

## Injury Prevention and Strength Training

Microcycle: 6 Weeks

**Warm Up:** If your strength/injury prevention session is the first session of your training day, take a longer warm-up including: arm swinging and circles, side to side bends, shallow squats and 8-10 minutes of some type of continuous cardio exercise. Additionally, if you are "tight" in your general musculature, gently stretch your quads, hamstrings, shoulders and back. If this session is a second workout session for the day, your warm-up period can be shortened.

	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest Interval (R.I.)</b>
1A 1B 1C 1D 1E	Lateral Dog Lifts ( <a href="#">View video example</a> ) Lateral Straight Leg Swings ( <a href="#">View video example</a> ) Lateral Leg Up and Downs ( <a href="#">View video example</a> ) Leg Circles ( <a href="#">View video example</a> ) Mule Kicks ( <a href="#">View video example</a> )	2 2 2 2 2	12 12 12 12 12	Back to Back then switch sides
2A 2B 2C	DB Romanian Deadlift ( <a href="#">View video example</a> ) Supine Pelvic Raise (Bridge lifting hips) Sumo Static Walk ( <a href="#">View video example</a> )	2 2 2	10 12 60"	Back to Back
3A	Stretch Cord Fly with Elbow Drop ( <a href="#">View video example</a> )	2	12	1'
4A 4B 4C	Pushups Pushup Walk Ups Plank with Knee Taps ( <a href="#">View Video Example of all three exercises</a> )	2 2 2	10-15 8-12 8-12 each side	Back to Back Then R.I. 1'

5	Single Leg (Block) Step Forward ( <a href="#">View video example</a> ) / Backwards ( <a href="#">View video example</a> ) / Lateral ( <a href="#">View video example</a> )	2	12-10-8-6 (Pause every 3rd)	Back to Back Alt. Legs
6A 6B	Bench Press (On Machine) Triceps Extension	2 2	12 12	R.I. 1'