


LOWER BODY STRENGTH

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

B01-Hamstring 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
Keeping your legs straight but not locked, anteriorly tilt your pelvis and push your hips back gently

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Glutes, Hamstrings, and Calves

B02-Quadriceps 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
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

WORK OUT

A01-Squat 1




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

A04-Lunge 2




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

A02-Deep Squat 3




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

A03-Wide Stance Squat 4




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

A05-Calves 5




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

PROCEDURE
Stand on toes with slight bend at the hips and knees

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

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

A06-Pelvic Bridge 6



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


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

COOLING DOWN

C01-Calves 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	3 passive	3 passive	3 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 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	3 passive	3 passive	3 passive

PROCEDURE
Start in prone position with front of thighs 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 3



	PHASE 3	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	3 passive	3 passive	3 passive

PROCEDURE
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