

welcome to *iPerform*

As an athlete, you want to be the best. You want to be quick, strong and agile. You want to perform. And the last thing you want is to be sidelined by an injury.

That's why we've created the *iPerform* injury prevention program. ACL and other leg injuries can be common for athletes. They usually happen in non-contact situations — when you land, stop, turn, pivot or cut —and they can be a major disruption to your sport and your life. We designed this program specifically to help athletes like you avoid ACL and other knee, hip, ankle or leg injuries that could take you out of the game.

When you participate in athletics, you're asking your body to do a lot of hard work. We'll help you make sure you're ready to withstand the strain that goes along with it.

what to expect

We want you to be safe, and we want you to perform at the level you're capable of. By following this 12-week *iPerform* prevention program, you'll learn how to minimize the risk of injury — so you can stay in the game, perform at your best and build a healthier body for years to come.



The program consists of three phases over 12 weeks. It's designed to cover the duration of a regular sports season but can also be done as a maintenance program at any time.




The exercises target the lower extremities (from your hips to your toes), allowing you to develop greater control, flexibility, strength, coordination and balance.



Questions? The orthopedic experts of Prevea Sports Medicine are here to help. If there's anything you need, give us a call at (920) 272-3380.

phase one: *warmup*

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“ I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match. ”

— Mia Hamm

Phase One will help you get into the routine and lay a foundation to build on in the later phases. Perform these exercises as part of your activity at least twice a week. The duration of Phase One is two weeks.

This section is designed to increase your heart rate and get the blood flowing to your muscles. The warmup helps your body safely transition from rest to activity and engages all areas of the lower leg and hip to slowly prepare you for training.

Perform each exercise twice, moving in 15-yard intervals.



raise heart rate

strengthens the heart muscle and conditions it to move blood and oxygen more efficiently



increase blood flow to muscles

increases the efficiency of muscles in using oxygen during exercise

jogging

Key Points:

- jog slowly and keep your hip, knee and ankle in alignment when hitting the ground
- try not to cave at the knee
- focus on soft landings



high *knees*

1. quickly drive one knee at a time up toward chest, alternating with each step
2. step forward, high knee left, step forward, high knee right, focusing on soft landings
3. pump arms and alternate arm swing with each step



butt *kicks*

1. step forward and drive the other heel quickly up to buttocks, alternating with each step; focus on soft landings
2. pump arms and alternate arm swing with each step



skipping

1. step forward, hop right, step forward, hop left, landing softly
2. concentrate on rhythm and alternate arm swing with each step; keep upper body relaxed



cherry *pickers*

Key Points:

- drive knee high with the opposite arm swinging high
- focus on soft landings and body balance
- relax shoulders but use arms to generate height
- avoid knee caving in upon landing



lateral *shuffle*

Key Points:

- from an athletic defensive stance, step laterally, maintaining the athletic stance while moving
- do not click feet together
- keep knees, ankles and hips in alignment
- avoid knees caving in on each step



carioca

Key Points:

- utilizing hip muscles, alternate stepping forward and backward moving in a lateral direction
- quick feet and knees slightly bent
- open hips to rotate feet around
- focus on soft landings
- relax shoulders and swing them opposite of the hip rotation



backward *jog*

Key Points:

- use good running form; do not backpedal
- drive heel up to buttocks
- keep a slight bend in the knee and land on toes
- maintain good lower leg alignment



phase one: *dynamic stretching*

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“ You can't put a *limit* on anything. The more you *dream*, the farther you get. ”
— Michael Phelps

Dynamic stretching uses controlled motion to help lengthen muscles, increase balance and prepare your body for more intense movements. Stretching teaches your muscles to expand and contract more fully, which improves flexibility and aids in recovery after athletic activity.

Perform each exercise twice, moving in 15-yard intervals.



lengthen muscles
helps muscles to elongate fully, increasing flexibility and range of motion



increase balance
improves stability and prepares your body for action

twist

1. rotate upper body to the left as you slightly lift your right heel
2. step forward
3. rotate to your right while slightly lifting your left heel
4. repeat



frankenstein

1. stand upright with back straight and your arms out in front of you
2. kick right leg up toward your left hand, keeping leg straight and foot flexed
3. step forward and repeat with left leg, kicking up toward your right hand
4. continue this repetition, alternating legs with each step



walking quad with *calfraise*

1. standing upright, kick left heel back toward buttocks
2. grab left ankle with your left hand
3. your left knee should be pointed downward and right heel lifted off the ground
4. hold for 3 seconds, release left leg and step forward
5. repeat sequence on right side



knee *hugs*

1. standing upright, lift left knee to chest
2. grab below your left knee with both hands and pull toward chest
3. keep your chest up and perform a calf raise on right side
4. release left knee and step forward
5. repeat sequence with right knee



hip *rotation*

1. standing upright, lift left knee to chest
2. place both hands over your left shin
3. pull left shin toward your waist
4. keep chest up and perform a calf raise on right side
5. release left leg and step forward
6. repeat sequence with right leg



forward *lunge*

1. stand with legs shoulder width apart
2. step forward with your foot, keeping your toes pointed straight and feet flat
3. squat forward and down onto your leg, leaning trunk forward at a 45-degree angle; do not let your knee extend over your toes
4. return to standing position, step forward and repeat on the opposite side



lateral *lunge*

1. stand with legs shoulder width apart
2. step out to the side with your right foot, keeping your toes pointed straight and feet flat
3. squat back and down onto your right leg
4. keep your left leg straight and your weight on your right heel; do not let your knee extend over your toes
5. return to standing position, step forward and repeat on the left side



inch *worm*

1. stand with legs straight and hands touching the floor
2. keep legs straight and walk hands out in front of you into a push-up position
3. keep back flat, belly button drawn in and drive heels toward the floor
4. keeping your legs straight, walk feet toward your hands, taking baby steps until feet reach your hands or your knees start to bend



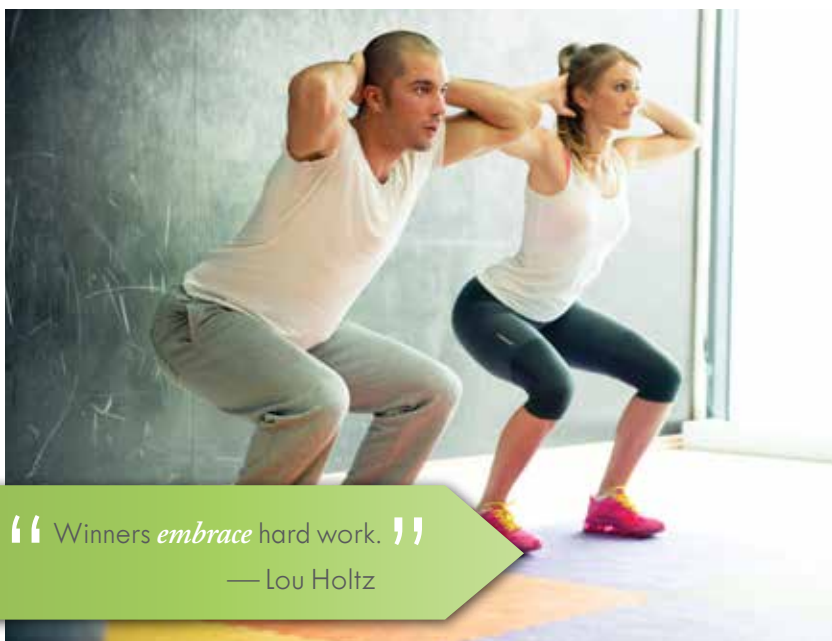
elbow to *instep*

1. stand upright with arms at your sides
2. step left foot forward into a lunge
3. lean upper body forward and place left forearm near the ground, placing your left elbow near the inside of your left foot
4. place right hand on the ground
5. hold for 2 to 4 seconds
6. move left hand to the outside of your left foot, push hips up and straighten both legs keeping both hands on the ground
7. raise your left toes off the ground so you feel a stretch in your left hamstring and calf
8. stand upright, swing right leg through to a lunge position and repeat



phase one: *strength and stability*

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“Winners *embrace* hard work.”

— Lou Holtz

In this section, we'll be engaging the major muscles, while also targeting the smaller muscles that aid in stability. These exercises are designed to build strength, improve balance and create better body awareness. Knowing where your body should be during exercise will be very important in helping you prevent injury.



engage major muscles

strengthens the larger muscles that support the hips, knees and ankles



strengthen stabilizing muscles

improves balance, coordination and body awareness

squat into *toe raise*

1. stand upright with feet shoulder width apart
2. sit back, bending at the hips and knees
3. keep your chest up as you squat, maintaining proper hip, knee and ankle alignment
4. make sure your knees do not go over your toes; keep weight on your heels
5. stand up out of your squat and lift up onto your tiptoes, flexing the calf muscle as your arms come straight down next to your body
6. perform 10 repetitions



glute *bridge*

1. lie on your back with knees bent and feet flat on the ground
2. raise your pelvis off the ground until your body forms a straight line from your shoulder to your knees while squeezing your buttocks
3. hold this position for 15 seconds
4. slowly lower yourself to the starting position
5. perform 5 repetitions



side *plank*

1. lie on your side and stack legs on top of the other
2. lift body off the ground and balance on one forearm and the side of one foot
3. keeping abdominal muscles tight and shoulders relaxed, hold this position for 15 seconds
4. slowly lower yourself to the starting position
5. perform 5 repetitions
6. lie on your opposite side and perform 5 repetitions



For an added challenge, lift the outer leg toward ceiling.

bird *dog*

1. start on all fours with your hands under your shoulders and knees under your hips
2. extend right hand straight out in front making a straight line with your right shoulder while extending your left leg behind you making a straight line with your hip
3. hold for 3 seconds and return to starting position
4. repeat sequence with opposite leg and arm for 5 times each side, 10 total



fire *hydrant*

1. start on all fours with your hands under your shoulders and knees under your hips
2. while keeping your left knee bent at 90 degrees, lift your left knee out to the side until it is at hip level
3. hold this position for 3 seconds, then bring your knee down to starting position
4. repeat sequence with opposite leg for 5 times each side, 10 total



mini band exercises

With these mini band exercises, we'll use resistance and controlled movement to further develop strength in targeted areas of the lower extremity. For Phase One, we will use a **light-resistance band**.

Key Points:

- keep your movements controlled, maintaining tension on the mini band at all times
- do not let your knees cave inward while stepping

forward and backward *walk*

1. start in standing position with mini band around ankles and feet slightly wider than your hips
2. lower yourself to a ¼ - squat position
3. take forward steps, alternating legs, for 15 yards
4. repeat sequence with backward stepping for 15 yards



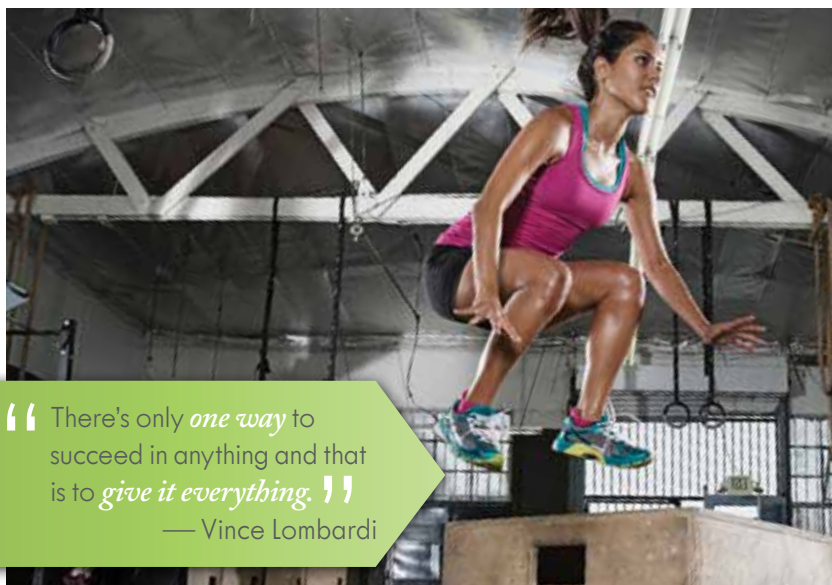
lateral *walk*

1. with mini band around your ankles, start with feet shoulder width apart and in an athletic stance
2. step left foot laterally while maintaining athletic stance
3. step right foot laterally while maintaining tension on the band
4. continue this pattern for 15 yards
5. repeat in opposite direction



phase one: *plyometrics*

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“ There's only *one way* to succeed in anything and that is to *give it everything*. ”

— Vince Lombardi

Plyometric exercises build explosiveness and get your body ready for the intensity of athletic performance or competition. Short, intense bursts of jumping exercises increase strength and agility while teaching proper jumping and landing form. Focusing on controlled, balanced movement will train your body to land in a way that prevents injury.

Key Points:

- concentrate on a soft and controlled landing that maintains good balance
- go as fast as you can while maintaining solid balance and good technique

when landing:

- feet should be facing forward
- knees should not cave (bend inward)
- maintain good alignment of hips and knees
- recoil like a spring



build explosiveness

conditions muscles to contract and expand quickly and powerfully



enhance form

improves awareness of proper movement when jumping and landing

squat *jumps*

1. stand upright with feet shoulder width apart
2. sit into a squat position, knees over your ankles and upper legs parallel to the floor with arms at side
3. swing arms upward to generate force and jump while pointing toes toward floor
4. reach for the ceiling
5. land in a squat position in the same spot you jumped from
6. repeat sequence 5 times

Increase your height once you can maintain control and good landing form.



180-degree *jumps*

1. stand upright with feet shoulder width apart
2. sit into a squat position, knees over your ankles and upper legs parallel to the floor with arms at side
3. swing arms upward to generate force and jump
4. turn 180 degrees midair
5. land in a squat position
6. repeat, turning in the opposite direction
7. repeat sequence 5 times



phase one: *agility*

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“ It's *not the will* to win that matters — everyone has that. It's the *will to prepare* to win that matters. ”
— Bear Bryant

Agility training develops strength and quickness, and helps commit proper form for sport-specific movements to muscle memory. By teaching your body to react quickly and properly when stopping, starting or changing direction, you will be better equipped to make similar movements during competition, without causing injury.



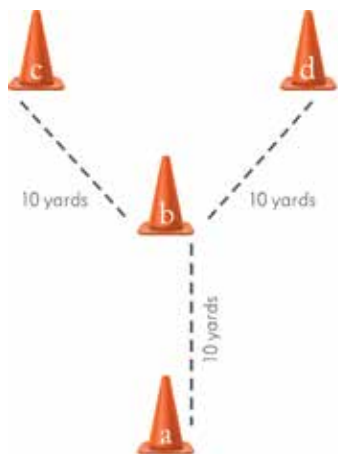
develop quickness
conditions muscles to react quickly in sport-specific scenarios



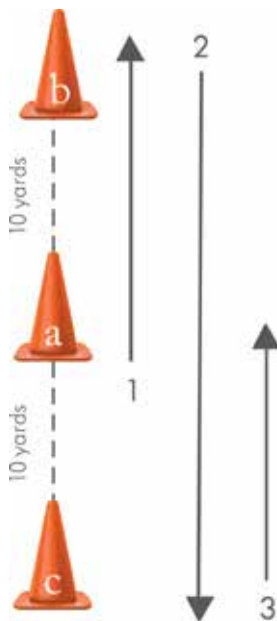
enhance muscle memory
muscles learn to change position with proper form

Y-*drill*

1. place 4 cones 10 yards apart in the shape of a Y, with the coach or partner standing behind **cone B**
2. start at **cone A** and run $\frac{3}{4}$ speed to **cone B**
3. at the last minute your coach or partner will signal which direction to run
4. make a hard cut changing direction and sprint to the cone your coach or partner directed
5. perform 5 times in each direction

shuttle *run*

1. place 3 cones in a line, 10 yards apart
2. start at **cone A** and sprint forward to **cone B**
3. backpedal from **cone B** to **cone C**
4. sprint forward from **cone C** to **cone A**
5. perform 5 times



phase two: *warmup*

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“ The *only person* who can truly
make you better *is you.* ”
— Brandi Chastain

The second phase of the *iPerform* prevention program builds on Phase One, adding exercises that help ramp up the intensity. The exercises should be done at least three times a week. The duration of Phase Two is four weeks.

As in Phase One, the warmup is designed to increase your heart rate and get the blood flowing to your muscles, helping you safely transition from rest to activity. For Phase Two, we'll replace some of the exercises and add more complex movement to the warmup.

Perform each exercise twice, moving in 15-yard intervals.



raise heart rate

strengthens the heart muscle and conditions it to move blood and oxygen more efficiently



increase blood flow to muscles

increases the efficiency of muscles in using oxygen during exercise

jogging

Key Points:

- jog slowly and keep your hip, knee and ankle in alignment when hitting the ground
- try not to cave at the knee
- focus on soft landings



high *knees*

1. quickly drive one knee at a time up toward chest, alternating with each step
2. step forward, high knee left, step forward, high knee right, focusing on soft landings
3. pump arms and alternate arm swing with each step



butt *kicks*

1. step forward and drive the other heel quickly up to buttocks, alternating with each step; focus on soft landings
2. pump arms and alternate arm swing with each step



cherry *pickers*

Key Points:

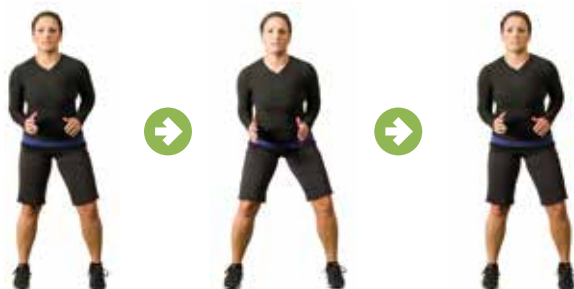
- drive knee high with the opposite arm swinging high
- focus on soft landings and body balance
- relax shoulders but use arms to generate height
- avoid knee caving in upon landing



shuffle *change*

Key Points:

- from an athletic stance, shuffle laterally, changing direction every 5 yards
- stay in athletic stance while moving
- do not click feet together
- keep knees, ankles and hips in alignment
- avoid knees caving in on each step



angle side *step*

Key Points:

- from an athletic stance, step backward at a 45-degree angle, changing direction every 5 yards
- do not cross feet or click heels
- avoid knee caving
- open and turn out when changing direction



carioca

Key Points:

- utilizing hip muscles, alternate
- quick feet and knees slightly bent
- open hips to rotate feet around
- focus on soft landings
- relax shoulders and swing them opposite of the hip rotation



backward *jog*

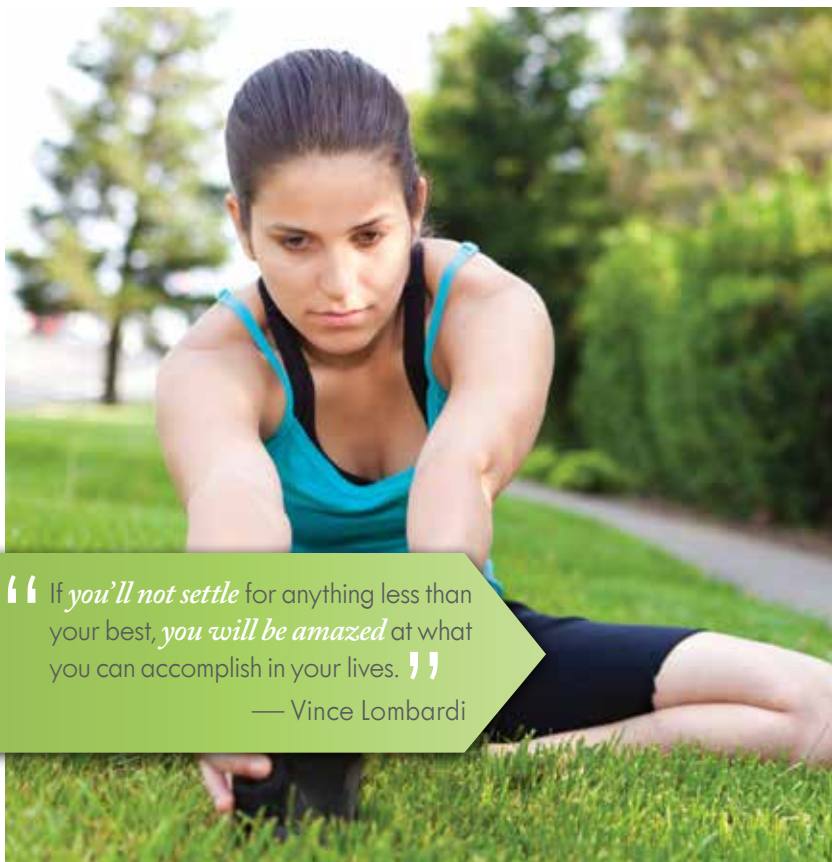
Key Points:

- use good running form; do not backpedal
- drive heel up to buttocks
- keep a slight bend in the knee and land on toes
- maintain good lower leg alignment



phase two: *dynamic stretching*

Prevea Sports Medicine



“ If you’ll *not settle* for anything less than your best, *you will be amazed* at what you can accomplish in your lives. ”

— Vince Lombardi

Like Phase One, we will use controlled motion to help lengthen muscles, increase balance and prepare your body for the increased intensity of the exercises to follow in Phase Two.

Perform each exercise twice, moving in 15-yard intervals.



lengthen muscles

helps muscles to elongate fully, increasing flexibility and range of motion



increase balance

improves stability and prepares your body for action

twist

1. rotate upper body to the left as you slightly lift your right heel
2. step forward
3. rotate to your right while slightly lifting your left heel
4. repeat



frankenstein

1. stand upright with back straight and your arms out in front of you
2. kick right leg up toward your left hand, keeping leg straight and foot flexed
3. step forward and repeat with left leg, kicking up toward your right hand
4. continue this repetition, alternating legs with each step



walking quad with *calf raise*

1. standing upright, kick left heel back toward buttocks
2. grab left ankle with your left hand
3. your left knee should be pointed downward and right heel lifted off the ground
4. hold for 3 seconds, release left leg and step forward
5. repeat sequence on right side



knee *hugs*

1. standing upright, lift left knee to chest
2. grab below your left knee with both hands and pull toward chest
3. keep your chest up and perform a calf raise on right side
4. release left knee and step forward
5. repeat sequence with right knee



hip *rotation*

1. standing upright, lift left knee to chest
2. place both hands over your left shin
3. pull left shin toward your waist
4. keep chest up and perform a calf raise on right side
5. release left leg and step forward
6. repeat sequence with right leg



forward *lunge*

1. stand with legs shoulder width apart
2. step forward with your foot, keeping your toes pointed straight and feet flat
3. squat forward and down onto your leg, leaning trunk forward at a 45-degree angle; do not let your knee extend over your toes
4. return to standing position, step forward and repeat on the opposite side



lateral *lunge*

1. stand with legs shoulder width apart
2. step out to the side with your right foot, keeping your toes pointed straight and feet flat
3. squat back and down onto your right leg
4. keep your left leg straight and your weight on your right heel; do not let your knee extend over your toes
5. return to standing position, step forward and repeat on the left side



inch *worm*

1. stand with legs straight and hands touching the floor
2. keep legs straight and walk hands out in front of you into a push-up position
3. keep back flat, belly button drawn in and drive heels toward the floor
4. keeping your legs straight, walk feet toward your hands, taking baby steps until feet reach your hands or your knees start to bend



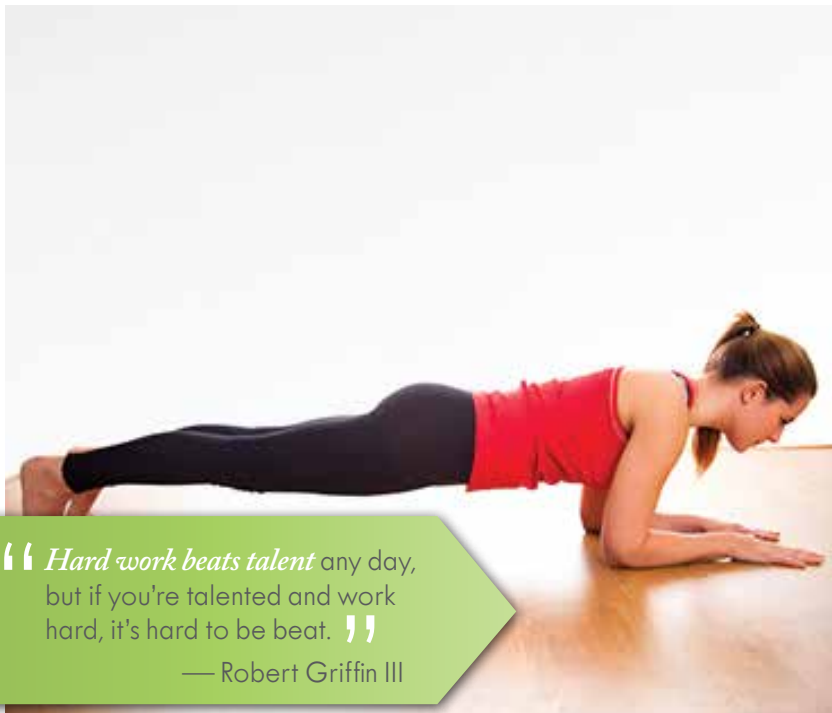
elbow to *instep*

1. stand upright with arms at your sides
2. step left foot forward into a lunge
3. lean upper body forward and place left forearm near the ground, placing your left elbow near the inside of your left foot
4. place right hand on the ground
5. hold for 2 to 4 seconds
6. move left hand to the outside of your left foot, push hips up and straighten both legs keeping both hands on the ground
7. raise your left toes off the ground so you feel a stretch in your left hamstring and calf
8. stand upright, swing right leg through to a lunge position and repeat



phase two: *strength and stability*

Prevea Sports Medicine



“ *Hard work beats talent* any day, but if you're talented and work hard, it's hard to be beat. ”

— Robert Griffin III

In Phase Two, we will continue to engage the major muscles and target the smaller stabilizing muscles to build strength, improve balance and create better body awareness. Phase Two adds more exercises with greater complexity and a higher degree of difficulty to push your strength and conditioning further.



engage major muscles

strengthens the larger muscles that support the hips, knees and ankles



strengthen stabilizing muscles

improves balance, coordination and body awareness

walking rotational *lunges*

1. while standing with shoulders back and abs in, step forward with left foot
2. bend front knee to a 90-degree angle while keeping left knee over left ankle
3. keep torso upright and rotate under control to the left
4. push off with front foot and return to a standing position
5. repeat with opposite leg
6. perform 2 sets of 10 repetitions with each leg



romanian dead *lifts*

1. stand upright, feet shoulder width apart
2. slowly reach hands straight down to the floor, keeping back flat and legs straight
3. return to starting position and repeat
4. perform 2 sets of 10 repetitions



single leg *squats*

1. start by standing on one foot
2. sit back and slowly lower your body
3. pause for 3 seconds and slowly rise up; do not drop your hip
4. repeat on opposite side
5. perform 2 sets of 8 repetitions with each leg



3-way *hip*

1. stand upright with feet shoulder width apart and mini band around your ankles
2. flex left hip forward, then slowly bring it back to neutral
3. perform 10 repetitions, then repeat with right leg
4. extend left leg laterally, then slowly bring it back to neutral
5. perform 10 repetitions, then repeat with right leg
6. extend left leg backward, then slowly bring it back to neutral
7. perform 10 repetitions, then repeat with right leg
8. repeat the entire sequence



single leg *stance*

1. stand upright with flat back and hands at your side
2. raise left foot off the ground and bend knee to a 90-degree angle; do not lock right leg
3. maintain position for 1 minute
4. repeat with opposite leg
5. perform 2 repetitions on each side



toe-touch on *step*

1. start standing upright with the step in front of you
2. place toes of left foot on the step
3. quickly alternate feet, swinging arms in a running motion
4. continue for 1 minute, then rest
5. perform 2 repetitions



core exercises

glute *bridge*

1. lie on your back with knees bent and feet flat on the ground
2. raise your pelvis off the ground until your body forms a straight line from your shoulder to your knees while squeezing your buttocks
3. hold this position for 30 seconds
4. slowly lower yourself to the starting position
5. perform 5 repetitions



side *plank*

1. lie on your side and stack legs on top of the other
2. lift body off the ground and balance on one forearm and the side of one foot
3. keeping abdominal muscles tight and shoulders relaxed, hold this position for 30 seconds
4. slowly lower yourself to the starting position
5. perform 5 repetitions
6. lie on your opposite side and perform 5 repetitions



For an added challenge, lift the outer leg toward ceiling.

v-ups

1. start lying flat on your back, hands extended straight over your head
2. in one motion, lift feet and hands off the ground
3. reach hands up toward feet keeping both legs and arms straight creating a V shape
4. keep your chest up and draw belly button toward spine
5. slowly lower hands and feet back down to the ground
6. perform 2 sets of 10 repetitions



twist

1. start sitting on your buttocks with legs slightly bent and feet crossed
2. lean slightly backward to balance on your buttocks
3. while in this position, bring hands down to right side and touch the floor
4. bring hands back to center and then down to left side
5. perform 2 sets of 30 repetitions



bird *dog*

1. start on all fours with your hands under your shoulders and knees under your hips
2. extend right hand straight out in front making a straight line with your right shoulder while extending your left leg behind you making a straight line with your hip
3. hold for 3 seconds and return to starting position
4. repeat sequence with opposite leg and arm for 5 times each side, 10 total



fire *hydrant*

1. start on all fours with your hands under your shoulders and knees under your hips
2. while keeping your left knee bent at 90 degrees, lift your left knee out to the side until it is at hip level
3. hold this position for 3 seconds, then bring your knee down to starting position
4. repeat sequence with opposite leg for 5 times each side, 10 total



mini band exercises

For the Phase Two mini band exercises, we will increase resistance by moving up to a **medium-resistance band**.

Key Points:

- keep your movements controlled, maintaining tension on the mini band at all times
- do not let your knees cave inward while stepping

monster *walk*

1. with mini band around your ankles, start with feet shoulder width apart and in a squatted position
2. step right foot forward while remaining in the squat position
3. while maintaining control and squatted position step your left foot forward
4. continue this pattern moving forward 15 yards
5. repeat for 15 yards in opposite direction



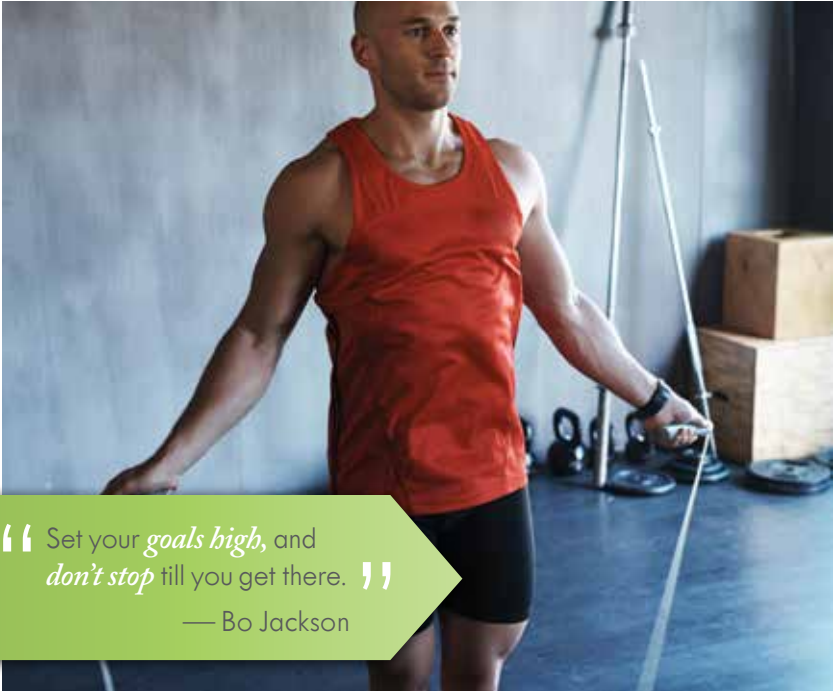
defensive *slides*

1. with mini band around your ankles, start with feet shoulder width apart and in an athletic stance
2. shuffle left foot laterally while maintaining athletic stance
3. shuffle right foot laterally while maintaining tension on the band
4. continue this pattern for 15 yards
5. repeat in opposite direction



phase two: *plyometrics*

Prevea Sports Medicine



“ Set your *goals high*, and
don't stop till you get there. ”
— Bo Jackson

In Phase Two, we'll increase the intensity and complexity of the plyometric exercises to further build explosiveness, strength and agility. Remember to focus on proper jumping and landing form and controlled, balanced movement.

Key Points:

- concentrate on a soft and controlled landing that maintains good balance
- go as fast as you can while maintaining solid balance and good technique

when landing:

- feet should be facing forward
- knees should not cave (bend inward)
- maintain good alignment of hips and knees
- recoil like a spring



build explosiveness

conditions muscles to contract and expand quickly and powerfully



enhance form

improves awareness of proper movement when jumping and landing

bounds — *forward*

1. start with both feet on the ground in an athletic stance
2. jump out forward landing on one foot
3. return to starting position
4. perform 10 repetitions on each leg



bounds — *diagonal*

1. start with both feet on the ground in an athletic stance
2. jump out diagonally landing on one foot
3. return to starting position
4. perform 10 repetitions on each leg



bounds — *lateral*

1. start with both feet on the ground in an athletic stance

2. jump out laterally landing on one foot
3. return to starting position

4. perform 10 repetitions on each leg



line *jumps*

1. start with both feet on the ground in an athletic stance behind a line

2. jump over the line landing softly on the balls of your feet
3. jump backward over the line, returning to the starting position

4. perform for 15 seconds, then rest

5. repeat 5 times



phase two: *agility*

Prevea Sports Medicine



“ To watch people *push* themselves further than they think they can, it's a *beautiful* thing. ”

— Abby Wambach

For Phase Two, we'll add ladder drills to your agility training. This will help you further develop quickness and precision when stopping, starting or changing direction, while increasing the overall intensity of the workout.



develop quickness
conditions muscles to react quickly in sport-specific scenarios

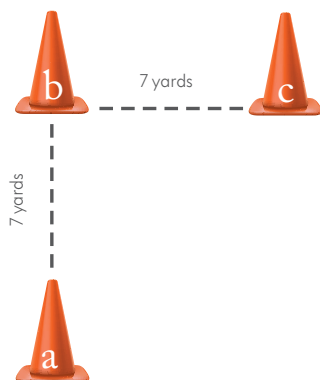


enhance muscle memory
muscles learn to change position with proper form

cone

L-drill

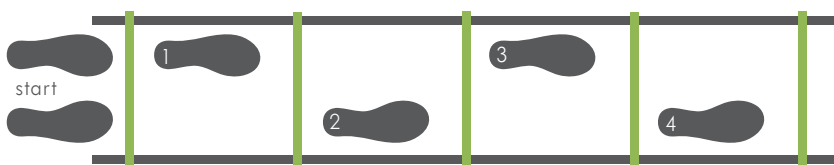
1. place 3 cones 7 yards apart in the shape of an L
2. starting at **cone A**, sprint up to **cone B** and around to **cone C**
3. sprint back to **cone B**
4. trace the L shape back to **cone A**
5. perform 5 repetitions



ladder

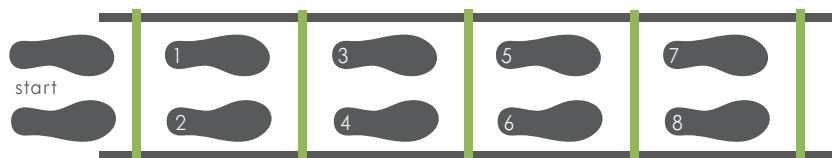
forward 1-in

1. run forward through the ladder with one foot landing in each box
2. repeat leading with opposite foot
3. perform 2 repetitions with each leading foot



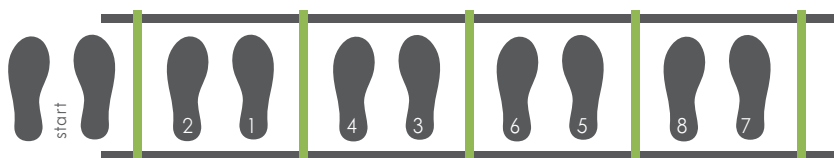
forward 2-in

1. run forward through the ladder with both feet landing in each box
2. repeat leading with opposite foot
3. perform 2 repetitions with each leading foot



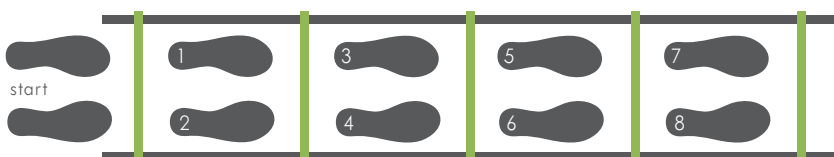
lateral *2-in*

1. start with feet parallel to the ladder's crossbars
2. moving laterally, tap both feet in each box as you move through the ladder
3. repeat in the opposite direction, leading with the other foot
4. perform 2 repetitions with each leading foot



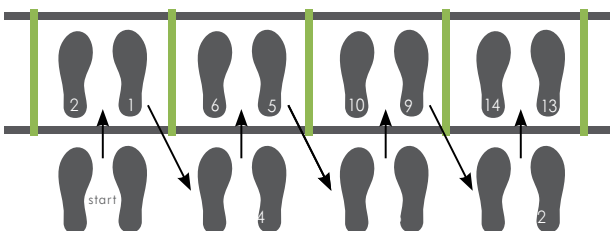
high knees *2-in*

1. start by facing the ladder
2. bring knees up toward chest while moving forward and tapping each foot in each box as you move up through the ladder.
3. repeat leading with opposite foot
4. perform 2 repetitions with each leading foot



same side *in-in-out-out*

1. start on the side of the ladder
2. tap right foot and left foot in and out of each box as you move up
3. repeat leading with opposite foot
4. perform 2 repetitions with each leading foot



phase three: *warmup*

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“ You have to *expect things of yourself* before you can do them. ”

— Michael Jordan

The third phase of *iPerform* builds on the increased intensity of Phase Two, adding greater variety and complexity to the exercises. As your athletic activity continues, fatigue can set in, increasing the risk of injury. Phase Three will help you keep your body conditioned and well prepared to prevent injury. The exercises should be done at least three times a week. The duration of Phase Three is six weeks.

As in Phases One and Two, the warmup will help you safely transition from rest to activity. By now, the exercises feel familiar and your conditioning has improved, but don't let yourself be lulled into relaxing on form. Special attention to proper movement is critical at this point in the program.

Perform each exercise twice, moving in 15-yard intervals.



raise heart rate

strengthens the heart muscle, and conditions it to move blood and oxygen more efficiently



increase blood flow to muscles

increases the efficiency of muscles in using oxygen during exercise

jogging

Key Points:

- jog slowly and keep your hip, knee and ankle in alignment when hitting the ground
- try not to cave at the knee
- focus on soft landings



high *knees*

1. quickly drive one knee at a time up toward chest, alternating with each step
2. step forward, high knee left, step forward, high knee right, focusing on soft landings
3. pump arms and alternate arm swing with each step



butt *kicks*

1. step forward and drive the other heel quickly up to buttocks, alternating with each step; focus on soft landings
2. pump arms and alternate arm swing with each step



skip and *reach*

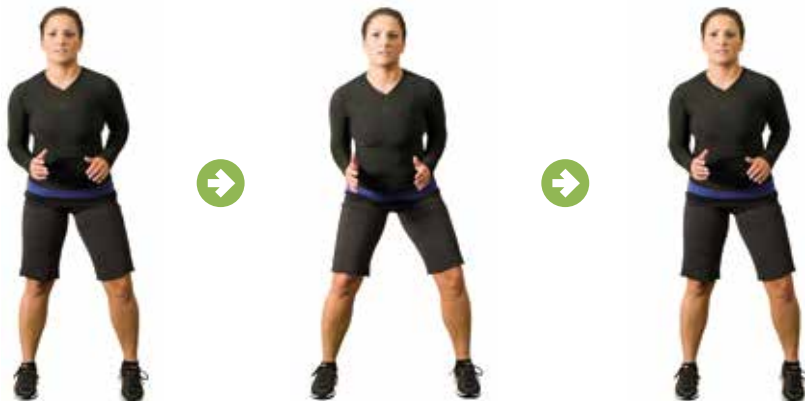
1. step forward, hop right, step forward, hop left, landing softly
2. alternate arm swing with each step, scooping hands toward the ground during normal skipping patterns; concentrate on rhythm



lateral *shuffle*

Key Points:

- from an athletic defensive stance, step laterally, maintaining the athletic stance while moving
- do not click feet together
- keep knees, ankles and hips in alignment
- avoid knees caving in on each step



angle side *step*

Key Points:

- from an athletic stance, step backward at a 45-degree angle, changing direction every 5 yards
- do not cross feet or click heels
- avoid knee caving
- open and turn out when changing direction



heisman *carioca*

Key Points:

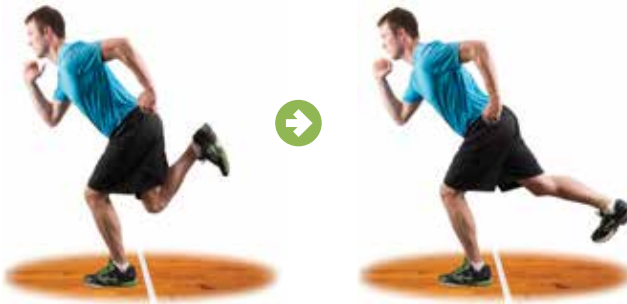
- placing added emphasis on your hip power, alternate stepping forward and backward moving in a lateral direction
- quick feet and knees slightly bent
- open hips to rotate feet around
- focus on soft landings
- relax shoulders and swing them opposite of the hip rotation



backward *jog*

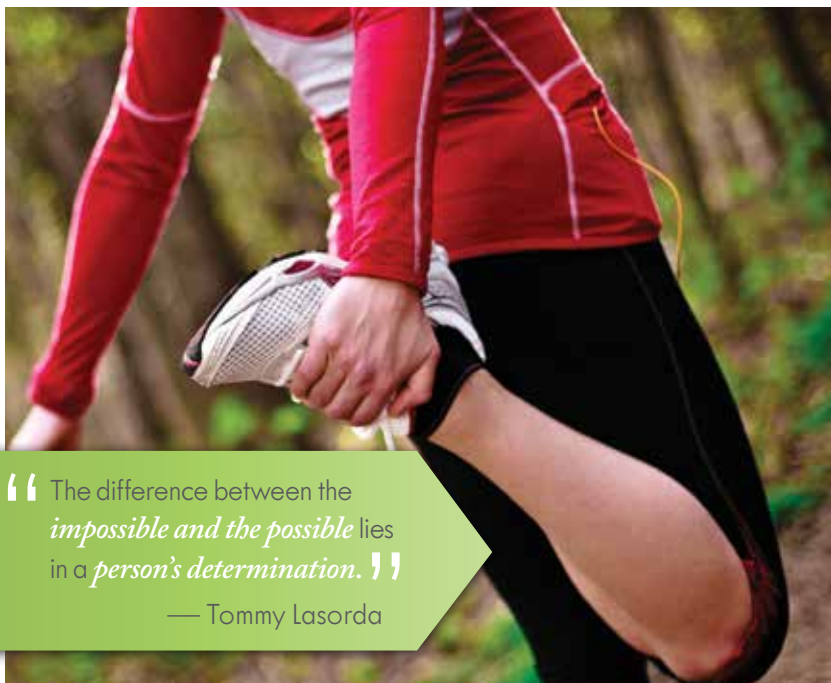
Key Points:

- use good running form; do not backpedal
- drive heel up to buttocks
- keep a slight bend in the knee and land on toes
- maintain good lower leg alignment



phase three: *dynamic stretching*

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“ The difference between the *impossible and the possible* lies in a *person’s determination.* ”

— Tommy Lasorda

The stretching portion of Phase Three again uses controlled motion to help lengthen muscles and strengthen ligaments. Phase Three stretching will help you stay ready for safe performance or competition, even as your athletic activities put increased strain on your body.

Perform each exercise twice, moving in 15-year intervals.



lengthen muscles

helps muscles to elongate fully, increasing flexibility and range of motion



increase balance

improves stability and prepares your body for action

twist

1. rotate upper body to the left as you slightly lift your right heel
2. step forward
3. rotate to your right while slightly lifting your left heel
4. repeat



walking quad with *calf raise*

1. standing upright, kick left heel back toward buttocks
2. grab left ankle with your left hand
3. your left knee should be pointed downward and right heel lifted off the ground
4. hold for 3 seconds, release left leg and step forward
5. repeat sequence on right side



knee *hugs*

1. standing upright, lift left knee to chest
2. grab below your left knee with both hands and pull toward chest
3. keep your chest up and perform a calf raise on right side
4. release left knee and step forward
5. repeat sequence with right knee



hip *rotation*

1. standing upright, lift left knee to chest
2. place both hands over your left shin
3. pull left shin toward your waist
4. keep chest up and perform a calf raise on right side
5. release left leg and step forward
6. repeat sequence with right leg



forward *lunge*

1. stand with legs shoulder width apart
2. step forward with your foot, keeping your toes pointed straight and feet flat
3. squat forward and down onto your leg, leaning trunk forward at a 45-degree angle; do not let your knee extend over your toes
4. return to standing position, step forward and repeat on the opposite side



lateral *lunge*

1. stand with legs shoulder width apart
2. step out to the side with your right foot, keeping your toes pointed straight and feet flat
3. squat back and down onto your right leg
4. keep your left leg straight and your weight on your right heel; do not let your knee extend over your toes
5. return to standing position, step forward and repeat on the opposite side



inverted *hamstring*

1. stand upright with arms at sides and shoulder blades pinched together
2. bend forward at the waist and extend your right leg straight behind you, creating a straight line from your right shoulder, hips and knee, directly to your right heel
3. be sure to keep your back flat and abdomen tight
4. once you feel a stretch through your hamstring, hold for 2 to 4 seconds, then return to starting position
5. swing right leg through and step forward, then repeat on left side



inch *worm*

1. stand with legs straight and hands touching the floor
2. keep legs straight and walk hands out in front of you into a push-up position
3. keep back flat, belly button drawn in and drive heels toward the floor
4. keeping your legs straight, walk feet toward your hands, taking baby steps until feet reach your hands or your knees start to bend



elbow to *instep*

1. stand upright with arms at your sides
2. step left foot forward into a lunge
3. lean upper body forward and place left forearm near the ground, placing your left elbow near the inside of your left foot
4. place right hand on the ground
5. hold for 2 to 4 seconds
6. move left hand to the outside of your left foot, push hips up and straighten both legs keeping both hands on the ground
7. raise your left toes off the ground so you feel a stretch in your left hamstring and calf
8. stand upright, swing right leg through to a lunge position and repeat



phase three: *strength and stability*

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“ The harder you *work*, the
harder it is to *surrender*. ”

— Vince Lombardi

As in Phases One and Two, we will continue to engage the major muscles and target the smaller stabilizing muscles to build strength, improve balance and create better body awareness.



engage major muscles

strengthens the larger muscles that support the hips, knees and ankles



strengthen

stabilizing muscles

improves balance, coordination and body awareness

walking backward *lunges*

1. while standing with shoulders back and abs in, step backward with right foot
2. bend both knees at a 90-degree angle while keeping left knee over left ankle
4. push off with front foot, return to a standing position
5. repeat with opposite leg
6. perform 2 sets of 10 with each leg



romanian dead *lifts*

1. stand upright, feet shoulder width apart
2. slowly reach hands straight down to the floor, keeping back flat and legs straight
3. return to starting position and repeat
4. perform 2 sets of 10 repetitions



glute bridge with *extension*

1. start lying on your back with your knees bent up and your feet on the ground
2. lift hips up off of the ground so that your shoulders, hips and knees are all in a straight line
3. extend your left leg out straight, while keeping your knees aligned and pelvis up
4. hold for 10 seconds, then plant left foot back on floor
5. drop back to starting position and repeat on right side
6. perform 2 sets of 10 repetitions



core exercises

glute *bridge*

1. lie on your back with knees bent and feet flat on the ground
2. raise your pelvis off the ground until your body forms a straight line from your shoulder to your knees while squeezing your buttocks
3. hold this position for 45 seconds
4. slowly lower yourself to the starting position
5. repeat; perform 3 repetitions



side *plank*

1. lie on your side and stack legs on top of the other
2. lift body off the ground and balance on one forearm and the side of one foot
3. keeping abdominal muscles tight and shoulders relaxed, hold this position for 45 seconds
4. slowly lower yourself to the start position
5. perform 3 repetitions
6. lie on your opposite side and perform 3 repetitions



For an added challenge, lift the outer leg toward ceiling.

v-ups

1. start lying flat on your back, hands extended straight over your head
2. in one motion, lift feet and hands off the ground
3. reach hands up toward feet keeping both legs and arms straight creating a V shape
4. keep your chest up and draw belly button toward spine
5. slowly lower hands and feet back down to the ground
6. perform 2 sets of 12 repetitions



twist

1. start sitting on your buttocks with legs slightly bent and feet crossed
2. lean slightly backward to balance on your buttocks
3. while in this position, bring hands down to right side and touch the floor
4. bring hands back to center and then down to left side
5. perform 2 sets of 30 repetitions



mini band exercises

For the Phase Three mini band exercises we will increase resistance by moving up to a **heavy-resistance band**.

Key Points:

- keep your movements controlled, maintaining tension on the mini band at all times
- do not let your knees cave inward while stepping

monster *walk*

1. with mini band around your ankles, start with feet shoulder width apart and in a squatted position
2. step right foot forward while remaining in the squat position
3. while maintaining control and squatted position step your left foot forward
4. continue this pattern for 15 yards forward
5. repeat in opposite direction for 15 yards
6. perform 2 repetitions in each direction



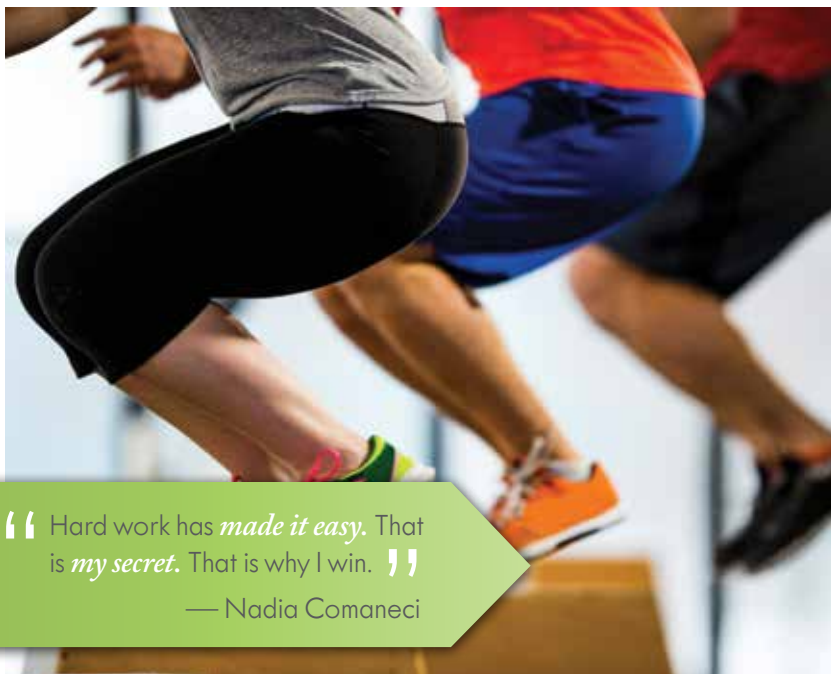
defensive *slides*

1. with mini band around your ankles, start with feet shoulder width apart and in an athletic stance
2. shuffle left foot laterally while maintaining athletic stance
3. shuffle right foot laterally while maintaining tension on the band
4. continue this pattern for 15 yards
5. repeat in opposite direction
6. perform 2 repetitions



phase three: *plyometrics*

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“ Hard work has *made it easy*. That is *my secret*. That is why I win. ”

— Nadia Comaneci

In Phase Three, we'll again increase the intensity and complexity of the plyometric exercises for enhanced explosiveness, strength and agility. Remember to focus on controlled, balanced movement, with an emphasis on proper form when landing.

Key Points:

- concentrate on a soft and controlled landing that maintains good balance
- go as fast as you can while maintaining solid balance and good technique

when landing:

- feet should be facing forward
- knees should not cave (bend inward)
- maintain good alignment of hips and knees
- recoil like a spring



build explosiveness

conditions muscles to contract and expand quickly and powerfully



enhance form

improves awareness of proper movement when jumping and landing

multidirectional jumps *over cone or hurdle*

1. stand on both feet with a cone to your left
2. jump side to side over a cone, with your feet shoulder width apart, quickly and under control
3. perform this exercise for 15 seconds, then rest
4. repeat this with the cone in front of you, hopping forward and backward for 15 seconds, then rest
5. repeat sequence 2 times



successive jumps with *sprint*

1. perform 5 tuck jumps
2. completely land the fifth tuck jump, then sprint for 15 yards
3. repeat 2 times



box *jumps*

1. begin standing upright with feet shoulder width apart and arms at your side
2. place a box in front of you; you will increase the height of the box over time
3. jump with both feet onto the box, gaining some power and momentum from swinging your arms through
4. once on the box, hold for 2 seconds, then jump back to the ground
5. perform 10 repetitions, 2 times



single leg jumps *with sprint*

1. start by balancing on one foot
2. perform a single jump, landing on the same foot you jumped with, maintaining control and proper landing technique
3. from the balance position, sprint 15 yards exploding off the foot you were balancing on
4. repeat on opposite side
5. perform 5 repetitions each leg



phase three: *agility*

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“ It's about *self-improvement*,
about being better than you
were the day before. ”

— Steve Young

For Phase Three, we'll increase the difficulty and intensity of the agility exercises to further develop quickness, balance and coordination.



develop quickness

conditions muscles to
react quickly in sport-
specific scenarios



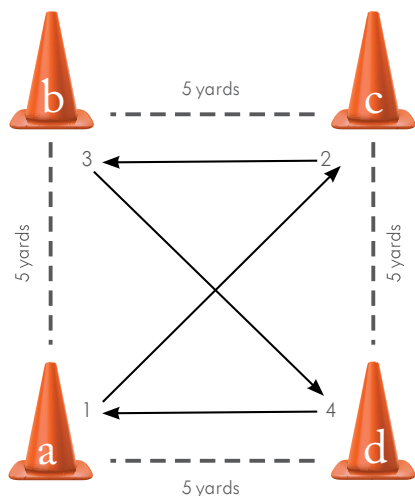
enhance muscle memory

muscles learn to change
position with proper form

cone

4 corners X *sprint/backpedal*

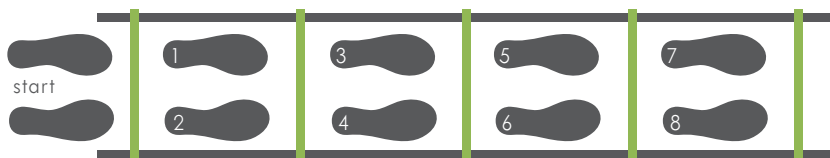
1. place 4 cones in a square, each 5 yards apart
2. start at **cone A** and sprint diagonally to **cone C**
3. backpedal to **cone D**
4. sprint diagonally to **cone B**
5. backpedal to **cone A**
6. after set, reverse and start at **cone D**
7. repeat 3 times



ladder

forward *2-in*

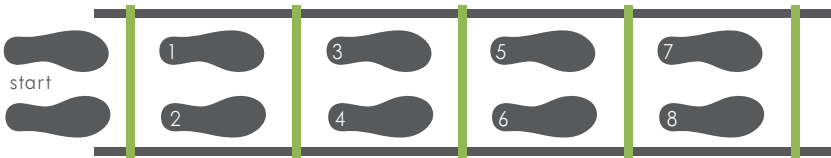
1. run forward through the ladder with both feet landing in each box
2. repeat leading with opposite foot
3. perform 2 repetitions with each leading foot



skip 2-in

1. run forward through the ladder, using a skipping motion, with both feet landing in each box.

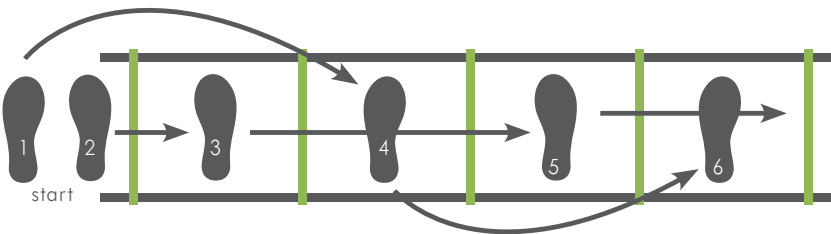
2. repeat leading with opposite foot
3. perform 2 repetitions with each leading foot



carioca

1. start with feet parallel to the ladder's crossbars

2. moving laterally, tap one foot in each box as you move through the ladder
3. repeat in the opposite direction, leading with the other foot
4. perform 2 repetitions with each leading foot



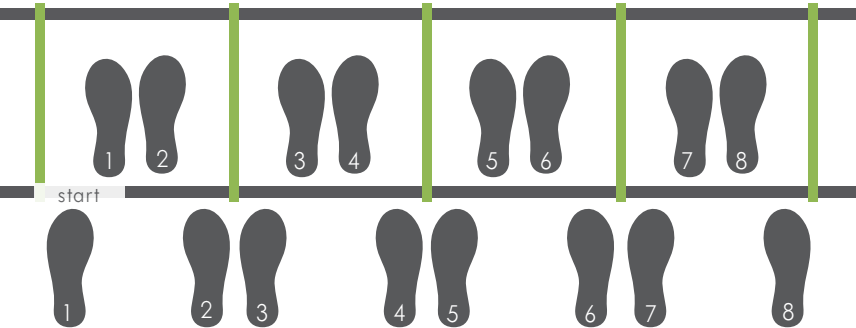
lateral facing *scissor jumps*

1. begin in a split stance with right foot starting in the box

2. push off and propel your back foot forward, touching left foot in box and bringing right foot out

3. repeat, moving laterally, touching both feet in each box
4. repeat in the opposite direction, leading with the other foot

5. perform 2 repetitions with each leading foot



single leg *hops*

1. start on right foot and hop into each box on the right foot

2. switch and hop into each box on the left foot

3. perform 2 repetitions with each foot

