning									
Power Conditioning	Week 13		Week 14		Week 15		Week 16		
	Stretch		Stretch		Stretch		Stretch		

DYNAMIC WARMUP AND CORE	Tuesday	22-Jul		29-Jul		5-Aug		12-Aug	
	EXERCISES	WEEK 13	Wt.	WEEK 14	Wt.	WEEK 15	Wt.	WEEK 16	Wt.
Warm-Up/ Prehab	THROWERS TEN WITH 10 LB WEIGHTS (DB OR PLATE)								
Bench Clusters	5x6	90%	6x4	92.50%	7x3	95%	8x2	95-100%	
Rest Period sets/ Cluster Interval	1 min/10 sec.		90 sec/15 sec.		2 min/15 sec.		2 min/15 sec.		
TRX Row with Vest	3x Max		3x Max		4x Max		4x Max		
Incline DB Bench	4x4		4x4		3x4		2x4		
Seated Row	4x6		4x6		4x5		4x5		
Rope Tricep Extensions	3x6		3x6		3x6		3x6		
Hammer Curls	3x6		3x6		3x5		3x5		
Running/Conditioning									
Speed Training									
	Week 13		Week 14		Week 15		Week 16		

DYNAMIC WARMUP AND CORE	Thursday	22-Jul		29-Jul		5-Aug		12-Aug		
	EXERCISES	WEEK 13	Wt.	WEEK 14	Wt.	WEEK 15	Wt.	WEEK 16	Wt.	
Warm-Up/ Prehab	4 Way Ankle With Therabands 30x Each Way									
Single Arm DB Snatch	2x5 each		2x5 each		3x3 each		3x3 each			
Squat Clusters	5x6	90%	6x4	92.50%	7x3	95%	8x2	95-100%		
Rest Period sets/ Cluster Interval	1 min/15 sec.		90 sec/15 sec.		2 min/15 sec.		2 min/15 sec.			
Bumper Lunges	3x6 each		3x6 each		3x5 each		4x4 each			
Band Lateral Slide	2x 30 feet		2x 30 feet		2x 40 feet		3x30 feet			
Manual Hip Flexors	3x8		3x10		3x12		3x12			
TRX Hamstring Circuit-below	2x10 each		2x10 each		3x8 each		3x10 each			
Hip Bridges, Single Leg Curls, Double Leg Curls										
Running/Conditioning										
Plyos/Agility	Foot Ladder+Plyos			6 Cone Drills		Jump Rope Circuit		Dot Drills		
	Stretch			Stretch		Stretch		Stretch		

DYNAMIC WARMUP AND CORE	Friday	22-Jul		29-Jul		5-Aug		12-Aug	
	EXERCISES	WEEK 13	Wt.	WEEK 14	Wt.	WEEK 15	Wt.	WEEK 16	Wt.
Warm-Up/ Prehab	I, W, T, W 2X10 EACH WITH TRX								
DB Incline Bench	4x5		4x5		5x4		6x4		
Standing Cable Row	4x6		4x6		4x6		4x6		
Stability Bench with KB Hang	3x8		3x8		3x6		3x6		
RG Pulldown	3x8		3x8		3x6		3x6		
OH DB Triceps	3x8		3x8		3x6		3x6		
Incline DB Curls	3x8		3x8		3x6		3x6		
6 Way Shoulder	2x10		2x10		2x8		3x8		
	Med Ball Drills			Med Ball Drills		Med Ball Drills		Med Ball Drills	
Running/Conditioning									
Court Conditioning	On Court		On Court		On Court		On Court		

MAX	97.5%	95.0%	92.5%	90.0%	87.5%	85.0%	82.5%	80.0%	77.5%	75.0%	72.5%	70.0%	67.5%	65.0%	62.5%	60.0%	57.5%	55.0%	52.5%	50.0%
400	390	380	370	360	350	340	330	320	310	300	290	280	270	260	250	240	230	220	210	200
395	385	375	365	356	346	336	326	316	306	296	286	277	267	257	247	237	227	217	207	198
390	380	371	361	351	341	332	322	312	302	293	283	273	263	254	244	234	224	215	205	195
385	375	366	356	347	337	327	318	308	298	289	279	270	260	250	241	231	221	212	202	193
380	371	361	352	342	333	323	314	304	295	285	276	266	257	247	238	228	219	209	200	190
375	366	356	347	338	328	319	309	300	291	281	272	263	253	244	234	225	216	206	197	188
370	361	352	342	333	324	315	305	296	287	278	268	259	250	241	231	222	213	204	194	185
365	356	347	338	329	319	310	301	292	283	274	265	256	246	237	228	219	210	201	192	183
360	351	342	333	324	315	306	297	288	279	270	261	252	243	234	225	216	207	198	189	180
355	346	337	328	320	311	302	293	284	275	266	257	249	240	231	222	213	204	195	186	178
350	341	333	324	315	306	298	289	280	271	263	254	245	236	228	219	210	201	193	184	175
345	336	328	319	311	302	293	285	276	267	259	250	242	233	224	216	207	198	190	181	173
340	332	323	315	306	298	289	281	272	264	255	247	238	230	221	213	204	196	187	179	170
335	327	318	310	302	293	285	276	268	260	251	243	235	226	218	209	201	193	184	176	168
330	322	314	305	297	289	281	272	264	256	248	239	231	223	215	206	198	190	182	173	165
325	317	309	301	293	284	276	268	260	252	244	236	228	219	211	203	195	187	179	171	163
320	312	304	296	288	280	272	264	256	248	240	232	224	216	208	200	192	184	176	168	160
315	307	299	291	284	276	268	260	252	244	236	228	221	213	205	197	189	181	173	165	158
310	302	295	287	279	271	264	256	248	240	233	225	217	209	202	194	186	178	171	163	155
305	297	290	282	275	267	259	252	244	236	229	221	214	206	198	191	183	175	168	160	153
300	293	285	278	270	263	255	248	240	233	225	218	210	203	195	188	180	173	165	158	150
295	288	280	273	266	258	251	243	236	229	221	214	207	199	192	184	177	170	162	155	148
290	283	276	268	261	254	247	239	232	225	218	210	203	196	189	181	174	167	160	152	145
285	278	271	264	257	249	242	235	228	221	214	207	200	192	185	178	171	164	157	150	143
280	273	266	259	252	245	238	231	224	217	210	203	196	189	182	175	168	161	154	147	140
275	268	261	254	248	241	234	227	220	213	206	199	193	186	179	172	165	158	151	144	138
270	263	257	250	243	236	230	223	216	209	203	196	189	182	176	169	162	155	149	142	135
265	258	252	245	239	232	225	219	212	205	199	192	186	179	172	166	159	152	146	139	133
260	254	247	241	234	228	221	215	208	202	195	189	182	176	169	163	156	150	143	137	130
255	249	242	236	230	223	217	210	204	198	191	185	179	172	166	159	153	147	140	134	128

MAX	97.5%	95.0%	92.5%	90.0%	87.5%	85.0%	82.5%	80.0%	77.5%	75.0%	72.5%	70.0%	67.5%	65.0%	62.5%	60.0%	57.5%	55.0%	52.5%	50.0%
250	244	238	231	225	219	213	206	200	194	188	181	175	169	163	156	150	144	138	131	125
245	239	233	227	221	214	208	202	196	190	184	178	172	165	159	153	147	141	135	129	123
240	234	228	222	216	210	204	198	192	186	180	174	168	162	156	150	144	138	132	126	120
235	229	223	217	212	206	200	194	188	182	176	170	165	159	153	147	141	135	129	123	118
230	224	219	213	207	201	196	190	184	178	173	167	161	155	150	144	138	132	127	121	115
225	219	214	208	203	197	191	186	180	174	169	163	158	152	146	141	135	129	124	118	113
220	215	209	204	198	193	187	182	176	171	165	160	154	149	143	138	132	127	121	116	110
215	210	204	199	194	188	183	177	172	167	161	156	151	145	140	134	129	124	118	113	108
210	205	200	194	189	184	179	173	168	163	158	152	147	142	137	131	126	121	116	110	105
205	200	195	190	185	179	174	169	164	159	154	149	144	138	133	128	123	118	113	108	103
200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100
195	190	185	180	176	171	166	161	156	151	146	141	137	132	127	122	117	112	107	102	98
190	185	181	176	171	166	162	157	152	147	143	138	133	128	124	119	114	109	105	100	95
185	180	176	171	167	162	157	153	148	143	139	134	130	125	120	116	111	106	102	97	93
180	176	171	167	162	158	153	149	144	140	135	131	126	122	117	113	108	104	99	95	90
175	171	166	162	158	153	149	144	140	136	131	127	123	118	114	109	105	101	96	92	88
170	166	162	157	153	149	145	140	136	132	128	123	119	115	111	106	102	98	94	89	85
165	161	157	153	149	144	140	136	132	128	124	120	116	111	107	103	99	95	91	87	83
160	156	152	148	144	140	136	132	128	124	120	116	112	108	104	100	96	92	88	84	80
155	151	147	143	140	136	132	128	124	120	116	112	109	105	101	97	93	89	85	81	78
150	146	143	139	135	131	128	124	120	116	113	109	105	101	98	94	90	86	83	79	75
145	141	138	134	131	127	123	120	116	112	109	105	102	98	94	91	87	83	80	76	73
140	137	133	130	126	123	119	116	112	109	105	102	98	95	91	88	84	81	77	74	70
135	132	128	125	122	118	115	111	108	105	101	98	95	91	88	84	81	78	74	71	68
130	127	124	120	117	114	111	107	104	101	98	94	91	88	85	81	78	75	72	68	65
125	122	119	116	113	109	106	103	100	97	94	91	88	84	81	78	75	72	69	66	63
120	117	114	111	108	105	102	99	96	93	90	87	84	81	78	75	72	70	68	67	65
115	112	109	106	104	101	98	95	92	89	86	83	81	78	75	72	69	67	66	64	62
110	107	105	102	99	96	94	91	88	85	83	80	77	74	72	69	66	64	63	61	59
105	102	100	97	95	92	89	87	84	81	79	76	74	71	68	66	63	61	60	58	57
100	98	95	93	90	88	85	83	80	78	75	73	70	68	65	63	60	59	57	56	54

Core Progression

Week 1

Full Sit-Ups 3x20
Supermen 3x30 seconds
Side Crunches 2x20 each side

Week 2

Crunches 3x25
Russian Twist with 25 lb. plate 2x30 seconds
Back extensions on Stability Ball 3x25

Week 3

25 lb. plate Sit-Ups with Punch 3x20
25 lb. plate Toe Touches 3x30 seconds
Jackknife 2x25

Week 4

Little Bigs 3x20
Toe Touches 3x20
Russian Twist 25 lb. 3x30 seconds.
Supermen 3x30 seconds

Week 5

Full Sit-Ups 3x20
Supermen 3x30 seconds
Side Crunches 2x20 each side

Week 6

Crunches 3x30
Russian Twist with 35 lb. plate 2x30 seconds
Back extensions on Stability Ball 3x25

Week 7

35 lb. plate Sit-Ups with Punch 3x20
35 lb. plate Toe Touches 3x30 seconds
Jackknife 2x25

Week 8

Little Bigs 3x20
Toe Touches 3x20
Russian Twist 25 lb. 3x30 seconds.
Supermen 3x30 seconds

Week 9

Crunches 4x30
Russian Twist with 35 lb. plate 2x30 seconds
Back extensions on Stability Ball 3x25

Week 10

45 lb. plate Sit-Ups with Punch 3x20
45 lb. plate Toe Touches 3x30 seconds
Jackknife 2x25

Week 11

Little Bigs 3x20
Toe Touches 3x20
Russian Twist 35 lb. 3x30 seconds.
Supermen 3x30 seconds

Week 12

45 lb. plate Sit-Ups with Punch 3x20
45 lb. plate Toe Touches 3x30 seconds
Jackknife 2x25

Week 13

Little Bigs 3x20
Toe Touches 3x20
Russian Twist 25 lb. 3x30 seconds.
Supermen 4x30 seconds

Week 14

Crunches 4x30
Russian Twist with 45 lb. plate 2x30 seconds
Back extensions on Stability Ball 3x25

Week 15

Crunches 4x30
Russian Twist with 45 lb. plate 2x30 seconds
Back extensions on Stability Ball 4x25

Week 16

45 lb. plate Sit-Ups with Punch 3x25
45 lb. plate Toe Touches 3x30 seconds
Jackknife 2x30
Planks 1x30 seconds front, side, side.



Barbell Mobility

Front Hip Flexion

Set bar at knee level. Standing with toes just in front of bar, elevate one leg and lift it over the bar in front of you. Keep toes pointed up and straight forward until heel lightly touches the floor over the bar. Bring leg back over to the starting position. Repeat this drill 10 times on each leg.

Side to Side Hip Flexion

Stand sideways next to bar and perform same drill moving laterally over the bar and back with both legs. Keep toes pointing up and straight forward throughout the drill.

Lateral Duck Unders

Set the bar at chest level just under the lowest point of your sternum. Stand sideways next to the bar. Lower your body and reach across and under the bar with your leg. Bend at the knees until you are doing a side lunge at the lowest point and transfer your weight to the other leg. Stand up on other side of the bar. Repeat opposite direction returning to the start position. Perform this drill over and back 10 times.

Conditioning, Movement, and Agility Program

Dynamic Warm Up For Basketball

Perform this dynamic warm-up prior to lifting weights or conditioning

Begin on baseline.

Jog ½ court and back

Perform the following dynamic stretches out to the 3 point line extended and jog back.

1. Lunge with Instep.

Lunge forward and bend down placing you elbow on the instep of the forward foot. Twist torso around and reach for the ceiling with opposite arm.

2. Sumo Stretch (Saigon Squat)

Squat down with feet wider than shoulder width apart. Place elbow against the inside of your knees and press out, stretching the adductors of the hips.

3. High Knee Pull/ Shin Hug (up on toes)

Raise leg high in front and hug knee towards your chest. Simultaneously elevate up onto your toe. Repeat on other leg for prescribed distance.

4. Quad Pull and Reach (same arm / leg stretch)

Bend knee until heel of foot comes close to contacting backside. Pull foot with same side hand while reaching as high as possible toward the ceiling with the opposite hand.

5. Defensive Slide Low and Slow Left

In a good defensive stance, slide to your left slowly. Emphasize a long stride and stretch of the hips. Attempt to maintain a lower than defensive position for the entire drill.

6. Defensive Slide Low and Slow Right

In a good defensive stance, slide to your right slowly. Emphasize a long stride and stretch of the hips. Attempt to maintain a lower than defensive position for the entire drill.

7. Zombies/ Golf Ball Pick Up

Kick leg up in front toward both outstretched arms. Then bend down as if to pick up a golf ball from the floor with both arms. While bending down towards the floor, elevate the same kicking leg behind you. Repeat on the opposite side. Progress down court for the prescribed distance.

8. Spiderman Stretch to foul line extended.

Walk out on both hands and feet. Bring one leg up past your elbow. Sink hips down as low as possible to stretch the hip. Walk hands out in front until body is completely stretched to starting

position. Repeat on the opposite side, Continue drill down court in a “Spiderman” crawling method.

Perform the next set of drills to ½ court.

1. Butt Kickers- Jog Back

Jog down court attempting to kick yourself in the backside with each step. Pump the arms in sprinting fashion with each step.

2. High Knee Jog- Sprint Back

Jog down court attempting to drive the knee up higher than waist level on each step. Work on good arm action and explosive forward knee drive.

3. High Knee Carioca Left- High Knee Carioca Right Back

Side shuffle down the court crossing your trail leg in front of your body and then behind your body alternating each step. Drive the knee up high with each step that crosses in front of the body. Focus on rotating the hips with each step and maintain squared shoulders.

4. Zig Zag Defensive slide-Sprint Back.

Take three defensive slides to the left and then to the right alternating down the court.

5. Sprint to foul line and closeout. Left slide back.

Finish each sprint with a hard closeout, chopping your feet. Turn and slide back to the starting position.

6. Sprint to foul line and closeout. Right slide back.

Finish each sprint with a hard closeout, chopping your feet. Turn and slide back to the starting position

Power Conditioning

Week	Drill	Reps/Distance	Rest Interval
1	Stride	2x100 yards	30 seconds
	Stride	2x80 yards	30 seconds
	Sprint	12x60 yards	60 Seconds
2	Stride	2x100 yards	30 seconds
	Stride	2x80 yards	30 seconds
	Sprint	12x40 yards	30 seconds
3	Stride	2x100 yards	30 seconds
	Stride	2x80 yards	30 seconds
	Sprint	2x60 yards	30 seconds
	Sprint	2x40 yards	30 seconds
	Sprint	2x20 yards	30 seconds
	Sprint	2x10 yards	30 seconds
	Sprint	2x20 yards	30 seconds
	Sprint	2x40 yards	30 seconds
	Sprint	2x60 yards	30 Seconds
4	Stride	2x100 yards	20 seconds
	Stride	2x80 yards	20 seconds
	Sprint	12x60 yards	45 Seconds
5	Stride	2x100 yards	20 seconds
	Stride	2x80 yards	20 seconds
	Sprint	12x40 yards	20 seconds
6	Stride	2x100 yards	20 seconds
	Stride	2x80 yards	20 seconds
	Sprint	2x60 yards	20 seconds
	Sprint	2x40 yards	20 seconds
	Sprint	2x20 yards	20 seconds
	Sprint	2x10 yards	20 seconds
	Sprint	2x20 yards	20 seconds
	Sprint	2x40 yards	20 seconds
	Sprint	2x60 yards	20 seconds

Week	Drill	Reps/Distance	Rest Interval
7	Stride	3x100 yards	30 seconds
	Stride	3x80 yards	30 seconds
	Sprint	12x60 yards	40 Seconds
8	Stride	3x100 yards	30 seconds
	Stride	3x80 yards	30 seconds
	Sprint	12x40 yards	30 seconds
9	Stride	2x100 yards	20 seconds
	Stride	2x80 yards	20 seconds
	Sprint	3x60 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	3x10 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x60 yards	20 seconds
10	Stride	3x100 yards	20 seconds
	Stride	3x80 yards	20 seconds
	Sprint	12x60 yards	35 Seconds
11	Stride	3x100 yards	20 seconds
	Stride	3x80 yards	20 seconds
	Sprint	12x40 yards	20 seconds
12	Stride	3x100 yards	20 seconds
	Stride	3x80 yards	20 seconds
	Sprint	3x60 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	3x10 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x60 yards	20 seconds

Week	Drill	Reps/Distance	Rest Interval
13	Stride	3x100 yards	20 seconds
	Stride	3x80 yards	20 seconds
	Sprint	12x60 yards	30 Seconds
14	Stride	3x100 yards	30 seconds
	Stride	3x80 yards	20 seconds
	Sprint	12x40 yards	20 seconds
15	Stride	2x100 yards	20 seconds
	Stride	2x80 yards	20 seconds
	Sprint	3x60 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	5x10 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x60 yards	20 seconds
16	Stride	3x100 yards	20 seconds
	Stride	3x80 yards	20 seconds
	Sprint	3x60 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	5x10 yards	20 seconds
	Sprint	3x20 yards	20 seconds
	Sprint	3x40 yards	20 seconds
	Sprint	3x60 yards	20 seconds

Stride=75% Run

Sprint= Full Speed Effort

Speed Training Progression

Perform dynamic warm up prior to beginning speed training progression.

Week 1

Seated arm swings 2x30 seconds

Falling Starts 4x10 yards.

Push up starts 4x10 yards

Buildups 4x40 yards. Rest 30 seconds

Week 2

Hill sprints 4 x 25 yards

High knee hill sprints 2x25 yards

Week 3

Resisted Sprint (sled or partner tote) 5x10 yards

Falling Starts 4x10 yards. Rest 30 seconds

Buildup 4x40 yards. Rest 30 seconds

Week 4

Hill Sprints 6x20 yards

High knee hill sprints 3x20

Week 5

Seated arm swings 2x30 seconds

Resisted Sprint (sled or partner tote) 5x10 yards

Falling Starts 6x10 yards

Buildup 5x40 yards

Week 6

Hill Sprints 6x20 yards. Rest 45 seconds.

High knee hill sprints 4x20

Week 7

Prowler Sprints 90lbs 2x30 yards

Sprints 5x20 yards (40 sec rest)

Week 8

Seated arm swings 2x30 seconds

Resisted Sprint (sled or partner tote) 4x15 yards.

Falling Starts 5x15 yards. Rest 30 seconds

Buildup 5x40 yards. Rest 30 seconds

Week 9

Resisted sprint (10 yards) and release (20 yards) 4x30

Resisted High Knee Sprints 4x15 yards

Stadium Sprints skipping every other step to the top. 4x top

Week 10

High Knee (10 yards) to sprint (20 yards) 4x30. Rest 30 seconds

Butt kickers (10 yards) to sprint (20 yards) 4x30. Rest 30 seconds

Back pedal (10 yards) to sprint (20 yards) 4x30. Rest 30 seconds

Week 11

Hill Sprints 6x20 yards. Rest 45 seconds.

High knee hill sprints 4x20

Back pedal hill sprints 3x20

Week 12

Prowler Sprints 180lbs 2x20 yards. Full recovery

Sprints 6x20 yards (45-60 sec rest)

Week 13

Bounding 4x20 yards

Sprint 4x20 yards

Sprint 4x30 yards

Back pedal butt kickers 4x20 yards

Full speed back pedal sprint 4x20 yards

Week 14

Partner Totes 5x15 Yards

Bounding 5x20 Yards

Flying 20s 4 Reps (jog 10, sprint 20, jog 10)

Week 15

Bounding 4x20 yards

Sprint 4x20 yards

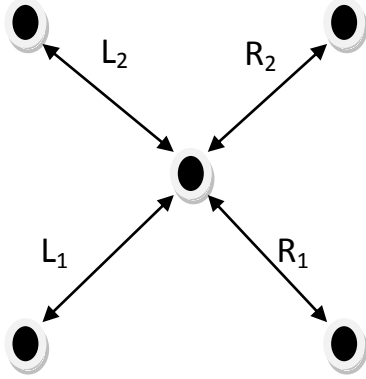
Sprint 4x30 yards

Back pedal butt kickers 4x20 yards

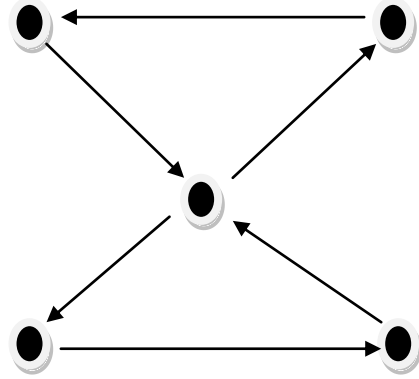
Week 16

Weight Vest Stadium Sprints 6 Reps to Step 20

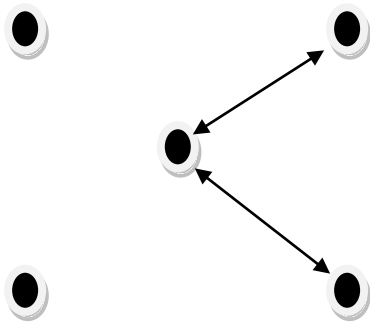
Dot Drills



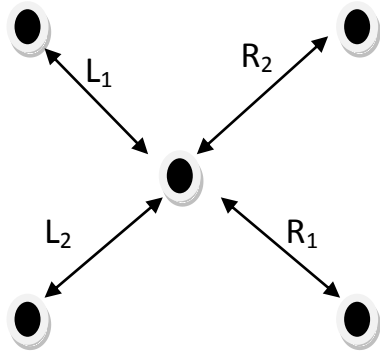
1. "X"



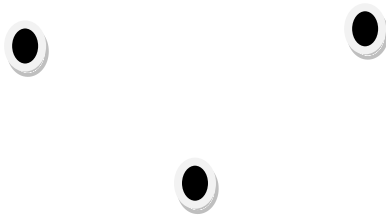
2. Hour Glass



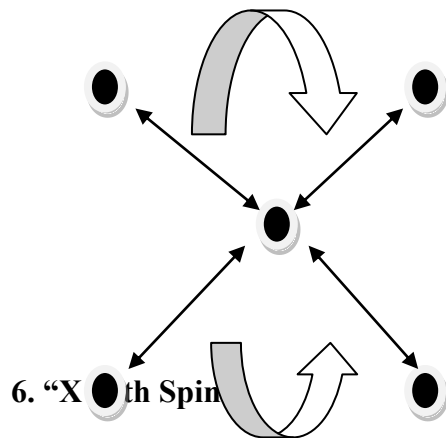
3. One foot Hops



4. "DDR"



5. Lateral Hops



6. "X" with Spin

Dot Drills

These drills are to be performed on the dot drill mats for 20 each. If a dot mat is not available, place 5 pieces of tape on the floor with a two foot spacing from the center dot to the outside corners. Focus on quickness and accuracy.

1. “X”

Start with feet apart at the bottom of the mat. Hop to the middle dot with feet together. Then hop to the top two dots with feet apart. Then hop backwards in the same pattern. Face the same direction the whole time.

2. “Hour Glass”

Begin with your feet together at the bottom right, hop to the middle, then the top right, hop across to the top left dot, back to the middle, then to the bottom left dot, and then back to the beginning. Face the same direction the whole time, and keep your feet together the whole time.

3. One Foot Hops

For the right foot only use the right side of the mat and for the left foot only the left side. Begin at the bottom of dot of the mat, hop to the middle, then to the top, and back in the same pattern. Face the same direction the whole time.

4. Dance Dance Revolution “DDR”

Start with your feet together on the middle dot, jump to the opposing corners with your feet apart, return to the middle, and then switch to the other corners. Make sure you face the same direction the whole time.

5. Lateral Hops

Feet together facing the same direction the whole time, jump side to side between the two dots that are farther apart.

6. “X” with Spin

Repeat the steps in exercise 1, but include a 180 degree turn at the top and bottom of the mat.

On Court

Movement/ Mobility Training

Drill	Week 1	Week 1-2	Week 3-4	Week 5-6	Week 7-8	Week 9-10	Week 11-12	Week 13-14	Week 14-15
NBA Lane Agility				1x	1x	1x	2x	2x	2x
Block to Block Touches			1x10	2x10	2x10	2x10	3x10	3x10	3x10
Block to Block Touches Plus Jump			1x10	2x10	3x10	2x10	3x10	3x10	3x10
Hour Glass Lane Drill		1x	1x	1x	1x	1x	2x	2x	2x
Lateral Slide Suicide	1x	1x	1x	1x	1x	1x	2x	2x	2x
Half Court Circle Sprint	1x	1x	1x	1x	1x	1x	2x	2x	2x
Half Court Circle Slide	1x	1x	1x	1x	1x	1x	2x	2x	2x
Half Court Circle Back Pedal	1x	1x	1x	1x	2x	2x	3x	3x	3x
Elbow Dunk Elbow Dunk- Tennis Ball	2x10	2x10	2x10	2x10	2x10	2x10	3x10	3x10	3x10
Medicine Ball Drills (or heavy ball)	1x	1x	1x	1x	1x	1x	2x	2x	2x

NBA Lane Agility

Starting on Left Elbow, Sprint forward along lane line, Lateral slide across baseline to opposite lane line. Backpedal down lane line to right elbow. Lateral Slide to starting point. Touch the elbow with your hand and retrace drill in reverse. This is performed full speed all the way around and back. This is counted as 1 rep.

Block to Block Touches

Sprint back and forth touching the blocks with hand on each turn full speed for prescribed reps.

Block to Block Touches with jump

Same as block to block touches. Instead of touching block with hand, perform two full height jumps at each turn.

Hour Glass Drill

Using the Lane as a guideline, sprint forward along lane line. Defensive slide diagonal across lane to baseline.

Sprint forward again up opposite lane line. Defensive slide across the lane to the original starting position.

Each full hourglass run counts as rep.

Lateral Slide Suicide

Lateral slide full speed from the sideline to lane line. Return to start position. Repeat slide to opposite lane line. Repeat slide to opposite sideline. Return to start position. Each time through counts as 1 rep.

Half Court Circle Sprint

Sprint around the circle and back to start. This counts as 1 full rep.

Half Court Circle Slide

Trace circle full speed sliding laterally and return to start opposite direction.

Half Court Circle Back Pedal

Trace circle full speed in a controlled back pedal and return to start opposite direction.

Elbow Dunk Elbow Dunk- Tennis Ball

Begin on one elbow. Drive to basket and dunk tennis ball.

Pick up tennis ball and sprint to opposite elbow. Repeat drill on each side.

Each dunk counts as one rep.

Medicine Ball Drills

See page in manual

Jump Rope Circuit

Perform each of the following drills for 2 sets of 30 seconds as quick and accurate as possible.

1. Quick Skips
2. High Skips
3. Alternating Left Foot, Right Foot Skips
4. "W" Skips
5. Quick, Quick, High Skip
6. Side to Side Skips
7. Forward Backward Skips
8. Double Under Skips

Talent is never enough. With few exceptions the best players are the hardest workers. ~ Magic Johnson

Line Drills

Perform each of the following drills for 2 sets of 20 seconds each as fast as possible over a line (free throw line).

1. Both Feet Forward/ Backward
2. Left Only Forward/ Backward
3. Right Only Forward/ Backward
4. Both Feet Side to Side
5. Left Only Side to Side
6. Right Only Side to Side
7. Type Writers over the Line Lead Left
8. Type Writers over the Line Lead Right

"When you go to war, you go to kill, not to be killed"

Louis Simmons

(World Champion Power Lifter- Westside Barbell)

Foot Ladder

+ Basketball Specific Box Plyometric Drills

Perform each of these drills as fast as possible with great accuracy. Following each drill, burst out of the ladder to a cone placed 5 yards away and closeout. Complete each drill 2x through.

1. Left foot through quick hop.
2. Right foot through quick hop.
3. Double leg hops high as possible.
4. High Knee Run 2 feet each hole.
5. Ickey Shuffle
6. Hop Scotch
7. Two in, two out each hole.
8. Quick feet facing left.
9. Quick feet facing right.
10. Ski slalom quick as possible.
11. Ski slalom high as possible.
12. Single leg snake right-hop into ladder and out opposite side snaking upward through ladder.
13. Single leg snake left-hop into ladder and out opposite side snaking upward through ladder.

On a 30-36 Inch Box Perform 1 set of 10 reps for each drill. Hold a 6-10 lb. medicine ball strong EXCEPT FOR THE EURO for safety.

1. Power Dribble to Hop Right
2. Power Dribble to Hop Left
3. Side Hop to Box Right
4. Side Hop to Box Left
5. Reverse Pivot Right Foot to Box
6. Reverse Pivot Left Foot to Box
7. Guards-Euro Step Left to Box
8. Guards- Euro Step Right to Box
9. Posts-Up and Under Left Foot Pivot to Box
10. Posts- Up and Under Right Foot Pivot to Box

Medicine Ball Drills

Perform the following drills with a medicine ball or weighted basketball for 2 sets of 30 seconds each.

1. Two Ball Fast Dribble

Dribble two med balls at waist level as hard and fast as possible simultaneously.

2. Alt Two Ball Dribble

Dribble two med balls at waist level as hard and fast as possible in alternating fashion.

3. Between Legs Crossover Dribble

Using one med ball, crossover between the legs with the dribble back and forth with no side dribble. Hop in scissor fashion with the legs to accommodate the ball passing between them.

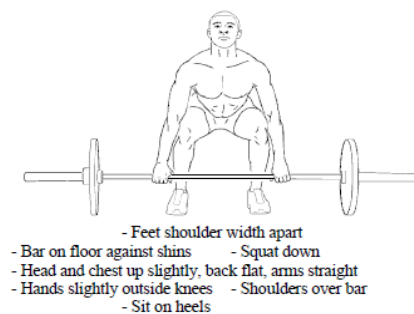
4. Partner Tennis Ball Pass

While dribbling a medicine ball with one hand, have a partner pass a tennis ball to the other hand. The partner will mix up the location of the passes to increase the difficulty of the drill. Complete a set using each hand.

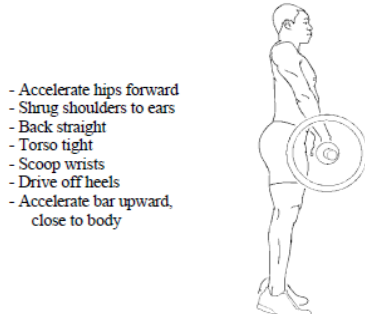
“Success always looks easy to those who weren't around when it was being earned.”

Descriptions/Illustrations

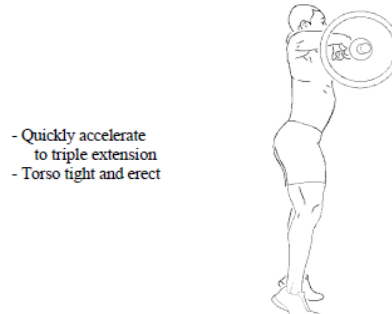
CLEAN LIFT - 1A POWER CLEAN – Start Position



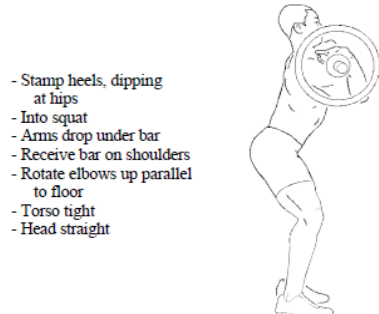
CLEAN LIFT - 1B POWER CLEAN – First Pull



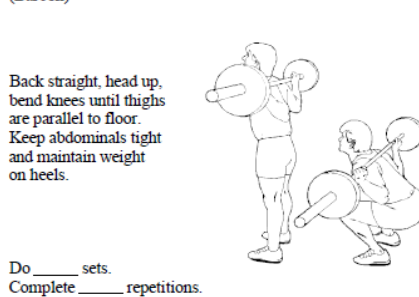
CLEAN LIFT - 1C POWER CLEAN – Second Pull



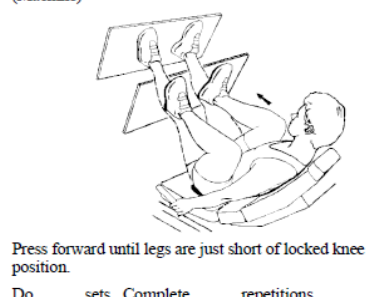
CLEAN LIFT - 1D POWER CLEAN – Catch



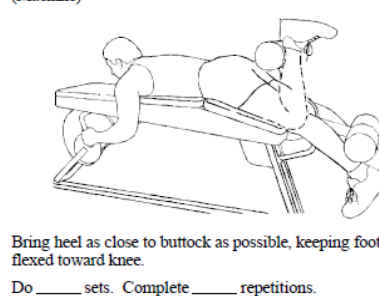
LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)



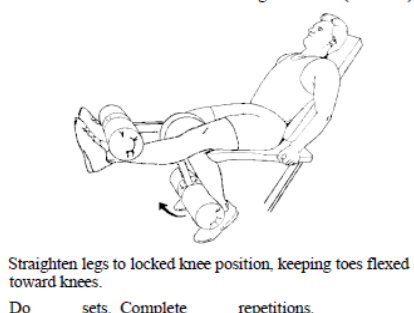
LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)



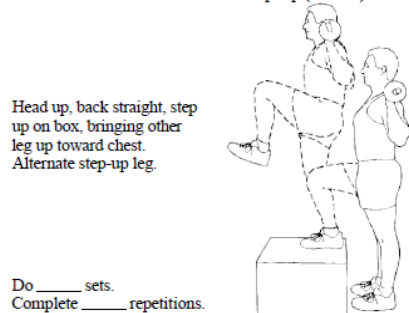
LEGS: HAMSTRINGS - 4 Leg Curl: Lying – Single Leg (Machine)



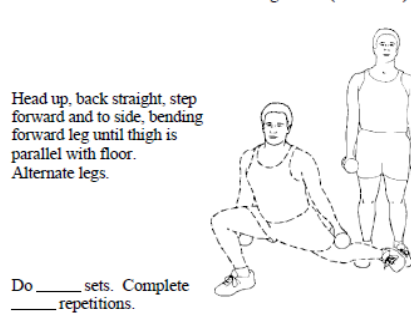
LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)



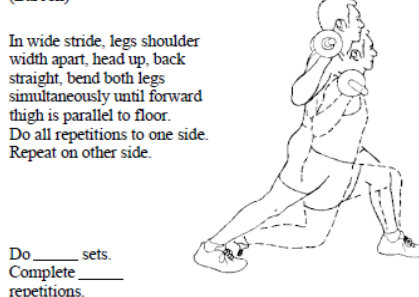
LEGS: GLUTES / THIGHS - 16 Step-Up (Barbell)



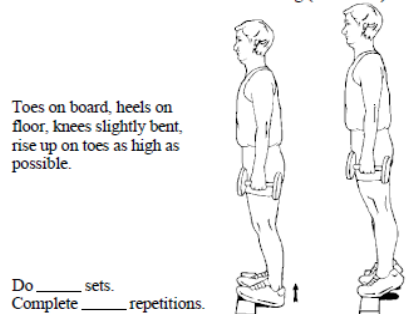
LEGS: GLUTES / THIGHS - 15 Lunge: Side (Dumbbell)



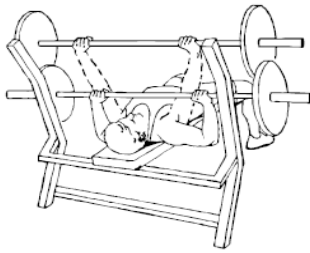
LEGS: GLUTES / THIGHS - 10 Lunge: Stationary (Barbell)



LEGS: CALVES - 4 Heel Raise: Standing (Dumbbell)

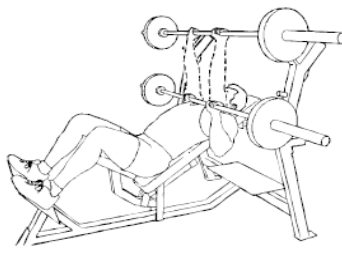


CHEST - 21 Bench Press: Medium Grip (Barbell)



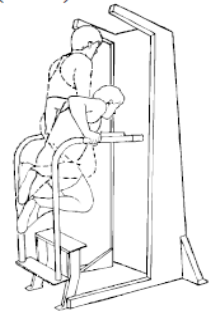
Press to straight arms.
Do ____ sets. Complete ____ repetitions.

CHEST - 23 Bench Press: Incline – Narrow Grip (Barbell)



Press to straight arms.
Do ____ sets. Complete ____ repetitions.

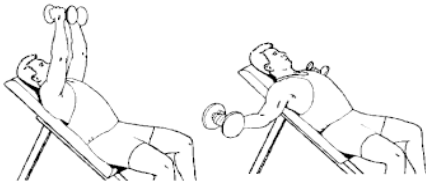
ARMS: TRICEPS - 29 Dip (Machine)



With upper arms parallel to floor, press upward until arms are straight.

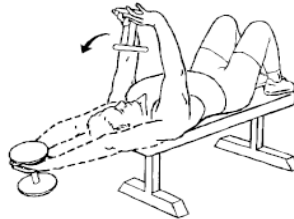
Do ____ sets.
Complete ____ repetitions.

CHEST - 13 Fly: Incline (Dumbbell)



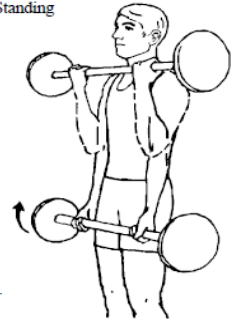
Elbows slightly bent, lower arms until parallel with floor, palms up.
Do ____ sets. Complete ____ repetitions.

CHEST - 11 Pull-Over: Straight Arms (Dumbbell)



Lower arms until parallel with floor, keeping arms nearly straight.
Do ____ sets. Complete ____ repetitions.

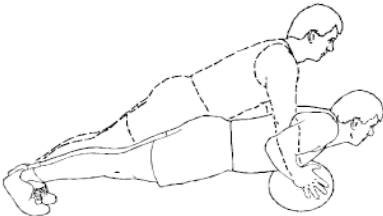
ARMS: BICEPS - 2 Curl: Standing Medium Grip (Barbell)



Knees slightly bent, curl arms toward shoulders.

Do ____ sets.
Complete ____ repetitions.

CHEST - 1 Push-Up: Incline (Medicine Ball)



With chest one inch above ball, push up until arms are straight.
Do ____ sets. Complete ____ repetitions.

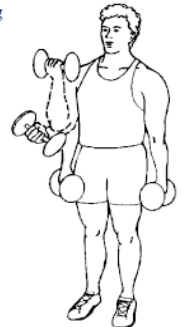
ARMS: BICEPS - 7 Curl: Sitting – Medium Grip (Preacher Bench, EZ Curl Bar)



Curl arms toward shoulders.

Do ____ sets.
Complete ____ repetitions.

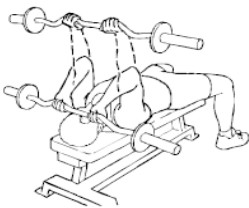
ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)



Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.

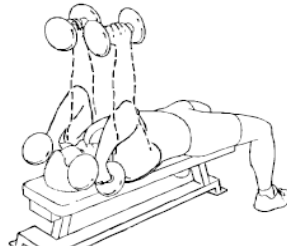
Do ____ sets.
Complete ____ repetitions.

ARMS: TRICEPS - 12 Extension: Lying – Narrow Grip (EZ Curl Bar)



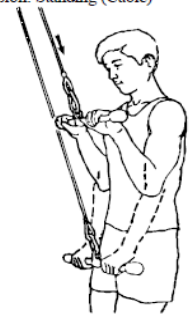
Hold bar just off forehead. Straighten arms, keeping elbows as close together as possible.
Do ____ sets. Complete ____ repetitions.

ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)



Straighten arms, keeping upper arms perpendicular to floor.
Do ____ sets. Complete ____ repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)



Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do ____ sets.
Complete ____ repetitions.

SHOULDERS - 2 Press: Sitting (Dumbbell)

Palms in, press to straight arms, rotating to palms forward at end of movement.

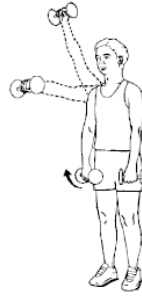
Do ____ sets.
Complete ____ repetitions.



SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.

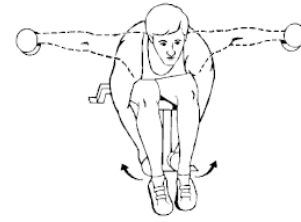
Do ____ sets.
Complete ____ repetitions.



SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)

Elbows slightly bent, palms in, raise arms to parallel with floor.

Do ____ sets. Complete ____ repetitions.



SHOULDERS - 24 External Rotation: Single Arm (Cable)

Arm across body, rotate arm away from torso, keeping upper arm against body.

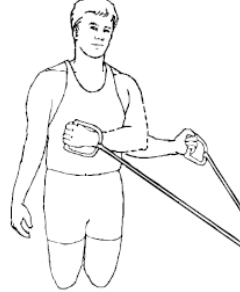
Do ____ sets.
Complete ____ repetitions.



SHOULDERS - 25 Internal Rotation: Single Arm (Cable)

Forearm away from body, rotate arm toward torso, keeping upper arm against body.

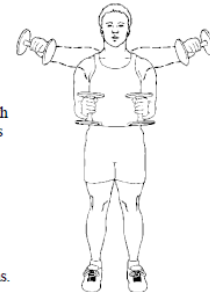
Do ____ sets.
Complete ____ repetitions.



SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)

Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.

Do ____ sets.
Complete ____ repetitions.



BACK: LATS - 13 Pull-Down: 45° Angle Narrow Grip (Cable)

Leaning back slightly, pull bar to upper chest.

Do ____ sets.
Complete ____ repetitions.



SNATCH LIFT - 14A DUMBBELL OLYMPIC SNATCH One Arm: Start Position

- Feet shoulder width apart
- Dumbbell on floor in middle of stance
- Squat down
- Grab dumbbell with arm
- Head and chest up, back flat, arm straight
- Sit on heels



SNATCH LIFT - 14B DUMBBELL OLYMPIC SNATCH One Arm: First Pull

- Accelerate hips forward
- Shrug shoulder to ear
- Back straight
- Torso tight
- Scoop wrist
- Drive off heels
- Accelerate dumbbell upward, close to body



SNATCH LIFT - 14C DUMBBELL OLYMPIC SNATCH One Arm: Second Pull

- Quickly accelerate to triple extension
- Torso tight and erect



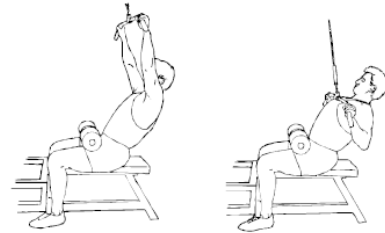
SNATCH LIFT - 14D DUMBBELL OLYMPIC SNATCH One Arm: Catch

- Stamp heels, dipping at hips
- Into squat
- Receive dumbbell in overhead position
- Elbow fully extended
- Arm even with ears
- Torso tight
- Head straight
- Driving off heels, stand erect



BACK: LATS - 12 Pull-Down: 45° Angle (Cable)

Leaning back slightly, pull bar to upper chest.
Do ____ sets. Complete ____ repetitions.



Nutrition Guide

Nutrition is a key area that can help you to become a better athlete. Proper nutritional intake and timing are critical to maximizing lean muscle mass and minimizing fat mass. The following list provides very basic nutritional guidelines for athletes to follow. For individualized dietary assistance see John for consultation and if necessary, referral to team dietitian.

1. Eat Breakfast everyday! Jump start your metabolism and fuel your muscles as soon as possible.
2. Eat 5-6 small meals throughout the day at consistent intervals, i.e. every 2-3 hours.
3. Eat plenty of fruits and vegetables. (Approx 2 cups fruit, & 2 ½) vegetables per day)
4. Have a lean protein source with every meal.
5. Eat foods rich in fiber. (25-38 grams per day for women and men respectively)
6. Take a multivitamin.
7. Supplements can be helpful in some situations. See strength coach or dietitian for advice on specific supplements before starting to use them. Some useful supplements for the sport of basketball are.
 - a. Post-workout drink with protein and simple carbohydrates such as chocolate milk.
 - b. Creatine Monohydrate.
8. Carbohydrates. Attempt to obtain the majority of your carbohydrates from whole grain sources. (Ex. Brown rice, wheat breads and pastas, high fiber cereals) Whole grains are superior to “white” carbohydrates.
9. Consume between 1.5 -2.0 grams of protein for every kilogram of body weight.
Example: A 200 lb athlete needs between 136 to 181 grams of protein daily.
10. You may eat fast foods but remember to not make a habit of it. Healthy food will make you feel and perform better. Moderation is the key to a balanced diet.

Before, During, and After Exercise

- 1) Consume a pre-workout drink or meal consisting of approximately 20 grams of protein approximately 20 min – before working out
- 2) Sip on Powerade or other sports drink during your work out. Adding a spoonful of protein powder may increase anabolic hormone ratios during strenuous exercise.
- 3) Take 20-40 grams of protein after you work out with carbohydrates. (chocolate milk, RDT drinks)
- 4) Eat within one hour after you take your post workout shake.
- 5) Your body is composed of approx. 70% water. Drink between 80-120 ounces of water a day.
***Stay Hydrated**

Flexibility

Flexibility training should be performed following all workouts to ensure proper range of motion for muscles, tendons, and ligaments in and around all of the joints of the body. Performing a dynamic warm-up like the one included in this program will properly prepare your body for activity. Finishing a workout with static stretching is the flexibility exercise that will improve range of motion and promote and maintain optimal tissue length and extensibility necessary for injury prevention.

1. Body temperature should be elevated before stretching. Some light activity should be performed prior to stretching so that the body temperature is elevated (the athlete should break a sweat) so that circulation to the muscles to be stretched is enhanced.
2. Static stretching should be performed after training. A brief dynamic warm-up session should be performed before actual training begins. The purpose of this stretching is to loosen up the muscles so that a full range of motion can be used in training, and reduce the risk of injury.
3. The majority of stretching for improvement of flexibility should be done immediately after training. Body and muscle temperatures are high after training and response to flexibility exercises is optimal.
4. Stretching should be done slowly, with a conscious effort to relax as much as possible. It is especially important to relax the muscles being stretched. Limits of range of motion should be approached slowly and when the position is attained, it should be held for two to three reps of 30 seconds.
5. Rapid or jerky stretching movements should always be avoided. Rapid lengthening of a muscle will initiate a reflex which produces contractions of that muscle. Contraction of a muscle that is rapidly elongating toward the limit of its range of motion can result in a strained or pulled muscle.
6. After stretching a muscle and holding the position, relax for about 10 second. Relaxation of the muscle following stretch will allow the blood to circulate freely, thus enhancing the stretching effect.

These general principles should be adhered to in the performance of the stretching program that follows, so that maximum benefit is obtained and injury is prevented.

ARMS - 1 Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 30 seconds.



Repeat 2-3 times.
 Do _____ sessions per day.

SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 30 seconds. Repeat with other arm.



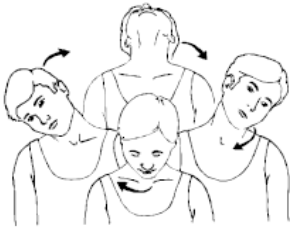
Repeat _____ times.
 Do _____ sessions per day.

SHOULDERS - 4 Extensors



From kneeling position, slide arms forward while pushing buttocks toward floor. Hold 30 seconds.
 Repeat 2-3 times. Do _____ sessions per day.

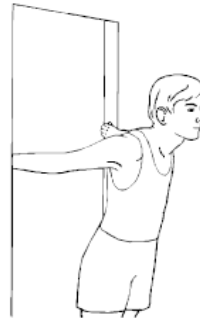
NECK - 8 Extensors / Flexors / Side Benders



From sitting position with back straight, slowly roll head in a full circle.
 Repeat 10 times. Do _____ sessions per day.

CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 30 seconds.



Repeat 2-3 times.
 Do _____ sessions per day.

GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.



Repeat 2-3 times.
 Do _____ sessions per day.

GROIN - 6 Thigh Adductors



With legs apart, slide hands forward until stretch is felt. Hold 30 seconds.
 Repeat 2-3 times. Do _____ sessions per day.

HAMSTRINGS - 3 Head to Knee

With hands on ankle, pull head toward knee and hold 30 seconds. Repeat with other leg.
 Repeat 2-3 times. Do _____ sessions per day.



HIP OBLIQUE - 10 External Rotators

With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold 30 seconds. Repeat with other side.
 Repeat 2-3 times. Do _____ sessions per day.



LOWER LEG - 7 Soleus

Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 2-3 times.
 Do _____ sessions per day.

LOWER LEG - 8 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 2-3 times.
 Do _____ sessions per day.

UPPER LEG - 1 Quadriceps

Lying on stomach with thighs together, gently pull ankle toward buttocks until stretch is felt. Hold 30 seconds. Repeat with other ankle.
 Repeat 2-3 times. Do _____ sessions per day.

