



Lateral Leaps (Single Leg)
Perform with power and Quickness!

Sets:	2
Reps:	15
Weight:	bdy wt
Hold:	
Rest:	
2 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Single Leg Squats

Sets:	2
Reps:	15
Weight:	bdy wt
Hold:	
Rest:	
2 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Chair Position

Sets:	1
Reps:	1 (30 sec. hold)
Weight:	bdy wt
Hold:	
Rest:	
2 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Side plank - reach through
This exercise is the most difficult thing I have ever done!!!

Sets:	2
Reps:	15 per side
Weight:	bdy wt
Hold:	
Rest:	
2 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridge One Leg Dips
From the bridge position, maintain pelvic tilt and abdominal hollow.
Raise and extend one leg out until it is straight.
With control, slowly lower pelvis down to floor and raise back up to the starting position.

Sets:	2
Reps:	15 per leg
Weight:	bdy wt
Hold:	
Rest:	
2 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Front Plank - Lift Opposite arm/leg

Sets:	2
Reps:	15 per side
Weight:	bdy wt
Hold:	
Rest:	
2 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31