

# STRENGTH TRAINING EXERCISES

## SQUAT



Start with feet and knees pointing straight ahead then bend down until thighs are parallel with floor. Keep spine straight, not rounded.

## SIDE STEP LUNGES

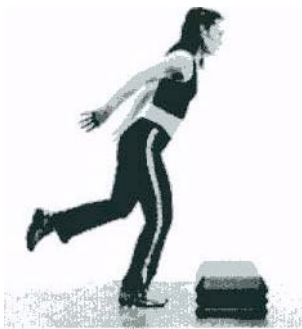


Stand on 1 foot then step directly to the side onto a bent knee..



Line up nose, knee and foot in vertical line. Return to standing and rebalance before continuing

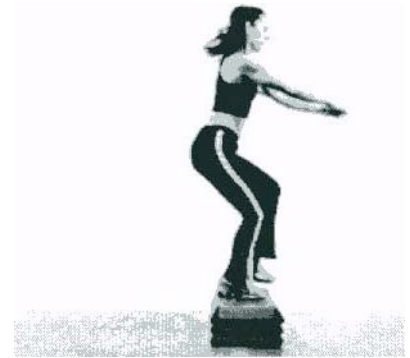
## 1 OR 2 FOOT BOX JUMPS (4" – 8" STEP)



Stand by box, bend knees and swing arms back, then jump up onto box.



Hold the landing on the box



Also when landing on the floor (1 or 2 feet) until balanced, with the knee in line with the toe.

## CHEST FLY



Anchor band behind you.



Hold arms wide out to sides then bring arms in front on chest.

Keep abs firm and stand up straight

**HEEL RAISES**



Stand on floor or curved side of 1/2 foam roller. Lift heels off the floor keeping weight on middle toes. Slowly lower heels down.

**BACK FLY ("T")**



Anchor band in front of you- Hold arms out in front of chest then bring arms wide out to the sides. Keeps abs firm and stand up straight.

**ALTERNATE LUNGE JUMPS**



Start in lunge position.



Jump to switch arms and legs.



Then land in lunge with opposite foot and arm in front

**SPLIT SQUAT**



Start with feet split apart front to back about 18".



Bend both knees 90 degrees, keeping the front knee in line with the with the front foot.

### STEP FORWARD LUNGE



Balance on 1 foot and take large step forward. Roll through the heel and onto the flat of the foot as the knee bends.



Push off of the heel of the front foot and return to standing balance, do not touch down between reps.

### SINGLE LEG SQUAT



Balance on 1 foot and bend knee (90 degrees max) keeping knee over toe. When able, stand on foam pad for added balance challenge.

### STANDARD PUSH UP

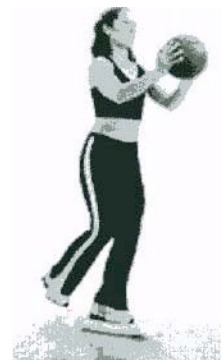


Start in Plank with abs braced to keep back straight.



Bend elbows to lower body towards floor, then push up to return to Plank

### BALL TOSS – 1 FOOT



Balance on 1 foot facing partner or concrete wall and toss a ball back and forth. Stand on foam pad to increase balance challenge.

### ROW



Anchor band in front of you. Hold ends out in front of chest then bring arms back while drawing shoulder blades down and back.



Hands come close to chest. Keeps abs firm and stand up straight

## LATERAL RAISE



Anchor band by standing on it.

Lift arms out to side up to shoulder height, palms down and elbows soft.

## 2 OR 1 FOOT FORWARD CONE JUMPS



Line up 8 cones about 2-3 feet apart.

Quickly jump over the cones. If on 2 feet, make sure feet are touching during flight.

## ONE LINE (/) DRILLS



- Start to side of line.
- On 2 feet, jump sideways over line forth 4 times)
- Continuing on the left foot, jump sideways over line for 8 jumps
- Continuing on the Right foot, jump sideways over line for 8 jumps
- Immediately turn to face the line, jump on 2 feet forward and backward over the line for 8 jumps.
- Continuing on the left foot, jump forward and backward over line for 8 jumps
- Continuing on the Right foot, jump forward and backward over line for 8 jumps.