


ENDURANCE

WARMING UP

C03-Quadriceps Massage 1




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Start in prone position with front of thigh on the plate

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C06-Hamstring Massage 2




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

B02-Quadriceps Stretch 3




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	30
Rest	0	0	0
Frequency	30	30	30
Amplitude	L	L	L
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

B03-Calf stretch 4



	PHASE 1	PHASE 2	PHASE 3
Time	30	30	30
Rest	0	0	0
Frequency	30	30	30
Amplitude	L	L	L
Repetitions	1	1	1
Execution	passive	passive	passive


PROCEDURE
Lunge forward slightly, keep the back leg straight while pushing the heel into the plate

COACHING KEYS
Keep back heel on plate

"YOU SHOULD FEEL..."
Calves

WORK OUT

A06-Pelvic Bridge 1




	PHASE 1	PHASE 2	PHASE 3
Time	30		
Rest	0		
Frequency	35		
Amplitude	L		
Repetitions	1		
Execution	static		

PROCEDURE
Press feet into plate while pushing the hips upward

COACHING KEYS
Engage glutes and hamstrings as prime movers

"YOU SHOULD FEEL..."
Glutes, Hamstrings and Low Back

A15-Abdominal Crunch 2




	PHASE 1	PHASE 2	PHASE 3
Time		30	60
Rest		0	0
Frequency		35	35
Amplitude		H	H
Repetitions		1	1
Execution		dynamic	dynamic

PROCEDURE
Engage your abdominals as you flex your spine;

COACHING KEYS
Stabilize neck if needed; maintain spinal control throughout movement

"YOU SHOULD FEEL..."
Front of abdominals

A16-Lower Abdominals 3




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	static	static

PROCEDURE
In prone position, place flexed elbows on the plate; engage abs, glutes, and hamstrings as you extend

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Abdominals

A01-Squat 4




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	30
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A02-Deep Squat 5




Time	30	30	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Allow for normal spinal movement under control; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A06-Push Up 6




Time	30	30	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Hands approximately shoulder width apart; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest, Shoulders, Arms

A09-Triceps Dip 7




Time	30	30	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Lift hips slightly off edge of plate, hands about shoulder width apart; lower slightly by bending elbows

COACHING KEYS
Keep hips close to plate, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

A03-Wide Stance Squat 8




Time	30	30	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Start with feet wider than shoulder width; sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A04-Lunge 9




Time	30	30	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	dynamic	dynamic

PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A13-Front Raise 10




Time		30	60
Rest		0	0
Frequency		35	35
Amplitude		H	H
Repetitions		1	1
Execution		dynamic	dynamic

PROCEDURE
Hold straps with straight arm and flex shoulder to desired range; actively pull on straps to increase tension

COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Core

A16-Lateral Abdominals 11




Time	30	30	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	1
Execution	static	static	dynamic


PROCEDURE
Lay on side; place flexed elbow on plate, stacked feet on floor; push hips up


COACHING KEYS
Maintain stability and optimal alignment from neck to feet

"YOU SHOULD FEEL..."
Lateral Abdominals and Hips, Shoulders

COOLING DOWN

D02-Low Back Relaxor		1		
	Time	PHASE 1 60	PHASE 2 60	PHASE 3 60
	Rest	0	0	0
	Frequency	35	35	35
	Amplitude	L	L	L
	Repetitions	1	1	1
	Execution	passive	passive	passive
	PROCEDURE Place pad or mat between your back and the plate; flatten your low back against the plate	COACHING KEYS Adjust position to get desired contact point	"YOU SHOULD FEEL..." Low Back	

C01-Calves Massage		2		
	Time	PHASE 1 60	PHASE 2 60	PHASE 3 60
	Rest	0	0	0
	Frequency	35	35	35
	Amplitude	H	H	H
	Repetitions	1	1	1
	Execution	passive	passive	passive
	PROCEDURE Lay on your back with calves on the plate	COACHING KEYS Cross one leg over the other for deeper massage	"YOU SHOULD FEEL..." Calves	

C03-Quadriceps Massage		3		
	Time	PHASE 1 60	PHASE 2 60	PHASE 3 60
	Rest	0	0	0
	Frequency	35	35	35
	Amplitude	H	H	H
	Repetitions	1	1	1
	Execution	passive	passive	passive
	PROCEDURE Start in prone position with front of thigh on the plate	COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate	"YOU SHOULD FEEL..." Quadriceps	