



STRONGER WITH SPORTS GYM

**AN ATHLETIC GUIDE
BY: JESSICA
HUBACH**

Hello CAA Athletes!

This guide is for anyone and everyone who want to be a better athlete. The workouts to follow are catered to the sports at CAA. There are workouts for both in gym and at home options. The HIIT or high intensity interval training, plyometrics, and strength training are amazing ways to get better. Although appropriate amounts of weight for the exercises is important to avoid injury. At the same time progression is key to improvement as you grow stronger. Therefore, simply be mindful and responsible. Plus, take rests between sets and next exercises.

A split is how workouts are divided into different days. A balanced split is needed for healthy exercise. During the off season, hitting the gym three to five days a week is suggested.

Taking care of yourself is another aspect needed for the best results in the weight room. A healthy diet, good sleeping patterns, and plenty of water is so important.

There may or may not be unfamiliar formatting or words in this guide. They will be described below. If you don't know how to perform an exercise or want further understanding check out the dictionary in the back!

Sets- a group of repetitions.

Reps- repetition

Sets x reps- an example of this is 3x12 or 2x20. That is three sets of 12 and two sets of 20. X meaning of.

Linear- moving straight forward and backward.

Lateral- moving side to side.

Single Leg (SI) - exercises done on one leg then alternated to the other leg.

Bilateral- plyometrics working or landing on both feet.

Unilateral- plyometrics working or landing on one foot.

Acceleration- how quickly an athlete can increase in power or speed.

Sticking the Landing- not letting your body sink, remaining stable, and keeping your hip level right above the knee.

Range of Motion (ROM)- the range at which a movement can be performed in its entirety.

Engage Core- tense or tightened core to brace and use your abs and lower back for an exercise.

The Reality of Plyometrics

Plyometrics- “Plyometrics is a type of exercise training that uses speed and force of different movements to build muscle power. Plyometrics training can improve your physical performance and ability to do different activities” (WebMD).

Plyometrics can be very hard on the joints. That is why these kinds of exercises are done with a limited number of repetitions and often without weight. If an athlete does not have the agility and experience with weights, there should be precaution. Injury is real and should not be taken lightly! There are levels to training and work is needed. Warming up and cooling down should not be skipped or avoided steps within training. There is a process to developing skills in order to avoid injury. Strength and mobility should be present through the ankle and hip before starting high intensity workouts.

Starting at a lower intensity is advised until strength, mobility, and balance is present within an athlete. There are ways to improve in these areas.

- Slow controlled movements
- Full range of motion exercises (ROM)

Simple beginner movements to train ->

Squat

Bulgarian Split Squat

Deadlift

Romanian Deadlift (RDL)

Step-Ups



Vertical Jump Training...

A high vertical jump is important for most sports. This skill is progressive and takes time. Training in areas such as strength, power, and hypertrophy (muscle gain) are what is necessary. Plus, focusing on flexibility and heavy resistant movements with a high and active range of motion. The force of the exercises should be on the balls of your feet. The strength within the hips and ankle can produce more power and will increase performance when these elements are targeted. This kind of training aligns with the work of plyometrics and other kinds of workouts.

The Building Blocks of Vertical Jump Training

- ***Strength***
- ***Hypertrophy***
- ***Power***
- ***Progression and advancement***
- ***Lower limb development***
- ***Hip and Knee stability***

These elements will be integrated throughout some if not all workouts. There is a lot of crossovers with these topics in the exercise world. As these are key components to the foundation of peak athleticism.

Vertical Jump Warmups

Besides being a good warm up, these exercises can be done in combination with other workouts.

- **Banded Squats *10 reps***
- **Single Leg Toe Touch, opposite hand touches opposite foot while sinking down making sure to bend ankle, knees, and hinging the hips, *5 each foot***
- **Low and Slow Lateral Shuffle Walk *10 yards down and back***
- **Karaoke *10 yards down and back***
- **Fire Hydrants only moving hips and challenge ROM *3 reps of slow 3 reps of fast***
- **Fire Hydrants with a straight leg *3 reps of slow 3 reps of fast***
- **Donkey Kicks *3 reps of slow 3 reps of fast***
- **Leg Raises *3 reps of slow 3 reps of fast***
- **Stationary Pogo Jumps *2x10***
- **Pulsing Stationary Pogo Jump explode of first jump and absorb on second one. *2x10***
- **Single Leg Pogo Jumps *2x10 each leg***
- **Continuous Squat Jumps *2x10***
- **Alternating Lunge Jumps *2x10***



**Start.
Train.
Improve.**

Basketball

Training

A sport of agility, endurance, balance, jumping, strength, and explosiveness. In this section, there will be specific workouts for these key skills.



WARM UP ESSENTIALS

A warmup routine is important for the start of your workout. A dynamic warmup will get your muscles at the temperature needed for high-intensity activity. It is the proper preparation to get to your full potential as an athlete, without injury.

30 sec each. 15 sec rest.

- arm circles
- forward leg swing
- lateral leg swing
- knee hugs
- lunges with arm extension
- inverted hamstring stretch
- straight leg marches
- butt kicks
- backpedaling
- karaoke

Bilateral Plyos + Lower Body Strength

- **Linear Pogos *10 yards 2 sets***
- **Alternating Feet Pogos *10 yards 2 sets***
- **Jump Squats *2x8***
- **Lateral Shuffle *10 yards 2 sets. One set slow pace. The other set fast pace***
- **Trap Bar Deadlift with Lateral Banded Loop Squat Walks in between sets *3x12***
- **Dumbbell Reverse Lunge *3x6 each leg with light weight to challenge ROM***
- **Decelerated Step Ups *3x10***
- **Goblet Lateral Lunges *2x8 each leg***
- **Crossover Step Ups *3x12***
- **Hamstring Curls *3x8***
- **Plank *1 min***
- **Crunches *2x20***

Change of Direction /Acceleration + Upper Body Strength

- **Lateral Line Hops *1 min***
- **Short Reactive Lateral Shuffle *10 yards 3 sets***
- **Linear, arc, and half arc sprints *2x3***
- **Suicides touching the ground with the same hand every rep *2x4***
- **Dumbbell Press *3x12***
- **Rope Face Pulls *3x10***
- **Bent Over Reverse Fly *3x10***
- **Kneeling Bicep Curls *3x12***
- **Side Plank *45 seconds***
- **Bicycle Crunches *3x12***

Unilateral Plyos + Lower Body Strength

- **Single Leg Vertical Jump *2x6***
- **Single Leg Broad Jump *2x6***
- **Single Leg Skater Jump *2x6***
- **Trap Bar Squats *3x10***
- **Bulgarian Split Squats *3x10***
- **Single Leg Calf Raises *3x12***
- **Trap Bar Deadlift with Lateral Band Squats In between Sets *3x12***
- **Lemon Squeezers *3x20***
- **Leg Raises *3x20***

Power + Upper body Strength

- **Box Jump *2x8***
- **Medicine Ball Side Toss *2x6***
- **Approach Box Jumps *2x8***
- **Incline Press *3x10***
- **Inverted Row *3x10***
- **Incline Row *3x10***
- **Seated Lateral Raises *2x15***
- **Rear Delt Raises *2x15***
- **Hammer Curls *2x15***
- **Tricep Pull Downs *2x15***
- **Farmer Carries *10 yards and back***
- **Russian Twists *50 reps***
- **Plank *1 min***

Power

Sticking the landing- not letting your body sink, remaining stable, and keeping your hip level right above the knee.

- **Depth Drops while Sticking the Landing. *2x8***
- **Depth Drops with Vertical Jump. Exploding straight up then stick the landing. *2x8***
- **Depth Drop Landing in Reverse Lunge Position *2x8***
- **Trap Bar Squat Jumps *2x10***
- **Approach Box Jumps alternating starting leg and with max effort *3x6***
- **Lunge with Plate Twist *3x12***
- **Sprinter Step Ups *3x12***
- **Banded Kettlebell Swings *3x8***
- **Weighted Plate Sit Up *3x10***

Transition Speed, Agility, Strength

- **Lateral Shuffle max effort 2 sets of 10 yards**
- **5 sprints of 5 yards**
- **Mountain Climbers Against the Wall *2x8***
- **5 arc sprints of 5 yards**
- **Trap Bar Squats heavy weight *5x3***
- **Bulgarian Split Squats pausing at the bottom of the lift. *3x6 each leg***
- **Trap Bar Deadlift *3x12***
- **Up Down Plank *3x15***
- **Burpees *3x12***

HIIT WORKOUT- Full Body

45 sec of work

15 sec of rest between exercises

3 times through

- **Jumping Jacks**
- **Squats**
- **Mountain Climbers**
- **Plank**
- **Push Ups**
- **Tricep Dips**
- **Burpee Broad Jumps**

HIIT Workout- Speed and Agility

3 times through

No rest between exercises

2 min rest between rounds

- **Sprint 10 yards**
- **Jumping Jacks 30 seconds**
- **Sprint 10 yards**
- **Walking Lunge 30 seconds**
- **Sprint 20 yards**
- **Walk 10 seconds**
- **Sprint 30 yards**
- **10 second walk**
- **Sprint 30 yards**
- **Side Shuffle 20 seconds**
- **Sprint 30 yards**
- **Walk 10 seconds**

Cool Down

A cool down after a workout helps avoid injury. It allows your muscles return to a regular temperature and limits soreness.

45 seconds each

- Walk out to Cobra Pose
- Ankle Rotations
- Shoulder Stretch
- Tricep Stretch
- Quad Stretch
- Forward Bend
- Child's Pose



Soccer

A high-intensity sport of multi-direction movement, endurance, force production, and skills. Still focus on sport-specific drills with these workouts.



WARM UP ESSENTIALS

A warmup routine is important for the start of your workout. A dynamic warmup will get your muscles at the temperature needed for high-intensity activity. It is the proper preparation to get to your full potential as an athlete, without injury.

Note: for all soccer workouts to increase endurance do plyometrics and jumping exercises at the end instead of the beginning of a workout.

30 sec each. 15 sec rest.

- jog
- straight leg marches
- knee hugs
- butt kicks
- lunge with twist
- opening and closing the gate
- lateral shuffle
- inchworm with pushup
- back pedaling

All Around Leg Workout

- **Cone Step and Go *5x1***
- **Jog to Sprint *8x1***
- **Decelerating Step Ups *3x5***
- **Sprinter Step Ups *6x5***
- **Bulgarian Split Squats *5x5 each leg***
- **Goblet Lateral Lunge *3x10***
- **Kettlebell Swing Reverse Lunge *3x12***
- **Squat Chop *3x8 each leg***

Low Level Unilateral + Lower Body Strength

- **Single Leg Pogos *2x6***
- **Single Leg Horizontal Pogos *2x6***
- **Lateral Pogos *2x6***
- **Linear Line Hops *1 min***
- **Lateral Line Hops *1 min***
- **Single Leg Tuck Jump *2x6***
- **Dumbbell Front Squats *3x12***
- **Single Leg RDL *3x12***
- **Elevated Glute Bridge *3x12***
- **Trap Bar Deadlift *3x12***
- **Lemon Squeezers *30 reps***
- **Russian Twists *50 reps***

Force Production + Upper body Strength

- **Single Leg Broad Jumps *2x6***
- **Single Leg Jumps *2x6***
- **Speed Skaters *2x6***
- **Seated Box Jumps *2x6***
- **Wide Grips Chin Ups *3x12***
- **Dumbbell Shoulder Press *3x12***
- **Bent Over Rows *3x12***
- **Tricep Pull Downs *3x12***

Plyometrics + Change of Direction

- **Single Leg Triple Jump *2x3***
- **Arc and Half Arc Sprints *2x5 each kind and direction***
- **Single Leg High Knees *30 sec each leg***
- **Push Up Position Sprints *2x4***
- **Suicides *3x10***
- **Short Reactive Lateral Shuffle *3x3***
- **Alternating Lunge Jumps *2x6***
- **Side Planks *2x1 each side***

HIIT WORKOUT- Full Body and Agility

45 sec of work

15 sec of rest between exercises

3 times through

- **Burpee Broad Jumps**
- **Lunges**
- **Wall Sit with Calf Raises**
- **Mountain Climbers**
- **Jumping Jacks**
- **Pushups**
- **Crunches**
- **Squat Hold**

HIIT Workout- Speed and Agility

3 times through

No rest between exercises

2 min rest between rounds

- **Sprint 10 yards**
- **Jumping Jacks 30 seconds**
- **Sprint 10 yards**
- **Walking Lunge 30 seconds**
- **Sprint 20 yards**
- **Walk 10 seconds**
- **Sprint 30 yards**
- **10 second walk**
- **Sprint 30 yards**
- **Side Shuffle 20 seconds**
- **Sprint 30 yards**
- **Walk 10 seconds**

Cool Down

A cool down after a workout helps avoid injury. It allows your muscles return to a regular temperature and limits soreness.

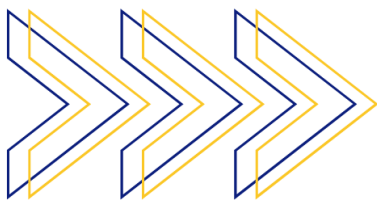
45 seconds each

- Quad stretch
- Hip flexors
- Standing calf stretch
- Butterfly
- Seated hamstring stretch
- Walk out into cobra pose
- Ankle rotations



Volleyball

Volleyball involves many crucial skills. A high vertical jump, power, strength, reflexes, and agility are a few.



WARM UP ESSENTIALS

A warmup routine is important for the start of your workout. A dynamic warmup will get your muscles at the temperature needed for high-intensity activity. It is the proper preparation to get to your full potential as an athlete, without injury.

30 sec each. 15 sec rest.

- heel walks
- toe walks
- knee hugs
- jog
- inverted hamstring stretch
- straight leg march
- spiderman lunge
- high plank to downward dog
- power skips
- lateral shuffle

Full Body+ Basic Strength

- **Pushups *3x12***
- **Plate Squat to Press *3x16***
- **Chin Ups *3x8***
- **Lateral Lunge *3x16***
- **Single Leg RDL to Overhead Press *3x16***
- **Plate Russian Twist with Overhead Press *3x20***
- **Crunches *3x20***

Strength and Power + Lower Body Strength

Lots of Rest Between Sets ~ 1-2 minutes

- **Lunge Hold *3x20 seconds each side***
- **Step Ups *3x6***
- **Hip Thrusts *2x10***
- **Tibialis Raises *4x12***
- **Single Leg Elevated Calf Raises *3x10 each side***
- **Trap Bar Deadlift Driving up Fast *3x8***
- **Bird Dog *3x12 each side***

Reactive Work + Upper Body Strength

- **Linear Pogos with Arm Swing *4x6***
- **Light Weight Dumbbell Snap Downs *2x5***
- **Drop Jumps Sticking the Landing *3x6***
- **Bottoms Up Kettlebell Walk *2x10 yards***
- **Kneeling Curls *3x12***
- **Kneeling Medicine Ball Slam Downs *3x20***
- **Half Kneeling Band Resistance Row *3x15***
- **Plank *1 min***
- **Crunches *50 reps***
- **Bicycle Crunches *25 reps***

Vertical Jump + Agility

- **Dynamic Block Jumps *3x3***
- **10 and 2 Drops *3x10***
- **In Out Tuck Jumps *4x20***
- **Deaccelerating Step Ups *2x6 each leg***
- **Bird Dog *3x12 each side***
- **Slow and Controlled Single Leg Alternating Lateral/Linear Line Hops *1x10 each leg***
- **Pushups *2x10***
- **Plank *1 min***
- **Russian Twists *50 reps***

HIIT WORKOUT- Full Body and Agility

45 sec of work

15 sec of rest between exercises

- **Lunge Jumps**
- **Burpees with Pushup**
- **Tricep Dips**
- **Crunches**
- **Wall Sit with Calf Raises**
- **Pushups**
- **Speed Skaters**
- **Leg Raises**

HIIT Workout- Speed and Agility

3 times through

No rest between exercises

2 min rest between rounds

- **Sprint 10 yards**
- **Jumping Jacks 30 seconds**
- **Sprint 10 yards**
- **Walking Lunge 30 seconds**
- **Sprint 20 yards**
- **Walk 10 seconds**
- **Sprint 30 yards**
- **10 second walk**
- **Sprint 30 yards**
- **Side Shuffle 20 seconds**
- **Sprint 30 yards**
- **Walk 10 seconds**

Cool Down

A cool down after a workout helps avoid injury. It allows your muscles return to a regular temperature and limits soreness.

45 Seconds Each

- Seated hamstring stretch
- Knee hugs
- Childs pose
- Ankle rotations
- Tricep stretch
- Shoulder stretch
- Lying spinal twist

EXERCISE DICTIONARY

In the following pages there will be instruction of all the exercises and stretches. Some will have pictures some won't. Also do not hesitate to look up videos for further help.

A

Alternating Feet Pogos- Start in a standing position and bounce from one foot to the other on the balls of your feet. Keeping feet right underneath the hip. Focusing on minimal ground contact.

Alternating Lunge Jumps- Split stance with torso upright and knees at 90 degrees (lunge position). Then push explosively off the ground and switch legs position midair landing on opposite leg forward.



Ankle Rotations- Raise foot approximately 20 inches off the ground. Then with toe up, rotate to the left then to the right. Repeat on both feet.

Arc Sprints- Sprint while curving into a half circle. Use head to drive direction and lift feet for optimal speed. Cones can be used to guide sprint.

Arm Circles- Stand shoulder width apart and extend arms straight out and circle arms forwards using controlled movements. Make circles larger until triceps stretch is felt. Repeat in both directions.

Approach Box Jumps-With arms back and in line with torso, hips at 90 degrees, and knees over toes perform a left-right-left lunging foot pattern that springs you up onto an athletic box or higher surface. Alternating leg that starts the approach.

B

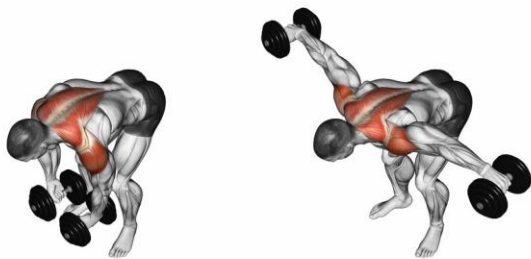
Backpedaling- Keep Hips low and take small steps backward continuously.

Banded Kettlebell Swings- Secure a large resistance band underneath your feet that are shoulder width apart and a kettlebell is in front of the body. Grip kettlebell while the knees are slightly flexed, pulling hips downs and back. Arms should be extended, head neutral, and a flat back. The kettlebell is then “hiked” on a path directly under the center of your body and slightly behind. Then while maintaining the deep hinge and spine position, the hips are explosivity extended with arms in front to a tall finish. After full extension the kettlebell will return to the same path it came from. Make sure hips are doing the work.

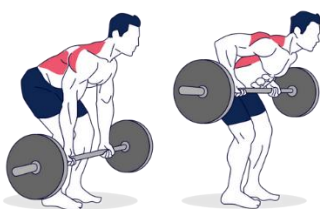
Banded Squats- Place a large resistance band underneath your feet and around neck and perform regular squat.

Banded Loop Squat- Place a resistance loop band above the top of the knees and perform regular squats.

Bent Over Reverse Fly- With dumbbells in hand hinge from the hips until your body is almost parallel to the floor. Allow arms to hang straight down from the shoulders with a neutral grip. Take a deep breath and pull the dumbbells towards the ceiling using the rear delts(side of shoulders). Then slowly lower the dumbbells back to the starting position under control.



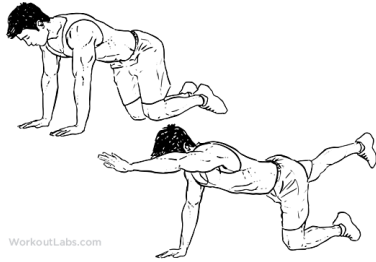
Bent Over Rows- With a half squat position, hinging hips, and keeping the back straight and core strong lift the bar with a double overhand grip driving the elbows behind the body squeezing your shoulder blades together at the top of the lift. While bringing the bar to your sternum and slowly lower and repeat.



Bicycle Crunch- Lay in crunch position lifting shoulder blades off the ground straighten right leg at 45 degrees and turn upper body to the left, bringing right elbow toward left knee. Return to starting position then switch leg/direction and repeat.

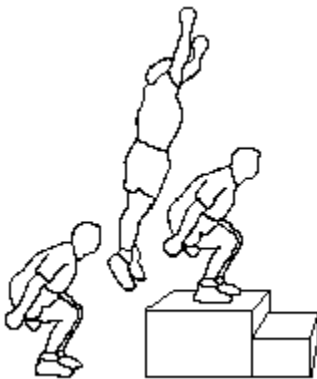


Bird Dog- Start on your hands and knees and extend opposite arm and leg at the same time and keeping your back flat hold for several seconds then switch and repeat.

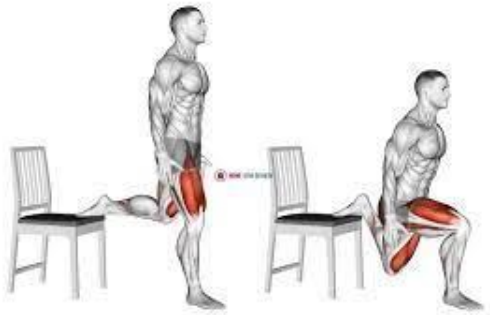


Bottoms Up Kettlebell Walk- Hold a kettlebell upside-down in one hand, with that hand in front of your shoulder, at chin height. Then walk. Switch hands and repeat.

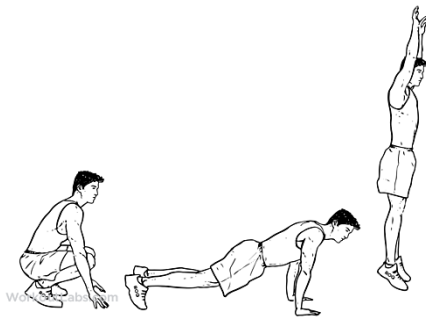
Box Jumps- Stand in front of an athletic box or high surface then swing arms in a controlled motion from up to down behind the body. Then drive feet through the floor and propel upwards onto the box sticking the landing.



Bulgarian Split Squats- Infront of bench facing away from it rest one foot on top of the bench and the other still on the ground making sure ankle is in line with your foot. Then keeping your hips square, bend your knees to lower yourself until your front thigh is almost horizontal, keeping your knee in line with your foot. Don't let your front knee travel beyond your toes. Drive up through your front heel to return to the starting position.



Burpee- Starting in a squat position drop into a pushup position then depending on variation do a push up or just return back to a squat position and spring into a jump and repeat.



Burpee Broad Jump- Perform a burpee and go directly into a broad jump. A broad jump is pushing explosively into the floor with your feet and swinging your arms as you jump forward.

Butt Kicks- Jog while trying to bring heels to your glutes as much as possible.

Butterfly- Begin in sitting position with the soles of your feet pressing together. Try to bring your feet close to you until a stretch is felt.

C

Calf Raises- On one or two feet raise heels and lower heels slowly.

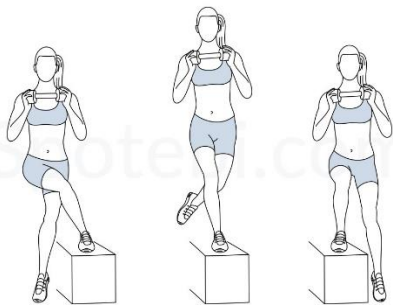
Cone Step and Go- Every 5 yards circle a cone as tightly as possible.

Continuous Squat Jumps- Perform a squat then go directly into springing up and returning to a squat repetitively.

Child's Pose- Sitting on knees bring your stomach to rest on your thighs then reach your arms in front of you until you feel a stretch.

Chin Ups- Grab a pull up bar and begin hanging then pull slowly on the way up bringing chest to the bar while pulling your elbows toward your body and shoulder blades down. Then slowly descend and repeat.

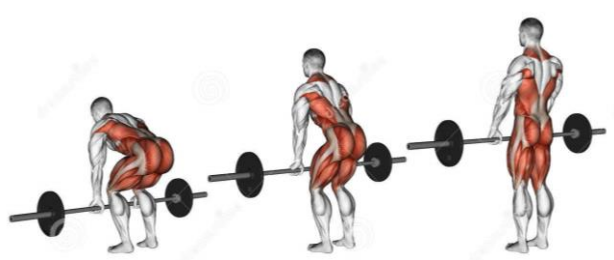
Crossover Step Ups- Step onto the box with your right foot, extend your right leg and bring your left foot up over the top and across to the other side. Touch the floor briefly, extend your right leg, and bring your left foot up over the top and across the initial side. The switch legs and repeat.



Crunches- Lie on your back and bring your knees up at 90 degrees and place your arms/hands behind your head and lift your shoulder blades using your core and keeping head straight and looking straight up.

D

Deadlift- Stand with feet mid underneath the bar then bend knees and hinging hips with a straight back by lifting chest. Then take a deep breath and hold it as you stand to lift the bar pressing your weight through your feet. Then return weight to the ground.



Decelerating Step Up- A step up in a reverse motion. Lowering the foot to the ground controlled and balanced then beginning again.

Depth Drops- Stand at the front edge of a box or bench. Step off to drop and land on the balls of both feet together, letting the heels meet the floor and absorbing the force with a bend of the knees and hips but arresting the downward motion as quickly as possible.

Donkey Kicks- Beginning on hands and knees brace your core and lift a leg keeping knee bent and hinging at the hip. The alternate leg and repeat.

Drop Jumps- Step off a box or bench and spring up into a vertical jump.

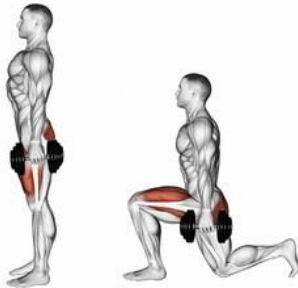
Dumbbell Front Squat- With dumbbells in front of you held up by your shoulders then perform a squat.

Dumbbell press (shoulder)- Hold the dumbbells by your shoulders with your palms facing forwards and your elbows out to the sides and bent at a 90° angle. Without leaning back, extend through your elbows to press the weights above your head. Then slowly return to the starting position.



Dumbbell Reverse Lunge- Perform the dumbbell reverse lunge in the standing position with a dumbbell firmly grasped in each hand and your

feet set shoulder-width apart. Hold your torso upright and take a big step backwards, lowering your rear knee to the ground. Then return to the standing position and repeat, alternate legs for a full leg workout.



Dynamic Block Jumps- In front of a wall jump as if going up for a block in volleyball and touch the wall then transition by cross stepping and swinging arms back and perform another block jump and repeat.

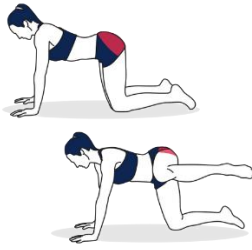
E

Elevated Glute Bridge- “Lie on a flat bench so that the body is perpendicular to the bench with the upper back and shoulders lying across the pad. Press the feet into the ground about hip-width apart, hold one dumbbell in each hand and rest them on top of the hips to add external resistance. Slowly lower the tailbone towards the floor while holding the weights on the hips, and to return to the top press both feet into the floor and squeeze the glute muscles.” (Ace Fitness)

F

Farmer Carries- Grab heavy weights and engage core and walk with weights.

Fire Hydrants- Start on hands and knees and engage core and lift leg away from the body at 45 degrees. Keep your knee at 90 degrees. Then lower your leg to the starting position. Switch legs and repeat.

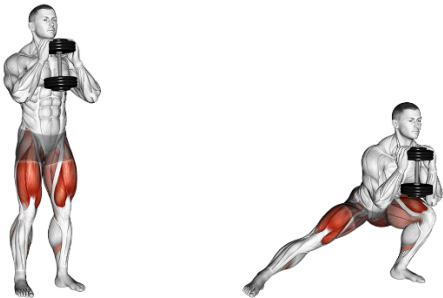


Fire Hydrants with Straight Leg- Regular fire hydrant although expending leg straight instead of at an angle.

Forward Bend- Start standing tall then touch toes and hold stretch.

G

Goblet Lateral Lunge- Hold dumbbell or kettlebell in both hands under your chin. Standing shoulder width apart step out laterally and bend at the knee and squat down. Use your legs to stand back up and bring leg in. Alternate legs and repeat.



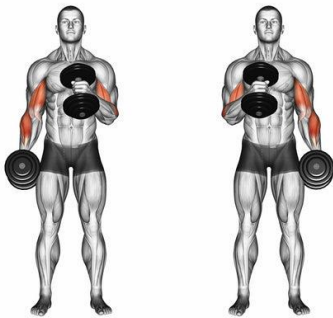
H

Half Kneeling Resistance Band Row- Wrap a large resistance band around a pole or rack and “start in the half kneeling position, one leg up, the other leg with the knee on the floor. The arm that will row will be on the same side as the leg that is down. Ensure that the torso remains upright, as there should be no movement over than the arm pulling. Pull the band horizontally

towards the low abdomen while maintaining the chest tall.” (Brandon Smitley Thirst Gym)

Hamstring Curls- Lying face down on the leg curl machine and the roller bar should rest a few inches above the calves. Begin by exhaling and flexing your knees, pulling the ankles to glutes. Keep your hips firm on the bench. Hold and inhale returning feet down slowly and controlled.

Hammer Curls- Lifting dumbbells to shoulders and lowering them back to your side in a controlled manner with palms facing inward toward your body.



High Plank to Downward Dog- a basic plank transitioning to downward dog pose of raising the glutes and dropping the shoulders.

Hip Thrusts- “Place one weight horizontally across the hips. You can also place one weight on each hip. Perform a hip thrust by squeezing the glutes and pressing the dumbbell straight up until the hips align with the shoulders and knees. Squeeze at the top before lowering down to repeat” (Very Well Lift).

I

In and Out Tuck Jumps- “Start by standing with your feet a little less than shoulder-width apart. Drop down a little into a quarter squat then explode into the air. Keep your back straight throughout and tuck your knees up

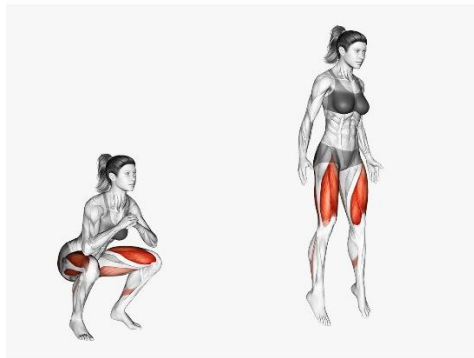
towards your chest as much as possible, before landing as softly as you can” (CoachWeb).

Inchworm- Start standing then bend over to touch your toes and crawl out to a plank position. Then walk feet to feet hands and stand back up and repeat.

Inverted Hamstring Stretch- Lift one leg up while bending to touch the ground then switch legs. Stretch also known as ballerinas.

J

Jump Squats- Perform a squat and accelerate up into a jump in the upward part of the squat.



K

Karaoke (grapevine) – Laterally stepping one foot in front of another and alternating to one foot behind another repetitively.

Kettlebell Swing Reverse Lunge- Begin standing with kettlebell held in front of you then drop into a reverse lunge while swinging a kettlebell beside you alternating sides/hands.

Kneeling Bicep Curls- Hold dumbbells palms facing up and lift dumbbells to chest and squeezing at the top of the lift while kneeling on the ground.

Knee Hugs- Standing grabbing a knee and bringing it close to your chest then switch legs.

Kneeling Medicine Ball Slam Downs- While kneeling on the ground take a medicine ball and lift it above your head and slam it down to the ground. Catch the ball and repeat.

L

Lateral Loop Band Squats- Loop banded squats performed side to side.

Lateral Leg Swing- Holding somethings for balance swing leg from side to side and back and forth across your body. Switch legs and repeat.

Lateral Lunge- Standing shoulder width apart, step out laterally and bend at the knee and squat down. Use your legs to stand back up and bring leg in. Alternate legs and repeat.

Lateral Pogos- Moving from side to side stand tall with your feet hip-width apart. Quickly bounce up and down on the balls of your feet. Don't let your heels touch the ground.

Lateral Shuffle- Sink into a deep knee bend and bring hands in front of your chest and while staying low, shuffle from side to side.

Leg Raises- Laying down with hands under your glutes raise legs six inches above the ground and hold. Then lower them.

Lemon Squeezers- Sitting up with legs extended yet slightly bent and arms behind you. Keep your back straight and bring knees to chest and extend legs again. While never letting your legs touch the ground.

Light Weight Dumbbell Snap Downs- With a lighter amount of weight begin in a standing position remain high on toes then snapping down into a squat keeping back straight.

Line Hops (Linear/lateral)- on two feet jump over a “line” whether it be physical or simply a mental marker. Jump from side to side or front to back.

Linear Pogos- Moving from front to back stand tall with your feet hip-width apart. Quickly bounce up and down on the balls of your feet. Don't let your heels touch the ground.

Lunge- “Bend the knees and lower your body until the back knee is a few inches from the floor. At the bottom of the movement, the front thigh is parallel to the ground, the back knee points toward the floor, and your weight is evenly distributed between both legs. Then push back up to the starting position, keeping your weight on the heel of the front foot” (VeryWellFit).



Lunge Hold - A lunge but held at the bottom of the lift for a specific amount of time.

Lunge with Arm Extensions- A lunge with arms raised above the head and stretched slight backward.

Lunge with Plate Twist- A lunge while holding a plate directly in front of you and engaging core while moving the plate across the body staying controlled.

Lunge with Twist- A unweighted lunge with a full range of motion twist of the arms during the lunge.

Lying Spiral Twist- Laying down lay one leg across the body while twisting the opposite direction.



M

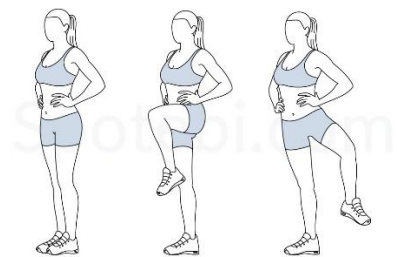
Medicine Ball Toss- Starting from the side of your body rotate to the other side and throw a medicine ball against a wall with power.

Mountain Climbers- In plank position pull knee into your chest as far as you can, keep your hips down and run knees in and out fast.

N

O

Opening and Closing the Gate- Stand tall with arms by your side and lift leg at 90 degrees to mid torso on the side of your body and rotate to the front of your body (close gate). Then from the front of your body move leg to the side (opening gate). Alternate legs and repeat.



P

Plank- Similar to pushup position yet commonly held on forearms. Engage core and keep back straight. Hold for specified time.

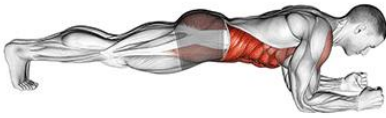


Plate Russian Twist with Overhead Press- Hold plate at “9 and 3” and perform Russian twists with plate in hand then in between every twist push plate above the head and lower it again. Then repeat.

Pogo Jumps- Quickly bounce up and down on the balls of your feet. Don't let your heels touch the ground.

Power Skips- Skip but spring as high as you can off of every skip/jump.

Pushups- On the ground hold body up with your hands under shoulders and on toes and raise and lower your body from the ground. Keeping back flat and elbows in. Alterations include knee pushups and elevated pushups for assistance.

Pushup Position Sprint- Start in pushup position then spring up to a sprint as fast as possible.

Q

Quad Stretch- Stand and grab ankle from behind and pull until stretch is felt.



R

Romanian Deadlift (RDL)- Stand with feet hip-distance apart with a slight bend in your knees, a barbell places in front of you. Hinge hips forward, keep spine straight and long as your torso reaches toward the floor. With shoulders back and hands shoulder distance apart on barbell brace your core with an aligned neck and tighten your lower body driving your feet into the ground and hinging your hips back. Standing straight up lifting weight to upper thighs. Repeat movement lowering weight to between knees and toes. Keep a flat back, slight bend in the knees and an engaged core.

Rear Delt Raises- With dumbbells and shoulders directly over your hips with a neutral head and neck. With your upper body at a 45-degree angle with arms long and in front of you with slight bend in elbows and palms facing each other. Lift your arms up and hands should be lower than your upper body. Pause at top of the lift and lower arms. Repeat and maintain control and good form.

S

Seated Box Jump- Start sitting on a box then jump directly from seated position up onto another box that is in front in one fluid explosive motion.

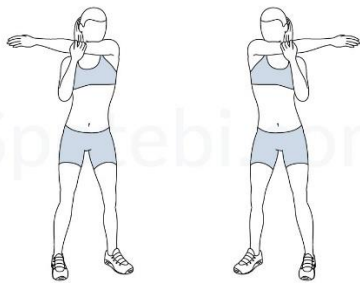
Seated Hamstring Stretch- Sitting down with legs apart or together try to touch toes and hold stretch.



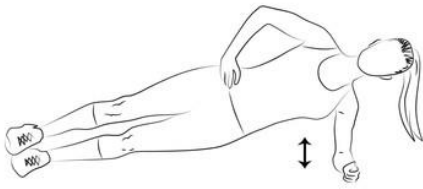
Seated Lateral Raise- Sitting and holding arms about 4 inches in front of your body lifting slightly bent arms directly up to about shoulder height and lower them while in control an engaging core.



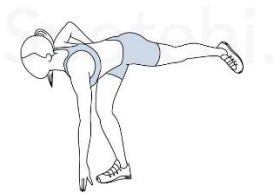
Shoulder Stretch- Standing stretching and holding arm across body.



Side Plank- Holding yourself up on a single forearm for a selective amount of time.

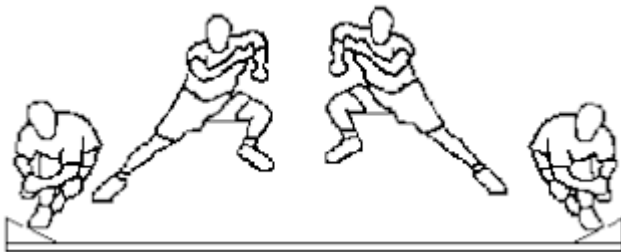


Single Leg Toe Touch- Reaching to touch opposite foot with opposite hand and keeping back straight and legs stable.

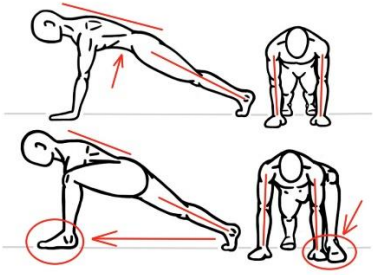


Single Leg Triple Jump- Three single leg broad jumps consecutively.

Speed Skaters- Start standing with feet hip-width apart and jump laterally by extending and jumping to the side. Go both left and right directions.

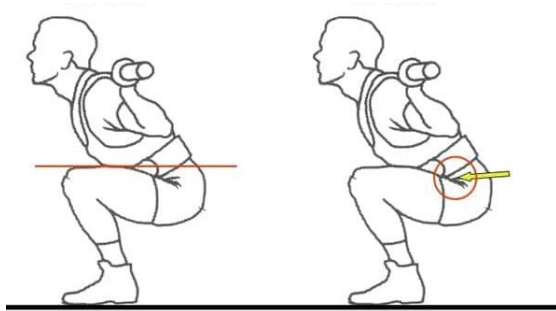


Spiderman Lunge- Start in plank position and bring foot and knee up to hand and alternate sides.



Sprinter Step Ups- "Start by placing your target leg on a plyo box or stepper. Extend the calf, knee, and hip of the elevated leg to jump upwards off of the step." Alternate legs. (Rehab Hero)

Squat-Stand shoulder width apart and toes slightly outward. Keep weight on the balls of your feet and engage your core. Bend knees and hinge hips as you lower yourself keeping your knees in line with your feet.



Squat Chop- Lifting and lowering arms together across the body in a squat position.

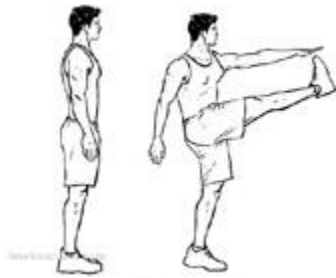


Squat Hold- Squat and hold at the base of lift.

Standing Calf Stretch- Standing reaching down grabbing toes and holding stretch. Repeat for each leg.

Step Ups- Stepping up onto a box or bench one foot at a time in a controlled manner.

Straight Leg March- Marching as extending one leg straight out at a time to feel the stretch in your leg.



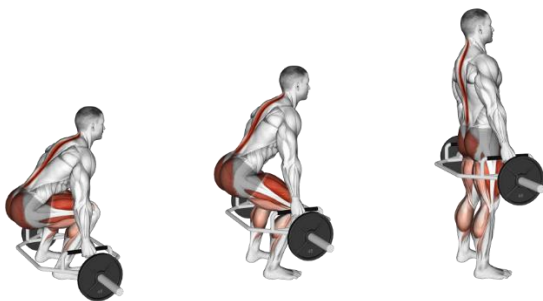
Suicides- Sprinting a set distance to another back and forth and touching the ground every time that distance is reached. Touching the ground with the same hand every time.

T

Tibialis Raises- Lean against a wall and lift toes.

Toe Walks- Walk on toes.

Trap Bar Deadlift- A deadlift performed with a trap bar.



Trap Bar Squat- A squat performed with a trap bar.

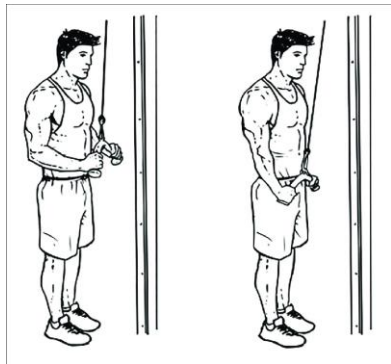
Trap Bar Squat Jump- A jump squat performed with a trap bar.

Tricep Dips- “Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair. Lower yourself

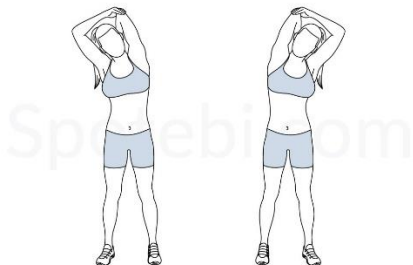
until your elbows are bent between 45 and 90 degrees. Control the movement throughout the range of motion. Push yourself back up slowly until your arms are almost straight, and repeat” (Very Well Fit).



Tricep Pull Downs- Using cable machine grab rope and pull straight down keeping elbows at your sides.



Tricep Stretch- “Stand straight with your feet hip-width apart. Lift and bend one arm until your hand is in the middle of the upper back. Grasp the elbow with the other hand and gently pull. Hold for 10 to 20 seconds and repeat on the other side” (SPOTEBI).



U

Up Down Plank- Start at a forearm plank then go from forearm to extended arm plank and go back and forth between the two.

V

W

Walking Lunge- Lunges done one after another therefore walking forward.

Walk Out to Cobra Pose- Start standing then bend over and extend to a pushup position and relax legs and lift chest into a cobra pose. Return to standing and repeat.

Wall Sit with Calf Raises- Lean against a wall with legs at approximately 90 degrees and hold. Then raise heels to perform a calf raise while holding the wall sit.

Weighted Plate Sit Up- Start in regular sit up stance then with a plate lift it high while looking through the middle hole of the plate to engage your all your core during the top of the sit up.

X

Y

Z

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