



PRE-SEASON SUMMER/FALL 2021 STRENGTH TRAINING WEEK 1 | SESSION 3

PART I: ACTIVATION, WARM-UP, & FEET AND ANKLE STRENGTH

1. Mini-band Activation Routine
2. Aerobic Warm-up
3. Feet & Ankle Strength

PART II: MOBILITY & STRENGTH

Perform circuit 3x and each exercise for 30 secs w/ 15 secs recovery between sets and 60 secs before moving on to Part III.

- **Forward Line Walk**
- **Speedy Skater Jump**
- **Alternating Lunge Jump**

PART III: CORE & HIPS

Perform circuit 2x with as much recovery as necessary.

- **Candle Stick Roll-Up:** 10 Reps
- **Russian Twist:** 30 secs – AMAP
- **Side Plank Leg Lift:** 10 Reps Each Side

PART IV: HAMMY'S, QUADS, & GLUTES

Perform circuit 2x with as much recovery as necessary

- **Hamstring Bridge March :** 10 Reps each Leg
- **Seated Straddle Leg Lifts:** AMAP
- **BW Kang Squat:** 10 Reps



PRE-SEASON SUMMER/FALL 2021 STRENGTH TRAINING WEEK 1 | SESSION 3 DATA RECORDING FORM

PART I: ACTIVATION & WARM-UP

MINI-BAND ACTIVATION ROUTINE

- FORWARD STEP-TOGETHER WALK LEADING RIGHT
- FORWARD STEP-TOGETHER WALK LEADING LEFT
- BACKWARD STEP-TOGETHER WALK LEADING RIGHT
- BACKWARD STEP-TOGETHER WALK LEADING LEFT
- LATERAL WALK RIGHT
- LATERAL WALK LEFT

AEROBIC WARM-UP

CHECK THE ONE PERFORMED

- RUN
- BIKE
- ELLIPTICAL
- JUMP ROPE

FEET & ANKLE STRENGTH

- TOE WALK
- HEEL WALK
- HEEL WALK EVERTED
- TOE WALK EVERTED
- HEEL WALK INVERTED
- TOE WALK INVERTED
- SUPINATED SIDE FOOT WALK
- PRONATED SIDE FOOT WALK
- TOE SCRUNCH WALK

PART II: CONDITIONING

	SET 1	SET 2	SET 3
	CHECK IF PERFORMED		
FORWARDS LINE HOPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPEED SKATER JUMP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ALTERNATING LUNGE JUMP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERFORM CIRCUIT 3X AND EACH EXERCISE
FOR 30 SECS W/ 15 SECS RECOVERY
BETWEEN SETS AND 60 SECS BEFORE
MOVING ON TO PART III.

PART III: CORE & HIPS

	SET 1	SET 2
	ENTER NUMBER OF REPS PERFORMED	
CANDLE STICK ROLL-UP	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>
RUSSIAN TWIST	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>
SIDE PLANK LEG LIFT	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>

RECOVERY: AS MUCH AS NEEDED

PART IV: HAMMY'S, QUADS, & GLUTES

	SET 1	SET 2
	ENTER NUMBER OF REPS PERFORMED	
HAMMY BRIDGE MARCH	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>
SEATED STRADDLE LEG LIFT	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>
BW KANG SQUAT	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>

RECOVERY: AS MUCH AS NEEDED