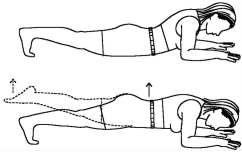

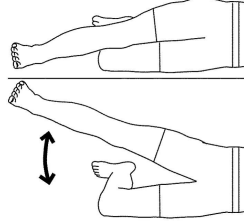
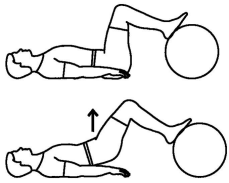
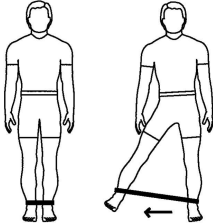
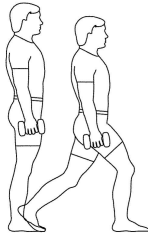


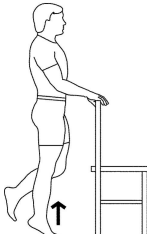




## Home Exercise Program For: PVHS CrossX/Track (Off-Season)

### SPORTS MEDICINE ALLIANCE

<p><b>Prone plank with leg kicks</b></p> <ol style="list-style-type: none"> <li>1. Kick up and down</li> <li>2. Kick side to side</li> </ol>  <p>*Keep back straight and abdominal tight.</p> <p>Perform 3 sets of 10 Reps each (1 &amp; 2)</p> <p>Once every other day.</p>	<p><b>Bird dog</b></p>  <p>* Keep back straight and abdominals tight.</p> <p>Perform 3 sets of 10 Reps</p> <p>Once every other day.</p>	<p><b>Side bridge with leg raise</b></p>  <p>*Maintain side plank with lifting leg. Make sure leg is in proper position when lifting.</p> <p>Perform 3 sets of 15 Reps</p> <p>Once every other day.</p>
<p><b>Glut Bridge with hamstring knee curl</b></p>  <p>* Maintain bridge while bending knees and bringing ball back and forth.</p> <p>Perform 3 sets of 15 Reps</p> <p>Once every other day.</p>	<p><b>Band exercises</b></p> <ol style="list-style-type: none"> <li>1. Side steps</li> <li>2. Split squats</li> <li>3. Clocks (45, 90, 180)</li> <li>4. V walks</li> </ol>  <p>* Pick 2 exercises from list.</p> <p>Perform 3 sets of 10 Reps</p> <p>Once every other day.</p> <p>Use Moderate/Hard Elastic.</p>	<p><b>DB forward lunge walks</b></p>  <p>* Keep core tight and good form. Don't let front knee collapse inward.</p> <p>Walk 30-50 feet x 2 (use 3-5 lb dumbbells)</p> <p>Once every other day.</p>
<p><b>DB single leg full squat</b></p>  <p>* Keep core tight and good form. Don't let knee collapse inward. Do both sides of body.</p> <p>Perform 3 sets of 10 Reps (3-5 lbs)</p> <p>Once every other day.</p>	<p><b>Squat into shoulder press</b></p> <ol style="list-style-type: none"> <li>1. Squat with dumbbell</li> <li>2. Press dumbbell above head as you come up from squat.</li> </ol>  <p>Perform 3 sets of 12 Reps (3-5 lbs)</p> <p>Once every other day.</p> <p>Use 3-5 Lbs.</p>	<p><b>Single heel raise</b></p>  <p>Perform 3 sets of 15 Reps</p> <p>Once every other day.</p>