









Category		Movement				Duration	
Aerobic		Side-to-side shuttle, high knee skipping, light running				1 min	
Static Stretch		groin, hamstrings, quadriceps, calves (30 seconds each)				2 min	
Dynamic Stretch		Buttock Kicks – 1 minutes				2 min	
		Leg Swings – Side, 30 seconds					
		Leg Swings – Front, 30 seconds					
		Total Time				5 min	
Strength Weeks 1,2		Strength Weeks 3,4		Strength Weeks 5,6		Strength Weeks 7,8	
Movement	Reps	Movement	Reps	Movement	Reps	Movement	Reps
Theraband: Red Band  	4 sets of 10	Theraband: Green Band  	4 sets of 10	Theraband: Blue Band  	4 sets of 10	Theraband: Black Band  	4 sets of 10
Isometric: Push against wall, inversion, eversion, dorsi flexion, plantar flexion  	3 sets, 5 seconds each direction	Isometric: Push against wall, inversion, eversion, dorsi flexion, plantar flexion  	5 sets, 5 seconds each direction	Isometric: Push against wall, inversion, eversion, dorsi flexion, plantar flexion  	3 sets, 10 seconds each direction	Isometric: Push against wall, inversion, eversion, dorsi flexion, plantar flexion  	5 sets, 10 seconds each direction