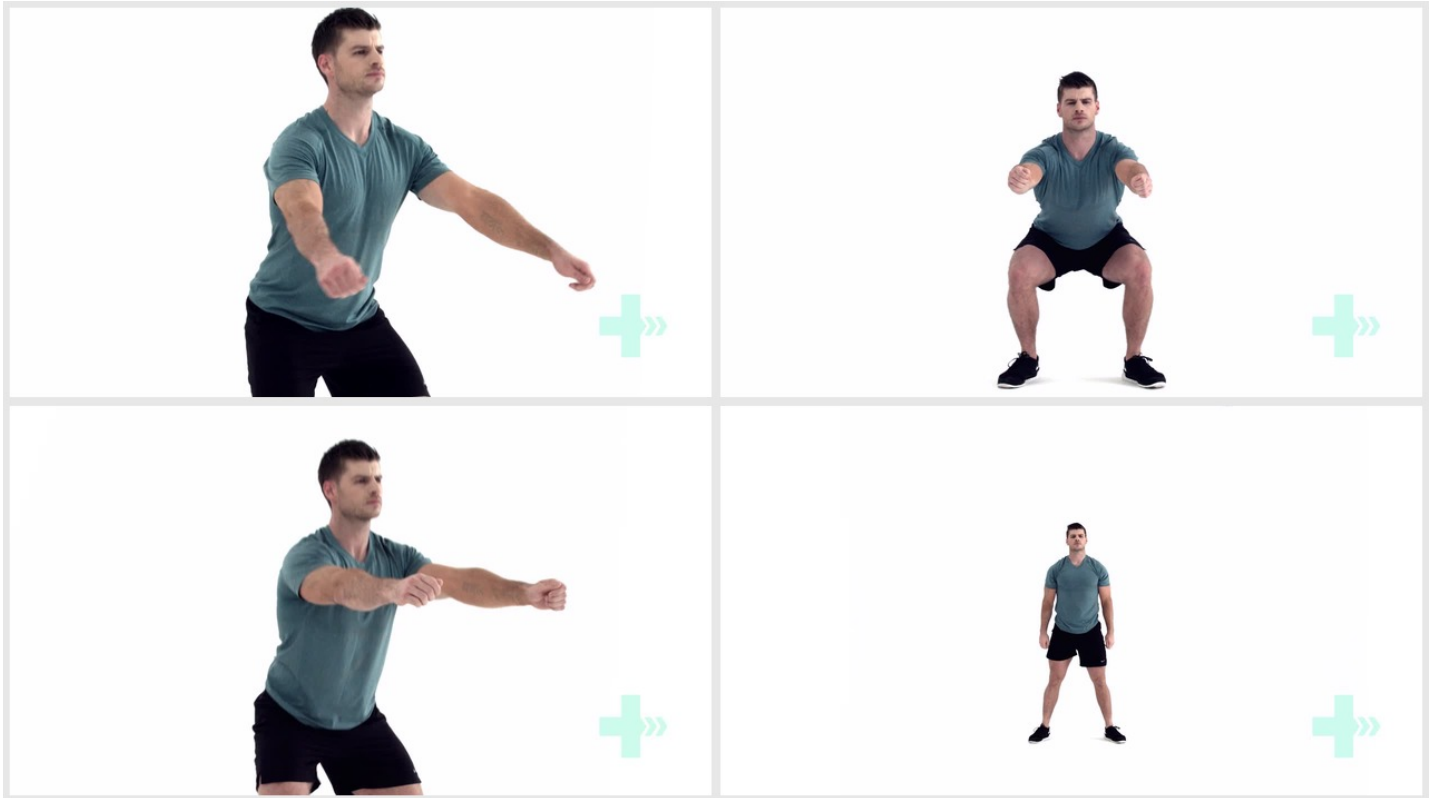


E=motion Sports Therapy  
4665 Southwest Freeway  
Suite 212  
Houston, TX, 77027

## 1. Squat jumps

1 Set / 20 Reps



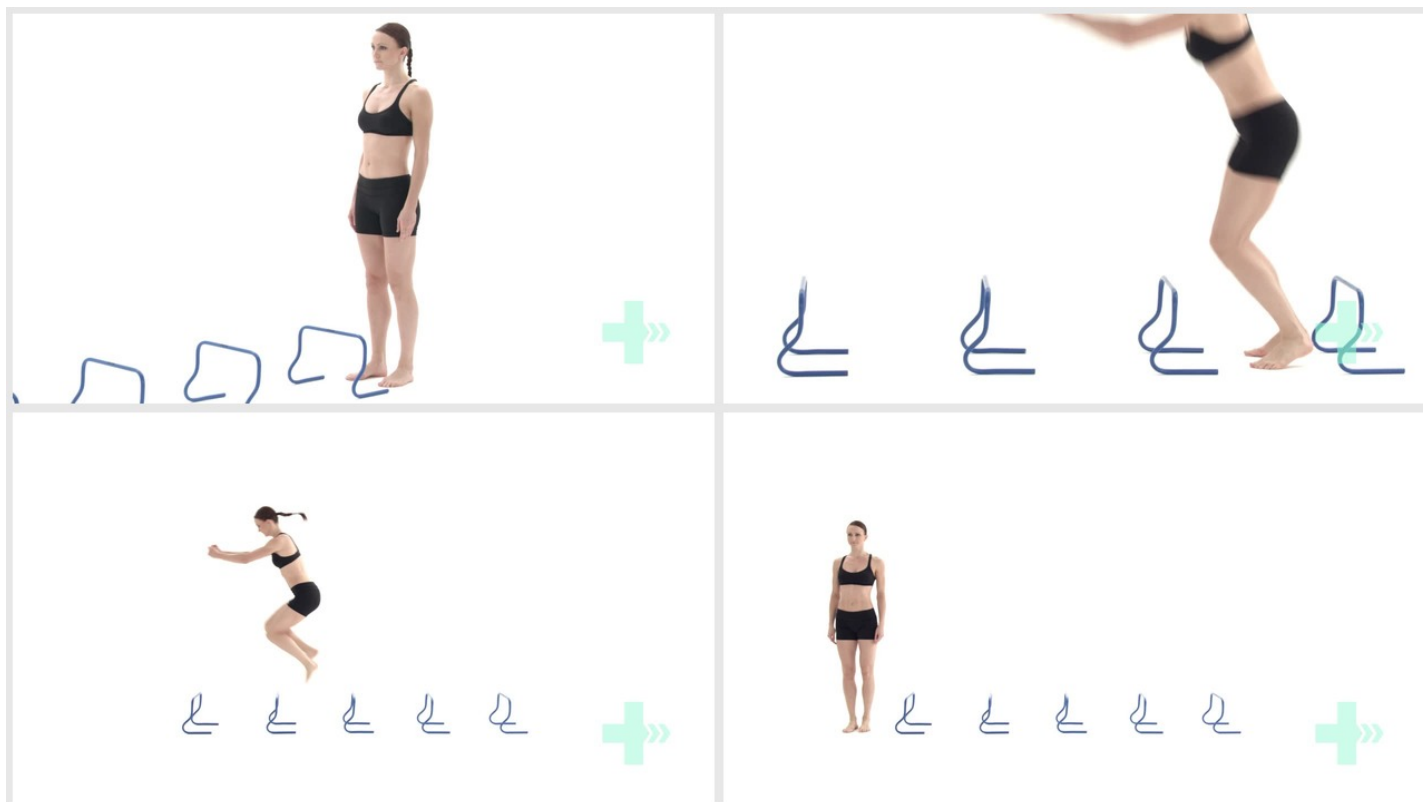
Start position is standing with the feet shoulder width apart.

Lower into a squat with the knees aligned over the toes. The heels should be on the floor with the back straight and the head upright eyes looking forward. Leap upwards out of the squat by swinging your arms behind you and extending through the hips, the knees and the ankles to jump as high as possible. Use the motion of the arms swinging forward to carry to the leap upwards.

Land back into the squat position with the knees bent to absorb the impact through the leg and hips.

## 2. 2 jump 1 back over hurdles

1 Set / 20 Reps



Lay some hurdles out evenly in a line with a stride size space between them.

Stand at one end facing the hurdles and bend down into a squat.

Jump up and over the first two hurdles, exploding through your legs, and landing softly with your knees and hips bent and your back straight but leaning forwards.

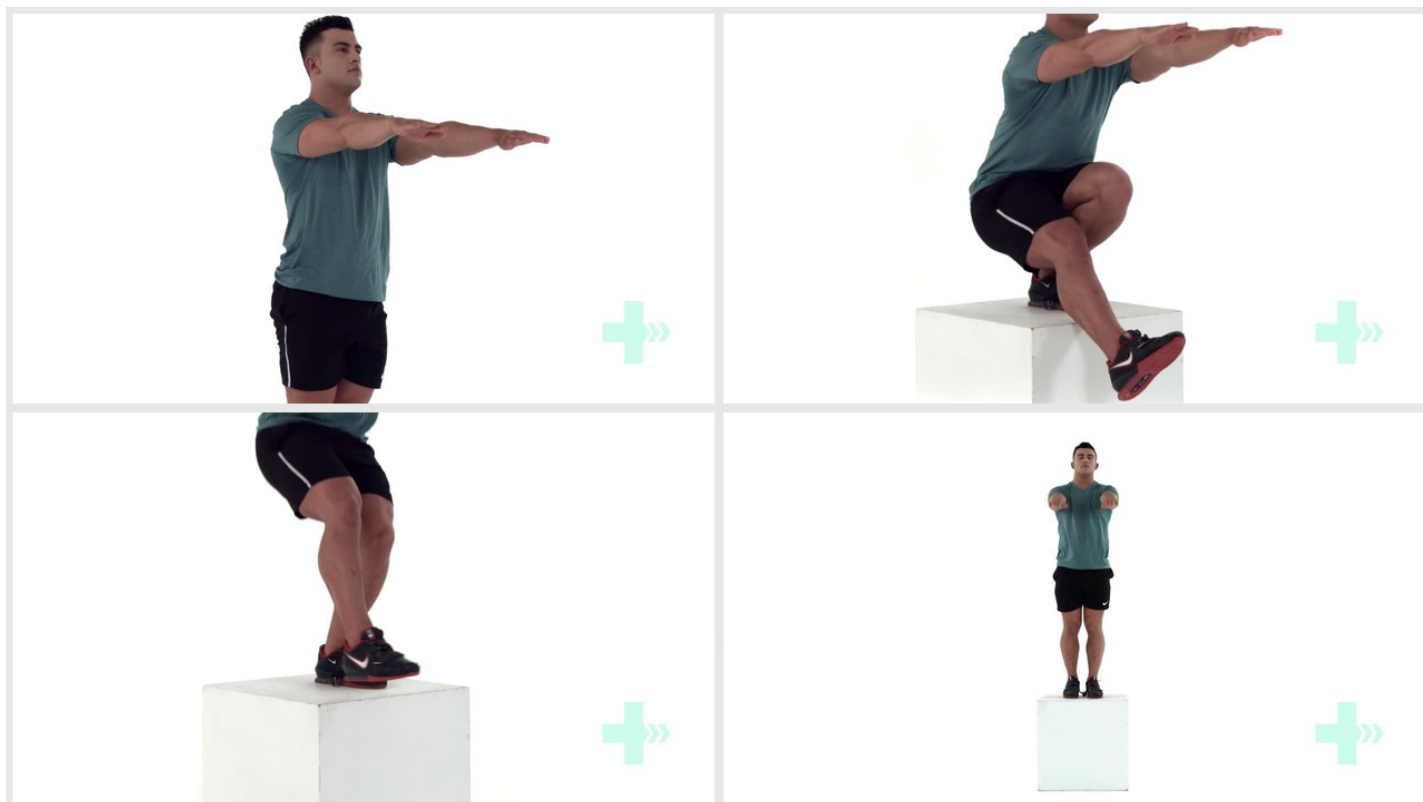
Jump backwards over the last hurdle from the squat position.

Repeat this sequence jumping forwards over two, then back over one.

The aim is to spring quickly off the floor between each hurdle, minimising your time on the floor.

### 3. Single leg squat

1 Set / 10 Reps



Stand upright and then move onto one leg and reaching out your opposite leg to the front and slightly of your side.

Stretch your arms out to the front for balance.

Lower down into a squat by hinging at your hips and then bending the knee of your planted foot.

Keep your elevated leg off the ground and your back straight and in-line with your neck.

Lower down until your hip goes below your knee.

Rise back upright by driving your hips back and up, keeping your chest facing down.

Continue to extend your hips and knees until you reach the starting position.

Complete the set on one side before repeating with the opposite leg.

#### 4. Side plank with hip abduction

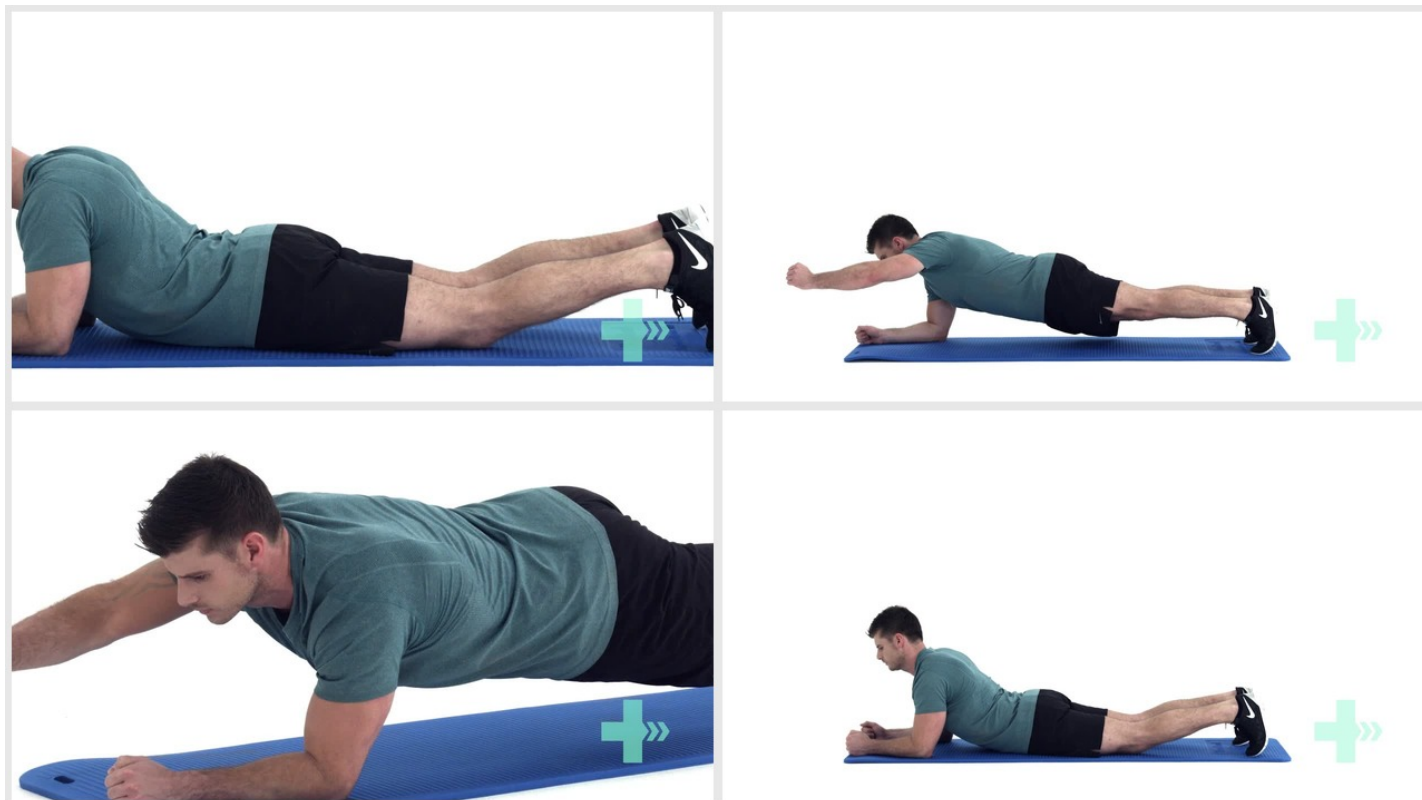
2 Sets / 20 Reps



Perform a side plank. Once the hip is elevated and the body is stable, perform a leg abduction (lift the leg up) up to 45 degrees from your body. Keep the stability and hold it as long as recommended.

## 5. Progressive plank

1 Set / 20 Reps / 10 s hold



Start Position is down in the lower press-up position.

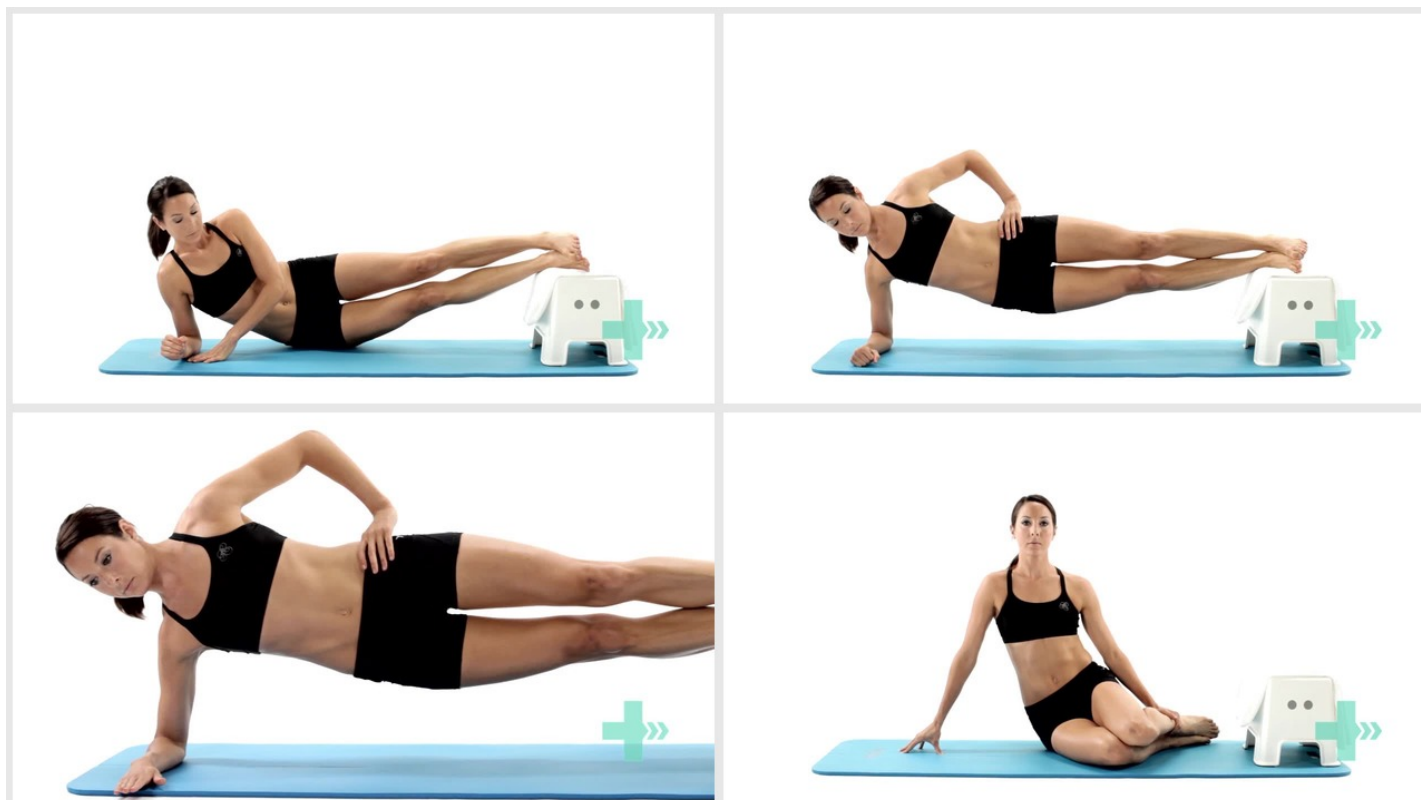
Maintain a rigid alignment of the trunk and legs with the body supported by the arms and toes.

Hold in the start position for 20 seconds then move to a 3-point support by lifting an arm or leg and then hold, if you can maintain perfect form in this position for 20 seconds advance to a 2-point support by lifting the opposite arm or leg.

Look downwards to keep the head aligned with the trunk and breathe evenly throughout the exercise.

## 6. Side plank - elevated

1 Set / 15 Reps / 10 s hold



Use a stool to provide assistance.

Lie down on your side and place both your feet up onto the stool, keeping the feet together. Prop yourself up on your elbow and raise your hips up off the floor until you have a straight line from your head to your feet.

Maintain this elevated position for as long as you can without allowing your hips to drop down.



## 7. Side plank on knees with clam shell

1 Set / 20 Reps



Lie on your side with your knees bent and feet stacked one on top of the other.

Prop yourself up on your forearm with your elbow under your shoulder.

Tighten your abdominal and buttock muscles, and then lift your hips up off the floor.

You should have a straight line from your head to your knees.

Holding this position, lift your top knee up, keeping your feet together.

Control the movement as you lower your knee back down again and repeat.

## 8. Side plank on stability ball, elbow on wobble cushion

1 Set / 15 Reps / 10 s hold



Lie on your side with your legs on a stability ball.

Place your forearm on the floor with your elbow on a wobble cushion.

Lift your hips up into the plank position.

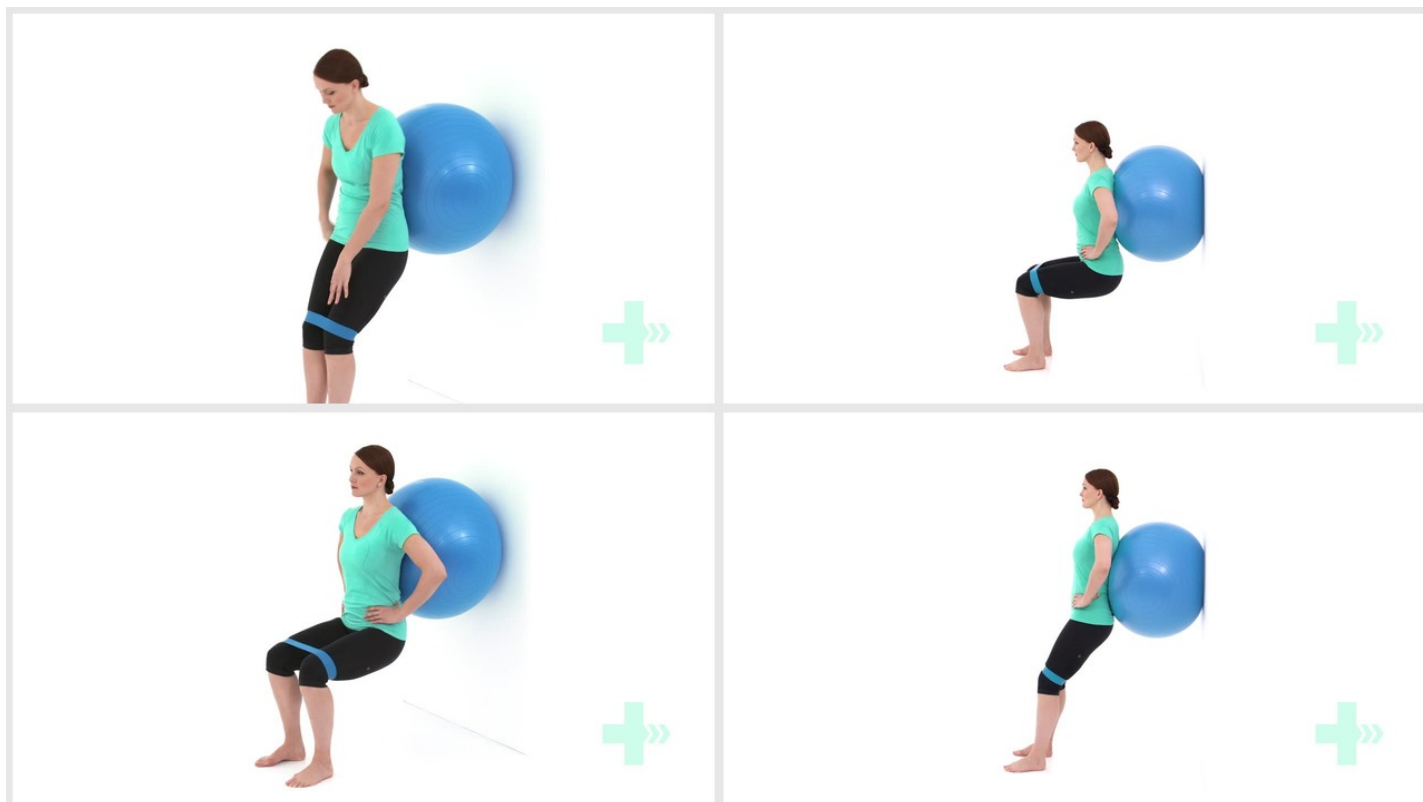
Hold this position.

The closer the ball is towards your feet, the harder the exercise will be.



## 9. Wall squat with ball, ER resistance

1 Set / 15 Reps



Hold a stability ball against the wall.

With the ball in the small of your back, lean against the wall, with your feet away from the wall and shoulder width apart.

Tie a tensioned resistance band around your thighs, just above your knees.

Your back and buttocks should remain in contact with the ball throughout.

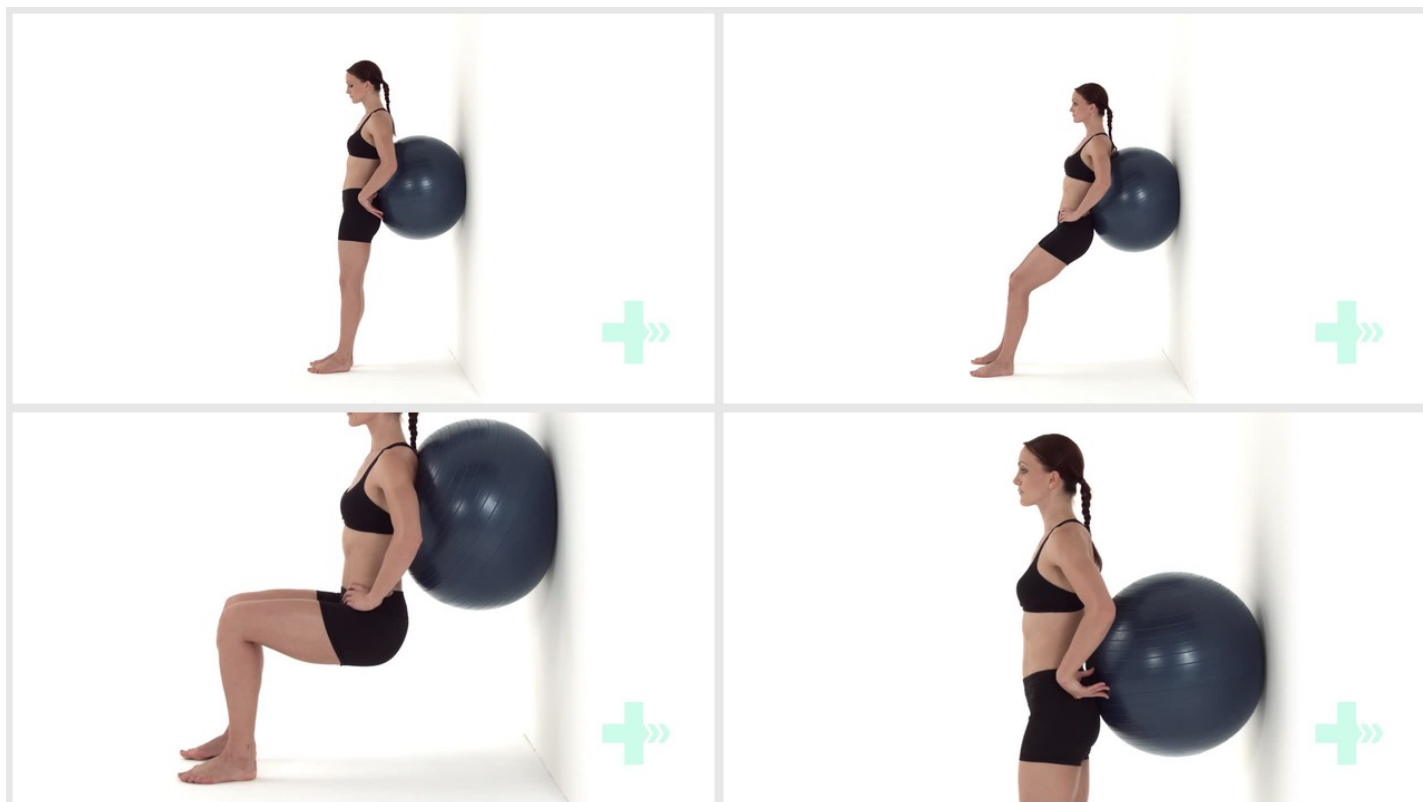
Slide down the wall, aiming to reach horizontal with your thighs.

Your knees should be at 90 degrees at this point.

Push yourself back up the wall, driving the movement with your buttock muscles.

## 10. Wall squats with stability ball

1 Set / 20 Reps



Hold a stability ball against a wall, placed in the small of your back.

Lean firmly back against the ball.

Walk your feet forwards, keeping your toes pointing ahead and your legs at hips-width apart.

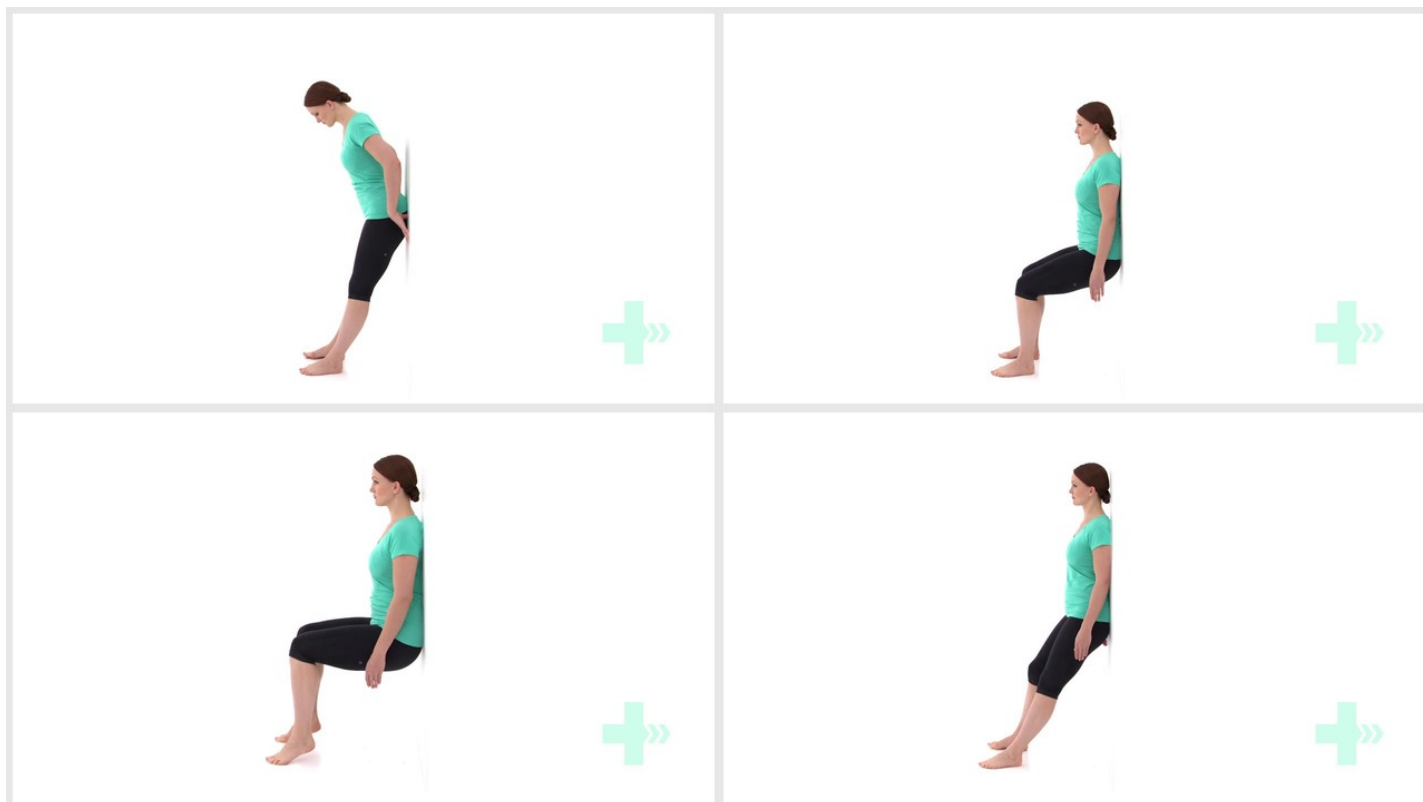
Squat down, dropping your hips towards the floor and bending your knees until they reach 90 degrees.

Stand up straight, driving the movement with your buttock muscles.

Make sure your body remains straight and knees travel directly forwards over your toes throughout this exercise.

## 11. Calf raise in wall squat

1 Set / 10 Reps / 30 s hold



Stand up straight with your back to a wall.

Lean your back and buttocks against the wall and walk your feet apart to hips width.

You may also need to walk your feet forwards a little.

Slide down the wall until you are in a squat position with your hips and knees at 90 degrees.

Ensure your knees travel directly forwards over your toes.

With your back and buttocks still against the wall, hold this position while rising up onto the balls of your feet.

Lower your heels back down and then repeat.

## 12. Pelvic floor in wall assisted squat position

1 Set / 10 Reps / 30 s hold



Stand up straight, leaning against a wall.

Soften your knees several inches until you are in a comfortable squat position.

Your feet should be flat on the floor and your legs wider than hip width.

Focus on steady breathing throughout this exercise.

To activate your pelvic floor, imagine you are trying to firmly stop yourself from passing wind and passing urine.

*This exercise can be done with the swiss (fitness) to make it harder.*

Squat jumps



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Single leg squat



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Side plank with hip abduction



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Wall squats with stability ball



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Calf raise in wall squat



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