



PRE-SEASON SUMMER/FALL 2021 STRENGTH TRAINING WEEK 2 | SESSION 3

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

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

PART II: CONDITIONING

Perform circuit 2x with 15 secs recovery between reps and 60 secs between sets.

- **Dumbbell Super Burpee Deadlift:** 30 secs
- **LLL:** 10 Hops
- **RRR:** 10 Hops
- **LLRR:** x3
- **Medial Hop (L & R):** 10 Hops on each leg
- **Lateral Hop (L&R):** 10 Hops on each leg

PART III: CORE

Perform each exercise for 30 secs for as many reps as possible. Recover 15 secs between exercises. Repeat Circuit 2x with 60 sec recovery.

- **Extended Table**
- **Isometric Prone**
- **Isometric Supine**
- **Isometric Side (Left Side)**
- **Isometric Side (Right Side)**
- **Extended Crunch**
- **Extended Prone Swimmer**
- **Extended Rock**



PRE-SEASON SUMMER/FALL 2021 STRENGTH TRAINING WEEK 2 | 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

- | SET 1 | SET 2 | |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | TOE WALK |
| <input type="checkbox"/> | <input type="checkbox"/> | HEEL WALK |
| <input type="checkbox"/> | <input type="checkbox"/> | HEEL WALK EVERTED |
| <input type="checkbox"/> | <input type="checkbox"/> | TOE WALK EVERTED |
| <input type="checkbox"/> | <input type="checkbox"/> | HEEL WALK INVERTED |
| <input type="checkbox"/> | <input type="checkbox"/> | TOE WALK INVERTED |
| <input type="checkbox"/> | <input type="checkbox"/> | SUPINATED SIDE FOOT WALK |
| <input type="checkbox"/> | <input type="checkbox"/> | PRONATED SIDE FOOT WALK |
| <input type="checkbox"/> | <input type="checkbox"/> | TOE SCRUNCH WALK |

PART II: CONDITIONNING

- | | SET 1 | SET 2 |
|-----------------------------------------|--------------------------|--------------------------|
| DUMBBELL SUPER BURPEE DEADLIFT: 30 SECS | <input type="checkbox"/> | <input type="checkbox"/> |
| LLL: 10 HOPS | <input type="checkbox"/> | <input type="checkbox"/> |
| RRR: 10 HOPS | <input type="checkbox"/> | <input type="checkbox"/> |
| LLRR: X3 | <input type="checkbox"/> | <input type="checkbox"/> |
| MEDIAL HOP (L & R): 10 HOPS ON EACH LEG | <input type="checkbox"/> | <input type="checkbox"/> |
| LATERAL HOP (L&R): 10 HOPS ON EACH LEG | <input type="checkbox"/> | <input type="checkbox"/> |

PERFORM CIRCUIT 2X WITH 15 SECS
RECOVERY BETWEEN REPS AND 60 SECS
BETWEEN SETS.

PART III: CORE

- | | SET 1 | SET 2 |
|-----------------------------|--------------------------|--------------------------|
| EXTENDED TABLE | <input type="checkbox"/> | <input type="checkbox"/> |
| ISOMETRIC PRONE | <input type="checkbox"/> | <input type="checkbox"/> |
| ISOMETRIC SUPINE | <input type="checkbox"/> | <input type="checkbox"/> |
| ISOMETRIC SIDE (LEFT SIDE) | <input type="checkbox"/> | <input type="checkbox"/> |
| ISOMETRIC SIDE (RIGHT SIDE) | <input type="checkbox"/> | <input type="checkbox"/> |
| EXTENDED CRUNCH | <input type="checkbox"/> | <input type="checkbox"/> |
| EXTENDED PRONE SWIMMER | <input type="checkbox"/> | <input type="checkbox"/> |
| EXTENDED ROCK | <input type="checkbox"/> | <input type="checkbox"/> |

PERFORM EACH EXERCISE FOR 30 SECS FOR
AS MANY REPS AS POSSIBLE. RECOVER 15
SECS BETWEEN EXERCISES. REPEAT CIRCUIT
2X WITH 60 SEC RECOVERY.