



Leg Curls

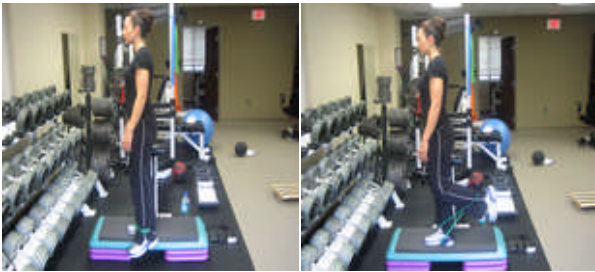
Lying on a leg curl with pads positioned on the back of legs, just above the ankles, curl the weight toward the buttocks by bending the knees returning to the starting position by lowering the weight under control.

Notes:

- S.T.
- G.F.
- A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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



Band Hamstring Curl

Standing on a step, place band around one ankle and step on the other side of the band. Curl leg to 90 degrees while balancing.

Notes:

- G.F.
- A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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



Cable Hamstring Curl

Stand with one foot on wood block and other foot with cable attached. Bring foot back and contract the hamstring. Return to start under control.

Notes:

- S.T
- G.F
- A.T

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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



Supine Bridge Leg Curl

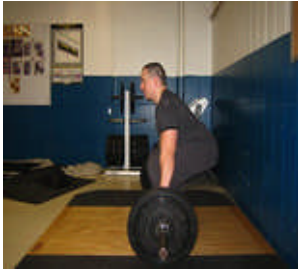
Lying on back with heels on ball and knees straight. Arms 45° at sides with palms up for stability. Press heels into ball to bridge pelvis and low back up off floor (keep shoulder blades on floor). Maintaining bridge position, perform hamstring curls by pulling ball in toward buttocks.

Notes:

- S.T.
- A.T.
- G.F.
- F.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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



Deadlift Pt 1

Stand feet shoulder width apart
 Hands should be slightly wider than shoulder width
 Squat down with chest up , head forward, back flat or slightly arched
 Lift bar by extending the hips and knees keeping the bar close to the shins
 use glutes to pull through the movement
 pretend you are trying to push the floor away from you.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:
 All Catagories



Straight Leg Dead Lift

Taking a shoulder width, overhand grip on a barbell, bend forward at the hip under control keeping the knees and back straight until hamstrings become tight. Return to starting position by extending the hip and coming to a stand. Avoid rounding the back, and don't bounce at the bottom of the movement.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:
 All Catagories



Backward Lunge

Start by standing straight up. Then take a step back while bending front knee. Return and repeat
 To improve single leg strength and proprioception

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:
 All Catagories except power



Standing Airplane

Standing with feet together, raise arms out to each side while bending at the hip on one leg keeping it slightly bent. Once desired forward bend is achieved, twist body to the side of the extended leg. Return back to bent position then back to standing position. Repeat

To improve single leg strength, core stability, and proprioception.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:
 ALL EXCEPT POWER