Author/Year		Execise Description	Multi- Planar	Saggittal (S)	Frontal (F)	Transverse (T)	Bilateral Weight Bearing	Single Limb Stance	Non- Weight Bearing	Trunk & Hip Dissoc. Control	Flight Phase	Totals
Barber-Foss	1	Lateral jump and hold			Х		J	х	J		х	3
2018	1	Step hold		х				х				2
	1	BOSU (round) swimmers		х					х			2
	1	BOSU (round) double knee hold		х					х			2
	1	Single-legged lateral AIREX hop hold	х	х	х			х		х	х	5
	1	Bilateral tuck jump with soft landing		х			х				х	3
	1	Front lunges		х			х					2
	1	Lunge jumps		х			х				х	3
	1	BOSU (flat) double legged pelvic bridges		х					х			2
	1	Single-legged 90 degree hop hold	х	х		х		х			х	4
	1	BOSU (round) lateral crunch			х				х			2
	1	Swiss ball back hyperextensions		х					х			2
	1	Single-legged Romanian deadlift		х				х		х		3
	1	Unanticipated hop to stabilization (level 1)*	х	х	х			х			х	4
	1	Hop to stabilization and reach (level 1)	х	х	х			х			х	4
15												
Bee-Oh	1	Jog to line		х				х			х	3
2009	1	Shuttle run (side to side)	х		х	х		х			х	4
Lim 2009	1	Backward running		х				х			х	3
	1	Calf stretch*		х			Х					2
	1	Quadriceps stretch*		х					х			2
	1	Hamstring stretch*		х					х			2
	1	Inner thigh stretch*			х				х			2
	1	Hip flexor stretch*		х					х			2
	1	Walking lunges		х			Х					2
	1	Russian hamstring		х					х			2
	1	Single toe raises		х				х				2
	1	Lateral hops over a cone			х		Х				х	3
	1	Forward/backward hops over cone		х			х				х	3
		Single-leg hops over cone*		х				х			х	3
	1	Vertical jumps with headers		х			х			х	х	4
	1	Scissors jump		х			х				х	3
		Shuttle run with forward/backward running	х	х		х		x			х	4
		Diagnonal runs	х	х	Х			х			х	4
		Bounding runs		х				х			х	3
		Bridiging with alternating hip flexion		х					х			2

	1	Abdominal crunches		Х					Х			2	
	1	Single and double knee to chest (supine)		Х					Х			2	
	1	Piriformis stretch- supine				х			Х			2	l
	1	Seated butterfly stretch - seated			х				Х			2	l
24													
													l
Bonato	1	Jog line to line		х				х			х	3	
2018	1	Shuttle run	х	х		х		х			х	4	l
	1	Lateral running			х			х			х	3	l
	1	Backward running		х				х			х	3	l
	1	Leg swing front to back		х					Х			2	l
	1	Leg swing side to side			х				Х			2	l
	1	Lateral squats			х		х					2	l
	1	Lunge superior reach*		х			х			х		3	l
	1	Walking quad stretch		х					Х			2	l
	1	Monster walks			х		х					2	l
	1	Inverted hamstring stretch		х					Х			2	l
	1	Lateral crossover step*			х			х				2	l
	1	Multidirectional lunges*	х	х	х		х					3	l
	1	Nordic hamstrings		х					Х			2	
	1	Single toe raises		х				х				2	l
	1	Lateral bridge			х				Х			2	l
	1	Vertical jumps		х			х				х	3	l
	1	Lateral hops			х		х				х	3	l
	1	Single legged hops		х				х			х	3	
	1	Forward hops		х			х				х	3	
	1	Four way closeout*	х	х	х			х			х	4	l
	1	Line drills and sprint*		х				х			х	3	
	1	Zig-zag cones*	х	х	х			х			х	4	l
	1	Four corners*	х	х	х			х			х	4	l
	1	Pass-sprint and layup*	х	х	х			х			х	4	
25													l
													l
Caraffa	1	Single limb balance			х			х				2	l
1996	1	Rectangular balance board training	х	Х	х			х		х		4	
	1	Round balance board training	х	Х	х			х		х		4	
	1	Rectangular and round balance board training combined	Х	Х	х			х		х		4	
	1	BAPS board balance training	х	Х	х			х		х		4	
5													i

Denot   1														
Memo 2731   1   Nanning hip in	Chena (11+)	1	Running straight ahead		х				х			х	3	
Longo 2012   1   Running circling partner	2019	1	Running hip out	Х	х		х		х		х	х	5	
Name 2017   1   Running shoulder contact	Brito 2010	1	Running hip in	х	х		х		х		х	х	5	
Running quick forwards/backwards	Longo 2012	1	Running circling partner		х				х			х	3	
The bench static   X	Oliano 2017	1	Running shoulder contact	х	х	х			х		х	х	5	
Dimensifying 2023	Thompson 2017	1	Running quick forwards/backwards		х				х			х	3	
Hamstrings beginner	Grooms 2013	1	The bench static		х					х			2	
Single leg stance hold the ball	Daneshjoo 2013	1	Sideways bench static			х				х			2	
Squats with toe raises	Silvers-Granelli 2017	1	Hamstrings beginner		х					х			2	
1   Jumping vertical jumps		1	Single leg stance hold the ball			х			х				2	
1         The bench alternate legs         x         x         x         x         2           1         Sideways bench raise and lower hip         x         x         x         x         2           1         Hamstring intermediate         x         x         x         x         x         2           1         Single leg stance throwing ball with partner         x         x         x         x         x         x         2           1         Single leg stance throwing ball with partner         x         x         x         x         x         x         x         2           1         Jumping lateral jumps         x         x         x         x         x         x         3         3           1         The bench one leg lift and hold         x         x         x         x         x         x         x         2         2           1         Sideways bench with leg lift         x         <		1	Squats with toe raises		х			х					2	
1       Sideways bench raise and lower hip       x       x       x       2         1       Hamstring intermediate       x       x       x       x       2         1       Single leg stance throwing ball with partner       x       x       x       x       3         1       Stagats walking lunges       x       x       x       x       x       3         1       Jumping lateral jumps       x       x       x       x       x       3         1       The bench one leg lift and hold       x       x       x       x       2         1       Sideways bench with leg lift       x       x       x       x       2         1       Hamstring advanced       x       x       x       x       x       2         1       Hamstring advanced       x       x       x       x       x       x       x       x       2         1       Sigle leg stance test your partner       x		1	Jumping vertical jumps		х			х				х	3	
Hamstring intermediate		1	The bench alternate legs		х					х			2	
1         Single leg stance throwing ball with partner         x         x         x         x         x         x         3           1         Squats walking lunges         x         x         x         x         x         x         x         3           1         The bench one leg lift and hold         x         x         x         x         2         2           1         Sideways bench with leg lift         x         x         x         x         2         2           1         Hamstring advanced         x         x         x         x         x         2         2           1         Single leg stance test your partner         x         x         x         x         x         x         4         4           1         Single leg stance test your partner         x         x         x         x         x         x         x         x         4		1	Sideways bench raise and lower hip			х				х			2	
1         Squats walking lunges         x         x         x         2           1         Jumping lateral jumps         x         x         x         x         3           1         The bench one leg lift and hold         x         x         x         2           1         Sideways bench with leg lift         x         x         x         2           4         Hamstring advanced         x         x         x         x         2           5         Single leg stance test your partner         x         x         x         x         x         4           1         Squats one leg squats         x         x         x         x         x         x         x         x         x         4           2         Jumping box jump         x         <		1	Hamstring intermediate		х					х			2	
1       Jumping lateral jumps       x       x       x       3         1       The bench one leg lift and hold       x       x       x       2         1       Sideways bench with leg lift       x       x       x       x       2         1       Hamstring advanced       x       x       x       x       x       4         1       Single leg stance test your partner       x       x       x       x       x       x       4         1       Squats one leg squats       x       x       x       x       x       x       x       2         1       Jumping box jump       x <td></td> <td>1</td> <td>Single leg stance throwing ball with partner</td> <td></td> <td></td> <td>х</td> <td></td> <td></td> <td>х</td> <td></td> <td>х</td> <td></td> <td>3</td> <td></td>		1	Single leg stance throwing ball with partner			х			х		х		3	
1       The bench one leg lift and hold       x       x       2         1       Sideways bench with leg lift       x       x       x       2         1       Hamstring advanced       x       x       x       x       x       4         1       Single leg stance test your partner       x       x       x       x       x       x       4         1       Squats one leg squats       x       x       x       x       x       x       4         1       Jumping box jump       x       x       x       x       x       x       4         1       Running across the pitch       x       x       x       x       x       x       x       3         1       Running bounding       x       x       x       x       x       x       x       x       3         27       1       Running plant and cut*       x       x       x       x       x       x       x       x       x       4         209       1       Side bridge hip raise       x       x       x       x       x       x       x       x       x       x       x       x       x <td></td> <td>1</td> <td>Squats walking lunges</td> <td></td> <td>х</td> <td></td> <td></td> <td>х</td> <td></td> <td></td> <td></td> <td></td> <td>2</td> <td></td>		1	Squats walking lunges		х			х					2	
1       Sideways bench with leg lift       x       x       2         1       Hamstring advanced       x       x       x       x       2         1       Single leg stance test your partner       x       x       x       x       x       x       4         1       Squats one leg squats       x       x       x       x       x       x       x       4         1       Jumping box jump       x		1	Jumping lateral jumps			х			х			х	3	
1 Hamstring advanced       x       x       x       2         1 Single leg stance test your partner       x       x       x       x       x       4         1 Squats one leg squats       x       x       x       x       x       x       x       x       4         1 Jumping box jump       x       x       x       x       x       x       x       x       x       x       3         1 Running across the pitch       x       x       x       x       x       x       x       x       x       x       x       3         1 Running bounding       x <td< td=""><td></td><td>1</td><td>The bench one leg lift and hold</td><td></td><td>х</td><td></td><td></td><td></td><td></td><td>х</td><td></td><td></td><td>2</td><td></td></td<>		1	The bench one leg lift and hold		х					х			2	
1       Single leg stance test your partner       x       x       x       x       4         1       Squats one leg squats       x       x       x       x       x       2         1       Jumping box jump       x       x       x       x       x       x       4         1       Running across the pitch       x       x       x       x       x       x       3         1       Running bounding       x       x       x       x       x       x       x       4         27		1	Sideways bench with leg lift			х				х			2	
1       Squats one leg squats       x       x       x       2         1       Jumping box jump       x       x       x       x       x       4         1       Running across the pitch       x       x       x       x       x       x       3         1       Running bounding       x       x       x       x       x       x       x       x       4         27		1	Hamstring advanced		х					х			2	
1 Jumping box jump       x       x       x       x       x       4         1 Running across the pitch       x       x       x       x       x       3         1 Running bounding       x       x       x       x       x       x       x       x       4         27       x       x       x       x       x       x       x       x       4         DiStefano       1 Adductor stretch       x       x       x       x       2         2009       1 Side bridge hip raise       x       x       x       x       2         Root 2015       1 Calf stretch       x       x       x       x       x       3         1 Diagonal ball reach       x       x       x       x       x       x       x       4		1	Single leg stance test your partner	х	х	х			х		х		4	
1 Running across the pitch       x       x       x       3         1 Running bounding       x       x       x       x       x       3         1 Running plant and cut*       x       x       x       x       x       4         27       2009       1 Side bridge hip raise       x       x       x       2         2009       1 Calf stretch       x       x       x       x       2         1 Heel raise with internal rotation       x       x       x       x       3         1 Diagonal ball reach       x       x       x       x       x       4		1	Squats one leg squats		х				х				2	
1 Running bounding         x         x         x         x         3           1 Running plant and cut*         x         x         x         x         x         x         4           27         Image: Control of the co		1	Jumping box jump	х	х	х		х				х	4	
1       Running plant and cut*       x       x       x       x       x       4         27       1<		1	Running across the pitch		х				х			х	3	
27		1	Running bounding		х				х			х	3	
DiStefano         1         Adductor stretch         x         x         x         2           2009         1         Side bridge hip raise         x         x         x         2           Root 2015         1         Calf stretch         x         x         x         2           1         Heel raise with internal rotation         x         x         x         x         x         3           1         Diagonal ball reach         x         x         x         x         x         4		1	Running plant and cut*	х	х	х			х			х	4	
2009       1       Side bridge hip raise       X       X       2         Root 2015       1       Calf stretch       X       X       X       X       2         1       Heel raise with internal rotation       X       X       X       X       X       X       X       X       A       4         1       Diagonal ball reach       X       X       X       X       X       X       4	27													
2009       1       Side bridge hip raise       X       X       2         Root 2015       1       Calf stretch       X       X       X       X       2         1       Heel raise with internal rotation       X       X       X       X       X       X       X       X       A       4         1       Diagonal ball reach       X       X       X       X       X       X       4														
Root 2015         1         Calf stretch         X         X         2           1         Heel raise with internal rotation         X         X         X         X         X         X         X         X         X         X         X         X         X         A         4         A	DiStefano	1	Adductor stretch			х				х			2	
1     Heel raise with internal rotation     x     x     x     x       1     Diagonal ball reach     x     x     x     x     x	2009	1	Side bridge hip raise			х				х			2	
1 Diagonal ball reach X X X X 4	Root 2015	1	Calf stretch		х				х				2	
		1	Heel raise with internal rotation	х	х		х	х					3	
1 Side step tubing X X 2		1	Diagonal ball reach	Х	х		х	х			х		4	
		1	Side step tubing			Х		х					2	
1 Hip bridge X X 2					х					х			2	
1 Multiplanar Lunges (135 degrees) x x x x 3		1	Multiplanar Lunges (135 degrees)	Х	х		х	х					3	
1 Multiplanar lunges x x x x 3		1	Multiplanar lunges	Х	Х	Х		х					3	

Multiplanar hops to balance (135 degrees)		1	Multiplanar hops to balance	Х	Х	Х			х			х	4	
		1	Multiplanar hops to balance (135 degrees)	х	х		х		х			х	4	
1   Squar jumps		1	Single legged squat		х				х				2	
		1	Forward line hops		х			х				х	3	
1   Walking lunge		1	Sideways line hops			х		х				х	3	
		1	Squat jumps		х			х				х	3	
1		1	Walking lunge		х			х					2	
Mathematics		1	Vertical jump with header		х			х			х	х	4	
Mamstring stretch		1	Single leg balance toss			х			х		х		3	
		1	Sideways shuffle			х			х				2	
Minima		1	Hamstring stretch		Х					х			2	
Minima		1	Quadriceps stretch		х					х			2	
Distefano   1   Forward lunge   1   Forward		-			Х					х			2	
2011   3   Broad jump   3   X   X   X   X   X   X   X   X   X	22													
2011   3   Broad jump   3   X   X   X   X   X   X   X   X   X														
2011         1         Broad jump         I         X         I         X         I         X         I         X         I         3         3         3         3         3         3         3         3         3         3         3         4         1         2         <	DiStefano	1	Forward lunge		х			х					2	
1         Hip bridge         X	2011	1	Broad jump		х			х				х	3	
1       Calf stretch       x <t< td=""><td></td><td>1</td><td>Single leg squat</td><td></td><td>Х</td><td></td><td></td><td></td><td>х</td><td></td><td></td><td></td><td>2</td><td></td></t<>		1	Single leg squat		Х				х				2	
1       Calf stretch       x <t< td=""><td></td><td>1</td><td>Hip bridge</td><td></td><td>х</td><td></td><td></td><td></td><td></td><td>х</td><td></td><td></td><td>2</td><td></td></t<>		1	Hip bridge		х					х			2	
1       Adductor stretch       x		1	Calf stretch		Х				х				2	
1         Squat jumps         X         X         X         X         3           1         Double leg forward hops         X         X         X         X         X         X         3           1         Single leg forward hops         X         X         X         X         X         X         3           1         Double leg sideways hops         X         X         X         X         X         X         X         3           1         180 deg, jump to balance         X         X         X         X         X         X         X         4           1         180 felg forward hop to balance         X		1	Hip Flexor stretch		х					х			2	
1       Double leg forward hops       x       x       x       x       x       3         1       Single leg forward hops       x       x       x       x       x       x       3         1       Double leg sideways hops       x       x       x       x       x       x       x       3         1       Single leg sideways hops       x       x       x       x       x       x       x       x       3         1       Single leg sideways hops       x       x       x       x       x       x       x       x       x       4       x       4         1       Single leg sideways hops       x <td< td=""><td></td><td>1</td><td>Adductor stretch</td><td></td><td></td><td>х</td><td></td><td></td><td></td><td>х</td><td></td><td></td><td>2</td><td></td></td<>		1	Adductor stretch			х				х			2	
1       Single leg forward hops       x       x       x       x       x       3         1       Double leg sideways hops       x       x       x       x       x       x       3         1       Single leg sideways hops       x       x       x       x       x       x       x       x       3         1       180 deg. jump to balance       x       <		1	Squat jumps		х			х				х	3	
1       Single leg forward hops       x       x       x       x       x       3         1       Double leg sideways hops       x       x       x       x       x       x       3         1       Single leg sideways hops       x       x       x       x       x       x       x       x       3         1       180 deg. jump to balance       x       <		1	Double leg forward hops		Х			х				х	3	
1       Single leg sideways hops       x       x       x       x       x       3         1       180 deg. jump to balance       x       x       x       x       x       x       x       4         1       Single leg forward hop to balance       x					х				х			х	3	
1       180 deg. jump to balance       x       x       x       x       x       x       4         1       Single leg forward hop to balance       x       x       x       x       x       x       x       x       x       5         1       Single leg ball toss       x <td< td=""><td></td><td>1</td><td>Double leg sideways hops</td><td></td><td></td><td>х</td><td></td><td>х</td><td></td><td></td><td></td><td>х</td><td>3</td><td></td></td<>		1	Double leg sideways hops			х		х				х	3	
1       Single leg forward hop to balance       x       x       x       x       x       x       x       x       5         1       Single leg ball toss       x		1	Single leg sideways hops			х			х			х	3	
1       Single leg ball toss       X       X       X       X       X       X       3         1       Toe-heel walk       X		1	180 deg. jump to balance	х	х		Х	х				х	4	
1       Single leg ball toss       X       X       X       X       X       X       3         1       Toe-heel walk       X		1	Single leg forward hop to balance	х	х	х			х		х	х	5	
1       High knee run       X       X       X       X       X       X       3         1       Sideways shuffle       X       X       X       X       X       X       X       3         1       Z cuts       X       X       X       X       X       X       X       X       4         1       Double leg squat       X						х			х		х		3	
1       Sideways shuffle       x       x       x       x       x       3         1       Z cuts       x       x       x       x       x       x       x       4         1       Double leg squat       x       x       x       x       x       x       x       2         1       Toe walk       x       x       x       x       x       x       x       x       2         1       Double leg heel raise       x		1	Toe-heel walk		х				х				2	
1       Z cuts       X       X       X       X       X       4         1       Double leg squat       X       X       X       X       X       2         1       Toe walk       X		1	High knee run		Х				х			х	3	
1       Double leg squat       x       x       x       2         1       Toe walk       x       x       x       x       2         1       Double leg heel raise       x       x       x       x       2         1       Straight leg march       x       x       x       x       x       2						х		х				х	3	
1       Toe walk       x       x       x       2         1       Double leg heel raise       x       x       x       2         1       Straight leg march       x       x       x       x       2		1	Z cuts	х	Х		Х		х			х	4	
1       Toe walk       x       x       x       2         1       Double leg heel raise       x       x       x       2         1       Straight leg march       x       x       x       x       2								х					2	
1         Double leg heel raise         x         x         2           1         Straight leg march         x         x         x         2		-			х			х					2	
1 Straight leg march x x 2		1	Double leg heel raise										2	
									х				2	
					х			х			х			

	1	Walking butt kicks		х				х				2	
	1	Walking quad stretch		х					х			2	
	1	Double leg forward line hops		х			х				Х	3	
	1	Forward hop to balance*		х			х				х	3	
	1	Forward skipping		х				х			х	3	
	1	Sideways lunge			х		х					2	
	1	Human arrow*		х					х			2	
	1	Straight leg skip		х				х			х	3	
	1	Walking calf stretch		х				х				2	
	1	Knee to chest		х					х			2	
	1	Single leg forward line hops		х				х			х	3	
	1	Double leg sideways line hops			х		х				х	3	
	1	Up and down hops		х			х				х	3	
	1	Sideways hop to balance			х		х				х	3	
	1	Forward and back skipping		х				х			х	3	
	1	Side cuts*	х	х	х			х			х	4	
	1	Twisting lunge	х	х		Х	х			х		4	
	1	Sideways plank			х				х			2	
	1	Leg cradle*		х				х				2	
	1	Hip flexor walk*		х			х					2	
	1	Twisting hip flexor walk*	х	х		Х	х			х		4	
	1	Running butt kicks		х				х			x	3	
	1	Single leg sideways line hops			х			х			х	3	
	1	Tuck jumps		х			х				x	3	
	1	Twisting hop to balance*	х	х		х	х				х	4	
	1	Single leg balance perturbations*	х	х	х			х		х		4	
	1	Unanticipated side cuts*	х	х	х			х			х	4	
51													
DiStefano	1	Bend and reach		х			х			х		3	
2016	1	Rear lunge		х			х					2	
Padua 2014	1	High jumper		х			х			х	х	4	
	1	Rower		х			х					2	
	1	Squat bender		х			х					2	
	1	Windmill	x	Х		х	х			х		4	
	1	Forward lunge		Х			х					2	
	1	Prone row		Х					Х			2	
	1	Bent leg body twist				х			х			2	
		Double leg squat		х			х					2	
								1	I.			<u> </u>	

	1	Squat jump		Х			х				х	3	
	1	Side plank			х				х			2	1
	1	Push up		х					х			2	i
	1	Single leg reach		х				х		х		3	i
	1	Side hop to balance			х			х			х	3	i
	1	Ice skater			х			х			х	3	i
	1	L hop	х	х		х		х			х	4	i
17													i
													i
Finch	1	Squares	х	х	х			х			х	4	i
2014	1	Weaving bounds (a)	х	х	х			х			х	4	i
	1	Weaving bounds (b)	х	х	х			х			х	4	i
	1	Weaving hops	х	х	х			х			х	4	i
	1	Dura-disc balance bilateral stance			х		х					2	i
	1	Wobble board balance	х	х	х			х		х		4	i
	1	Balance hand passing	х	х	х			х		х		4	i
	1	Balance kicking	х	х	х			х		х		4	i
	1	Dura-disc hop	х	х	х			х		х	х	5	i
	1	Hurdle jumps		х			х				х	3	i
	1	Lateral hurdle jumps			х			х			х	3	i
	1	Hurdle jump (PP step)	х	х	х			х			х	4	i
	1	Hurdle jump (UP step)	х	х	х			х			х	4	i
	1	Hurdle hop		х				х			х	3	i
	1	Pre-planned change of direction	х	х	х			х			х	4	i
	1	Un-planned change of direction	х	х	х			х			х	4	i
	1	Un-planned change of direction (180 turn)	х	х		х		х			х	4	i
	1	Swiss ball kneeling		х					х			2	i
	1	Swiss ball squat		Х			х					2	ı
	1	Mini-tramp landing		Х			х				х	3	ı
		Mini-tramp landing lateral hop	х	Х	х		х				x	4	ı
	1	Mini-tramp landing hop and step	х	Х	х			х			х	4	ı
	1	Mini tramp landing catch and step	х	Х	х			х		х	х	5	ı
	1	Shuttle runs	х	Х		х		×			x	4	ı
	1	Bunny jumps		Х			х				х	3	ı
	1	Standing triples		Х				×			x	3	ı
	1	Sprints (lying start)		Х				х			х	3	ı
	1	Resisted sprints		Х				х			х	3	ı
	1	Tempo runs* Forward		Х				х			х	3	ı
	1	Tempo runs* Side			х			х			х	3	ı

	1	Kneeling beach sprints*		Х				х		Х	3	
	1	Graduated sprints		х				х		х	3	
	1	Stoppies		х				х		х	3	
	1	Pre-planned change of direction - double forward	х	х	х			х		х	4	
	1	Backpedals (a)		х				х		х	3	
	1	Backpedals (b)	х	Х	х			х		х	4	
	1	T-test	х	х	х	х		х		х	5	
37												
Fox	1	Standing on both feet; jump and land		х			х			х	3	
2018	1	2 feet jump; 1 foot landing		х				х		х	3	
	1	Stationary forward lunge		х			х				2	
	1	2 feet jump and land (N,S, E, W) 1/4 turn jumps	х	х		х	х			х	4	
	1	2 feet jump and land with ball		х			х			х	3	
	1	2 feet jump and 1 foot land with ball		х				х		х	3	
	1	Run up and land while catching a ball in the air		х				х	х	х	4	
	1	2 feet jump and 2 feet land with rotation	х	х		х	х			х	4	
	1	Walking forward lunges		х			х				2	
	1	2 feet jump 1 foot land with rotation	х	х		х		х		х	4	
	1	2 feet jump and land with ball (N,S, E, W) 1/4 turn jumps	х	х		х		х		х	4	
	1	Hop (N, S, E, W)	х	х	x			х		х	4	
	1	Run up, land, pivot pass behind to known player	х	х		х		х	х	х	5	
	1	Step lunge forward		х			х				2	
	1	Quick feet and lunge forward		х			х				2	
	1	Step lunge forward with ball		х			х				2	
	1	Quick feet and lunge forward with ball		х			х			х	3	
	1	Run up, land, pivot pass behind to Unknown player	х	х		х		х	х	х	5	
	1	Quick feet and side step	х	х	х			х			3	
	1	Quick feet and side step with ball	х	х	х			х			3	
	1	Break from a defender, run up, land, pivot pass behind to known player	х	х		х		х	х	х	5	
	1	Jump, lunge, land		х			х			х	3	
	1	Jump, lunge, land with ball		х			х			х	3	
	1	Break from a defender, run up, land, pivot pass behind to UNknown player	х	х		х		х	х	х	5	
	1	Moving jump lunge/land		х				х		х	3	
25												
Hagglund	1	One legged knee squat: hands on hips		Х				х			2	
2009	1	One legged knee squat holding ball overhead		Х				х	х		3	
Lindblom 2019	1	Single leg bend overs while holding ball, touch the ground on diagonal	х	Х		х		х	х		4	

	1	Pelvic lift: supine bridges		х					Х			2	
	1	2 legged knee squat		Х			х					2	
	1	2 legged knee squat: holding ball in front and overhead		х			х			х		3	
	1	The bench: forward plank		х					х			2	
	1	The bench: side plank			х				х			2	
	1	The bench: front plank with partner holding feet; walking with hands		х					х			2	
	1	The lunge: hands on hips		х			х					2	
	1	The lunge: hold ball in front; overhead; peforming throw in		х			х			х		3	
	1	The lunge: with a side stepping lunge, holding ball in front			х		х			х		3	
	1	Jump landing		х			х				х	3	
	1	Jump landing: single leg hands on hip forward and back hop		х				х			х	3	
	1	Jump landing: single leg land to the side			х			х			х	3	
	1	Quick steps to a forward hop onto one leg		Х				х			х	3	
16													
Hewett	1	Wall jumps (ankle bounces)		х			х				х	3	
1999	1	Tuck jumps		х			х				х	3	
	1	Broad jumps stick (hold) landing		х			х				х	3	
	1	Squat jumps		х			х				х	3	
	1	Double legged cone jumps: forward and back		х			х				х	3	
	1	Double legged cone jumps: side to side			х		х				х	3	
	1	180 deg jumps	х	х		х	х				х	4	
	1	Bounding in place		х				х			х	3	
	1	Jump, jump, vertical jump		х			х				х	3	
	1	Bounding for distance		x				х			х	3	
	1	Scissors jumps		х				х			х	3	
	1	Hop, hop, stick landing		Х				х			х	3	
	1	Step, jump up, down, vertical		Х			х				х	3	
	1	Mattress jumps: forward and back*		Х			х				х	3	
	1	Mattress jumps: side to side*			Х		х				х	3	
	1	Single legged jumps distance		Х				х			х	3	
	1	Jump into bounding		Х				х			х	3	
	1	Abdominal curl		Х					Х			2	
	1	Back hyperextension		Х					Х			2	
	1	Leg press		Х			х					2	
	1	Calf raise		х			х					2	
	1	Pullover*		х					Х			2	
	1	Bench press		х					Х			2	
	1	Latissimus dorsi pulldown			х				х			2	

	1	Forearm curl		Х					х		2	
	1	Calf /soleus stretch		х			х				2	
	1	Quadriceps stretch		х					х		2	
	1	Hamstrings stretch		х					х		2	
	1	Hip flexor stretch		х					х		2	
	1	ITB/lower back stretch			х		х				2	
	1	Posterior deltoid stretch				х			х		2	
	1	Latissimus dorsi stretch			х				х		2	
	1	Pectorals/biceps stretch		х					х		2	
33												
Irmischer	1	Wall jumps		х			х			х	3	
2004	1	Jump tucks		х			х			х	3	
Pfeiffer 2006	1	Standing broad jump		Х			х			х	3	
	1	Bound in place		Х				х		х	3	
	1	180 deg jumps	х	х		х	х			х	4	
	1	Double leg hops		х			Х			х	3	
	1	Single leg lateral hop			х			х		х	3	
	1	Single leg forward hop		х				х		х	3	
	1	Double leg hops with vertical jump at the end		х			х			х	3	
	1	Single leg 45 deg lateral hops	х	х	х			х		х	4	
10												
Kiani	1	Jogging		х				х		х	3	
2010	1	Backward jogging		х				х		х	3	
	1	High knee skipping		х				х		х	3	
	1	Defensive pressure technique*	х	х	х			х		х	4	
	1	1 and 1	х	Х	Х			х		х	4	
	1	Activation (isometric hold) of calf muscle		Х					х		2	
		Activation (isometric hold) of quadriceps muscle		Х					Х		2	
	1	Activation (isometric hold) of hamstring muscle		х					х		2	
	1	Activation (isometric hold) of hip flexor muscle		Х					Х		2	
	1	Activation (isometric hold) of groin muscle			Х				Х		2	
	1	Activation (isometric hold) of hip and lower back muscle				х			х		2	
	1	Forward and backward double leg jump		Х			х			х	3	
		Double leg jump with ball		Х			х			х	3	
		Lateral single leg jump			х			х		х	3	
		Forward and backward single leg jump		Х				х		х	3	
		Walking lunges		Х			х				2	

	1	Partner hamstring curl prone		х					х			2	
	1	Knee squat with toe raise		х			х					2	
	1	Sit ups		х					х			2	
	1	Board (forward plank)		х					х			2	
	1	Bridging		х					х			2	
21													
LaBella	1	Jogging		х				х			х	3	
2011	1	Skipping		х				х			х	3	
Taylor 2018.a	1	Carioca/grapevines	х		х	х		х			х	4	
Taylor 2018.b	1	Side shuffle with arm swing			х			х			х	3	
	1	Sprint at 75% maximum		х				х			х	3	
	1	High knee skipping		х				х			х	3	
	1	High knee carioca	х		х	х		х			х	4	
	1	Sprint at 100% maximum		х				х			х	3	
	1	Backward jog		х				х			х	3	
	1	Bear crawl		х			х			х		3	
	1	Butt kickers		х				х			х	3	
	1	Backward jog half length, turn and sprint	х	х		х		х			х	4	
	1	Diagonal skipping	х	х	х			х			х	4	
	1	Arm swings*			х		х					2	
	1	Trunk rotations*				х	х			х		3	
	1	Leg swings front to back		х					х			2	
	1	Leg swings side to side			х				х			2	
	1	Heel raises		х			х					2	
	1	Squats		х			х					2	
	1	Plank forward		х					х			2	
	1	Plank side			х				х			2	
	1	Push ups		х					х			2	
	1	Lunges forward		х			х					2	
	1	Lunges lateral			х		х					2	
	1	Lunges diagonal	х	х	х		х					3	
	1	Walking lunge forward		×			х					2	
	1	Walking lunge lateral			х		х					2	
	1	Prone lifts- arms and legs together		×					х			2	
	1	Prone lifts- lift opposite arm opposite leg		×					х			2	
	1	Prone lifts- knees flexed to 90 deg, heels together, hips ER, lift arms/legs		х					х			2	
	1	Ankle bounces		×			х				х	3	
	1	Tuck jumps		х			Х				Х	3	

	1	Jump in place, rotating 180 deg	х	х		Х	х				х	4	
	1	Squat jumps		х			Х				х	3	
	1	Broad jumps		х			Х				х	3	
	1	Jump over 3in cones front to back		х			Х				х	3	
	1	Jump over 3in cones side to side			х		х				х	3	
	1	Bounding in place		х			х				х	3	
	1	Scissors jumps		х			Х				х	3	
	1	Side to side bounding			х		х				х	3	
	1	Single leg hop, hop, stick landing		х				х			х	3	
	1	Jump, jump, jump, vertical jump		х				х			х	3	
	1	Single leg jump for distance		х				х			х	3	
	1	Jump into bounding		х			Х				х	3	
	1	Diagnonal bounding	х	х	х		х				х	4	
	1	Shuttle run	х	х		х		х			х	4	
	1	Diagnonal run	х	х	х			х			х	4	
	1	Lateral shuffle			х			х			х	3	
48													
Lephart	1	Quadriceps stretch		х					х			2	
2005	1	Hamstrings stretch		х					х			2	
	1	Hip flexor stretch		х					х			2	
	1	TFL stretch			х		х					2	
	1	Hip adductor stretch			х				х			2	
	1	Calf stretch		х			х					2	
	1	Single leg balance			х			х				2	
	1	Single leg balance- flex knee	х	х	х			х				3	
	1	Single leg balance- perturbations*	х	х	х			х		х		4	
	1	Lateral step downs			х			х				2	
	1	Theraband leg curls		х					х			2	
	1	Theraband leg extensions		х					х			2	
	1	Theraband squats		х			х					2	
	1	Abdominal curl ups		х					х			2	
	1	Side bridging, bent knees			х				х			2	
	1	Forward lunges		х			х					2	
	1	Lateral lunges			х		х					2	
	1	Single leg hip hike			х			х				2	
	1	Standing hip rotations*				х		×		х		3	
	1	Single leg forward hops		х				х			х	3	
	1	Double leg forward hops		х			Х				х	3	

	1	Single leg broad jumps		х				х			х	3	
		Double leg broad jumps		х			х				Х	3	
		Single leg jump from box		х				х			х	3	
		Double leg backward hops		х			х				х	3	
	1	Double leg lateral hops			х		Х				х	3	
		Double leg sqat thrusts		х			Х			х	х	4	
	1	Double leg jump lunge jump		х			х				х	3	
	1	Double leg jump from box		х			х				х	3	
	1	Scissors jumps		х			х				х	3	
	1	Triple hops		х				х			х	3	
	1	Single leg squats		х				х				2	
	1	Single leg calf raises		х				х				2	
	1	Side bridging straight knees			х				Х			2	
	1	Diagonal lunges	х	х	х		х					3	
	1	Forward lean hip rotations*	х	х		х		х		х		4	
	1	Shuttle runs	х	х		х		х			х	4	
	1	45 deg cuts; side/cross	х	х	х			х			х	4	
	1	90 deg cuts; side	х	х		х		х			х	4	
	1	Butt kicks		х				х			х	3	
	1	Forward / Backward cut and spin*	х	х		х		х			х	4	
	1	High knees		х				х			х	3	
	1	Side sliding			х		х					2	
	1	Cariocas	х		х	х		х			х	4	
44													
Liebert	1	Rotational lunge; cross reach	х	x		х	х			х		4	
2016	1	Anterior lunge; cross reach	х	х		х	х			х		4	
	1	Lateral lunge; cross reach	х		х	х	х			х		4	
	1	Single leg balance deadlift; cross reach	х	х		х		х		х		4	
	1	Soccer ball toss; forward		х				х		х		3	
	1	Soccer ball toss; side bend			х			х		х		3	
6													
Mandelbaum	1	Jog line to line		Х				х			х	3	
2005	1	Shuttle run	Х	Х		х		х			х	4	
Vescovi 2010	1	Backward running		Х				х			х	3	
Gilchrist 2008	1	Calf stretch		Х			х					2	
Pollard 2006	1	Quadriceps stretch		Х					Х			2	
	1	Hamstring stretch		Х					х			2	

	1	Inner thigh stretch			Х				х			2
	1	Hip flexor stretch		х					х			2
	1	Walking lunges		х			х					2
	1	Russian hamstring		х					х			2
	1	Single toe raises		х				х				2
	1	Lateral hops			х		Х				х	3
	1	Forward hops		х			Х				х	3
	1	Single legged hops		х				х			х	3
	1	Vertical jumps		х			Х				х	3
	1	Scissors jumps		х			Х				х	3
	1	Diagnonal run	х	х	х			х			х	4
	1	Bounding run		х				х			х	3
18												
McCann	1	Dumbell single arm power clean		х					х			2
2011	1	Barbell power jerk		х			х					2
	1	Barbell front lunge		х			х					2
	1	Stiff-leg deadlift		х			х			х		3
	1	Back squat		х			х					2
	1	Barbell bent over row		х			х					2
	1	Dips - assisted		х					х			2
	1	Medicine ball side toss*	х		х	х	х			х		4
	1	Basket hangs*	х	х		х			х			3
	1	Planks front		х					х			2
	1	Planks side			х				х			2
	1	Barbell hang clean		х			х					2
	1	Dumbell single arm jerk		х			х					2
	1	Box jumps*		Х			х				х	3
	1	Russian hamstring extension		х					х			2
	1	Front squat		х			х					2
	1	Pull ups assisted		Х					Х			2
	1	Dumbell incline chest press		Х					Х			2
	1	Roman chair hyperextension		Х					Х			2
	1	Roman chair sit-ups		Х					х			2
	1	Inverted row		Х					х			2
	1	Mediball push ups		Х					Х			2
	1	Cable chops	х	х		х	x			х		4
	1	Mediball around the worlds	х		х	х	х					3
	1	Overhead squat		х			Х			Х		3

	1	Plyometric clapping push ups		х					х		2
26											
Myer (AOSSM)	1	Agility ladder runs		x				x		х	3
2006	1	Athletic position*		x			х				2
	1	Wall jumps		x			х			х	3
	1	Squat jumps		х			х			х	3
	1	Tuck jumps with thighs parallel		x			х			х	3
	1	Line jumps side to side			х			х		х	3
	1	Line jump lateral maximal vertical	х	х	х			x		x	4
	1	Lunge jump		x			х			х	3
	1	180 deg jumps height	х	х		х	х			х	4
	1	Broad jump vertical + step	х	x	х		х			х	4
	1	Bounding in place		х			х			х	3
	1	Forward jumps over barrier + step	х	x	х		х			х	4
	1	Forward barrier jumps with middle box + step	х	х	х		х			х	4
	1	Box drop maximum vertical + step	х	х	х		х			х	4
	1	Box drop + step	х	х	х		х			х	4
	1	Tuck jump with abdominal crunch		x			х			х	3
	1	Tuck jump with butt kick		x			х			х	3
	1	Barrier jumps front to back		х			х			х	3
	1	Barrier jumps side to side			х		х			х	3
	1	Hop, hop, hop-athletic position + step*	х	x	х		х			х	4
	1	180 deg jumps, height	х	х		х	х			х	4
	1	Broad jump, jump, jump vertical + step	х	x	х		х			х	4
	1	Bounding for distance		x			х			х	3
	1	Lateral barrier hops with staggard box reaction*			х		х			х	3
	1	Back drop box touch- maximum vertical + step		х			х			х	3
	1	Lateral box drop maximum vertical			х		х			х	3
	1	Power steps*		х				x		x	3
	1	Squat tuck jumps		x			х			х	3
	1	Barrier hops flat, front to back		х			х			х	3
	1	Barrier hops flat, side to side			х		х			x	3
	1	Crossover hop, hop, athletic position, + step*		х			х			х	3
	1	3 barrier hop reaction, 3 way*		х			х			х	3
	1	Forward / backward hops over barriers + step		Х			х			х	3
	1	Lateral box drop- broad jump + step	х	Х	х		х			х	4
	1	Approach maximum vertical		Х			х			х	3
										 	_

	1	Crossover step- ski stop maximum vertical*		х		х				х	3	
Table 2	1	BOSU (round) double crunch		Х				Х			2	
	1	BOSU (round) opposite swivel crunch, feet up		х				Х			2	
	1	Swiss ball reverse back hyperextensions		х				Х			2	
	1	Deep hold position*		х				Х			2	
	1	Box butt touch		х		х					2	
	1	Line jump, forward - deep hold		х		х				х	3	
	1	Line jump, lateral - deep hold			х	х				х	3	
	1	Box drop - deep hold		х		х				х	3	
	1	Single leg squat - deep hold		х			х				2	
	1	BOSU (flat) deep hold	Х	х	х	х					3	
	1	BOSU (flat) drop squats	х	х	х	х				х	4	
	1	BOSU (round) jump, stick landing, hold	х	Х	х	х			х	х	5	
	1	BOSU (round) both knees - hold	х	Х	х			Х			3	
	1	BOSU (round) crunches		Х				Х			2	
	1	BOSU (round) swivel crunch, feet planted		х				Х			2	
	1	BOSU (round) single leg pelvic bridges		х				Х			2	
	1	BOSU (round) supermans		х				Х			2	
	1	BOSU (flat) drop stick - deep hold	х	х	х	х				х	4	
	1	BOSU (flat) deep hold partner perturbations	х	х	х	х			х		4	
	1	Box drop, lateral - deep hold			х	х				х	3	
	1	Single legged line hop, front/back- deep hold		х			х			х	3	
	1	Single legged squat - heel touches*		х			х				2	
	1	Swiss ball, both knees - deep hold		х		х					2	
	1	BOSU (round) single legged step - stick deep hold	Х	х	х		х		х		4	
	1	Double crunch		х				Х			2	
	1	Table double crunch		Х				Х			2	
	1	Table double swivel crunch		Х				Х			2	
	1	Table reverse hyperextensions		Х				Х			2	
	1	BOSU (round) lateral crunch		Х				х			2	
	1	BOSU (round) swimmers		Х				Х			2	
	1	Double BOSU (flat) deep hold - partner peturbations	х	Х	х	х			х		4	
	1	BOSU (flat) drop single legged airex stick - deep hold	х	Х	х		x		х	х	5	
	1	BOSU (round) single legged deep partner ball toss	х	Х	х		х		х		4	
	1	Swiss ball, both knees, deep hold partner perturbations		Х				Х			2	
		BOSU (round) single legged (4 way) hop stick - deep hold	х	Х	х		х		х	х	5	
	1	BOSU (flat) single legged ball pick up	х	Х	х		х		х		4	
		Airex walking lunges		Х		х					2	
	1	BOSU (flat) single legged squats	х	Х	х		х		х		4	

	1	BOSU (flat) single legged deep hold, partner perturbations	х	х	х		х		х	4	
		Straight leg lifts with toe punch		х				х		2	
	1	Straight leg lateral double crunch			х			х		2	
Table 3	1	Dumbbell hang snatch		х		х				2	
	1	Bench butt touch		х		х				2	
	1	Barbell squat		х		х				2	
	1	Bench press		х				х		2	
	1	Lying leg curl		х				х		2	
	1	Lateral pull downs			х			х		2	
	1	Ball squat dumbbell floor touches		х		х			х	3	
	1	Dumbbell shoulder press			х			х		2	
	1	Russian hamstring curl		х				х		2	
	1	Seated cable row		х				х		2	
	1	Hip abd/add at 60 deg/sec and 120 deg/sec			х			х		2	
	1	Double crunch		х				х		2	
	1	Hang clean		х		х				2	
	1	Leg press		х		х				2	
	1	Dumbbells incline press		х				х		2	
	1	Front lunges + press		х		х			х	3	
	1	Inverted lying pull ups		х				х		2	
	1	Stretch dumbbell deadlift*		х		х			х	3	
	1	3-way dumbbell shoulder circuit		х				х		2	
	1	Bench reverse hyperextensions		х				х		2	
	1	Knee flex/ext at 120 deg/sec and 300 deg/sec		х				х		2	
	1	Band good mornings		х		х			х	3	
	1	Back extensions		х				х		2	
	1	Ankle circuit*		х				х		2	
	1	Single leg band assisted squat*		х		х				2	
	1	Band shoulder press*		х				х		2	
		Standing cable row		х		х				2	
104											
Myer (CSM)	1	Lateral jump and hold			Х	х			х	3	
2008	1	Lateral jumps			х	Х			х	3	
Sabet 2019	_	Lateral hop and hold*			Х		х		х	3	
		Lateral hops*			Х		х		х	3	
		Hops*		х			х		x	3	
	1	Single tuck jump soft landings		х		х			х	3	
		Double tuck jumps		х		Х			х	3	

	1	Repeated tuck jumps		х			х				Х	3	
	1	Side to side tuck jumps			Х		х				Х	3	
	1	Side to side reaction barrier tuck jumps			х		х				Х	3	
	1	Front lunges		х			х					2	
	1	Walking lunges		х			х					2	
	1	Walking lunges unilaterally weighted		х			х			х		3	
	1	Walking lunges with plate crossover	х	х		х	х			х		4	
	1	Walking lunges with unilateral shoulder press		х			х			х		3	
	1	BOSU (round) lateral crunch			х				х			2	
	1	Box lateral crunch			х				х			2	
	1	BOSU (round) lateral crunch with ball catch			х				х			2	
	1	Swiss ball lateral crunch			х				х			2	
	1	Swiss ball lateral crunch with ball catch			х				х			2	
	1	Box double crunch		Х					х			2	
	1	Box swivel double crunch	х	Х		х			х			3	
	1	BOSU (round) swivel ball touches (feet up)	х	х		х			х			3	
	1	BOSU (round) double crunch		х					х			2	
	1	BOSU (round) swivel double crunch	х	х		х			х			3	
Table 2	1	Step hold		х				х				2	
	1	Jump single leg hold		х				х			Х	3	
	1	Hop hold		х				х			Х	3	
	1	Hop hop hold		х				х			Х	3	
	1	Crossover hop hop hold		х				х			Х	3	
	1	BOSU (round) toe touch swimmers		х					х			2	
	1	BOSU (round) swimmers with partner perturbations		х					х			2	
	1	Prone bridge (elbows and knees) hip extension		х					х			2	
	1	Prone bridge (elbows and toes) hip extension		х					х			2	
	1	Prone bridge (elbows and toes) hip extension opposite shoulder flexion		Х					х			2	
	1	Lunge jumps		Х			х				Х	3	
		Scissors jumps		Х			x				Х	3	
	1	Lunge jumps unilaterally weighted		Х			х			х	Х	4	
	1	Scissor jumps unilaterally weighted		Х			х			х	Х	4	
	1	Scissor jumps with ball swivel*		Х			х			х	Х	4	
	1	Swiss ball back hyperextensions		х					х			2	
	_	Swiss ball back hyperextensions with ball reach		Х					х			2	
	1	Swiss ball hyperextensions with back fly		Х					х			2	
	1	Swiss ball hyperextensions with ball reach lateral		Х					х			2	
	1	Swiss ball hyperextensions with lateral ball catch		Х					х			2	
Table 3	1	BOSU (round) double knee holds		х					х			2	

	1	BOSU (round) single knee holds		Х					х			2	
	1	Swiss ball Bilateral kneel		х					х			2	
	1	Swiss ball bilateral kneel with partner perturbations		х					х	х		3	
	1	Swiss ball bilateral kneel with lateral ball catch		х					х	х		3	
	1	Single leg lateral AIREX hop hold	х	х	x			х		х	х	5	
	1	Single leg lateral BOSU (round) hop hold	х	х	x			х		х	х	5	
	1	Single leg lateral BOSU (round) hop hold with ball catch	х	х	х			х		х	х	5	
	1	Single leg 4 way BOSU (round) hop hold	х	х	х			х		х	х	5	
	1	Single leg 4 way BOSU (round) hop hold with ball catch	х	х	х			х		х	х	5	
	1	BOSU (flat) pelvic bridge		х					х			2	
	1	BOSU (flat) single leg pelvic bridge		х					х			2	
	1	BOSU (flat) single leg pelvic bridge with ball hold		х					х			2	
	1	Supine swiss ball hamstring curl		х					х			2	
	1	Russian hamstring curl with lateral touch		Х					Х	х		3	
	1	Single leg 90 deg hop hold	х	х		х		х			х	4	
	1	Single leg 90 deg AIREX hop hold	х	х		х		х		х	х	5	
	1	Single leg 90 deg hop hold reaction ball catch	х	х		х		х		х	х	5	
	1	Single leg 180 deg AIREX hop hold	х	х		х		х		х	х	5	
	1	Single leg 180 deg AIREX hop hold reaction ball catch	х	х		х		х		х	х	5	
65													
Myer (JS&C)	1	Wall jumps (ankle bounces)		х			х				х	3	
2005	1	Squat jumps (frog jumps)		х			х				х	3	
	1	Tuck jumps (with abdominal crunch)		х			х				х	3	
	1	Barrier jumps (front and back) speed		х			х				х	3	
	1	Barrier jumps (side to side) speed			х		х				х	3	
	1	Crossover hop, hop, stick (right to left)	х	х	х			х			х	4	
	1	180 deg jumps (speed)*	х	х		х	х				х	4	
	1	Broad jump, jump, jump vertical		х			х				х	3	
	1	Jump into bounding		х			х				х	3	
	1	Forward barrier hops with staggered box*		х			х				х	3	
	1	Lateral barrier hops with staggered box*			Х		х				x	3	
	1	Box depth-180 deg box depth max vertical	х	х		х	х				х	4	
	1	BOSU 180 deg jumps stick landing*	х	х		х	х				x	4	
Table 2	1	Dumbbell hang snatch		х			х			х		3	
	1	Squat		х			х					2	
	1	Bench press		Х					Х			2	
	1	Leg curl		х					Х			2	
	1	Shoulder press		х					х			2	

	1	Lat pull down			Х				Х			2	
	1	Assisted russian hamstring curl		х					х			2	
	1	Back fly			Х				х			2	
	1	Bicep circuit		х					х			2	
	1	Ankle: plantar/dorsi		х					х			2	
Table 3	1	Broad jump stick landing		х			х				х	3	
	1	Crossover hop stick landing	х	х	х		х				х	4	
	1	Single leg hop		х				х			х	3	
	1	Box drop medicine ball catch		х			х			х	х	4	
	1	180 deg jump stick landing - medicine ball catch	х	х		х	х			х	х	5	
	1	BOSU double leg peturbations		х			х			х		3	
	1	BOSU both knees deep hold medicine ball catch		х			х			х		3	
	1	BOSU double leg pick*		х			х					2	
	1	BOSU single leg deep hold		х				х				2	
	1	BOSU crunches		х					х			2	
	1	BOSU V sit-toe touches		х					х			2	
	1	BOSU swivel crunch feet up				х			х			2	
	1	BOSU supermans right to left		х					х			2	
Table 4	1	Jog to sprint		х				х			х	3	
	1	Run (light resistance)		х				х			х	3	
	1	Run		х				х			х	3	
	1	Backward run		х				х			х	3	
	1	Run/drum majors/ run (light resistance)		х				х			х	3	
	1	Run (medium resistance)		х				х			х	3	
	1	Run (heavy resistance)		х				х			х	3	
43													
Myklebust	1	Running and planting*		х				х			х	3	
2003	1	Running backwards		х				х			х	3	
	1	Jumping- R to L with 2 foot landing with hip and knee flexion			х			х			х	3	
	1	Running and planting; full plant and cut with the ball*	х	х	х			х			х	4	
	1	2 leg forward and backward jumps		х			х				х	3	
	1	180 deg turn and jumps with partner pushes	х	х		х	х			х	х	5	
	1	Running and planting with jump shot and 2 leg landing*	х	х	х		х			х	х	5	
	1	Single limb balance with partner ball toss			х			×		х		3	
	1	Jump shot from the box with 2 foot landing on flexed hips and knees		х			х			х	х	4	
	1	Step down from box with one leg landing on flexed hips and knees		х				х			х	3	
	1	Double leg balance on mats with partner pushes		х			х			х		3	
	1	Single leg balance on mats with partner pushes			х			х		Х		3	

	1	Jump to a mat catching a ball, then a 180 deg turn on the mat	х	Х		х	х		х	х	5	
	1	2 legged wobble board ball tosses		х			х		х		3	
	1	2 legged wobble board squats		х			х				2	
	1	Single legged wobble board squats		х				х	х		3	
	1	Single leg balance on wobble board with ball tosses			х			х	х		3	
	1	Single leg wobble board with bounding the ball with eyes closed			х			х	х		3	
	1	Double leg wobble board balance with partner pushes		х			х		х		3	
	1	Single leg wobble board balance with partner pushes			х			х	х		3	
20												
Noyes	1	Wall jumps		х			х			х	3	
2013	1	Tuck jumps		х			Х			х	3	
	1	Squat jumps		х			х			х	3	
	1	Barrier jumps side to side			х		х			х	3	
	1	Barrier jumps forward and backward		х			х			х	3	
	1	180 deg jumps	х	х		х	х			х	4	
	1	Broad jumps		х			х			х	3	
	1	Bounding in place		х			Х			х	3	
	1	Triple broad jump into vertical jump		х			х			х	3	
	1	Single leg hops		х				х		х	3	
	1	Scissor jumps		х			х			х	3	
	1	Bounding for distance		х			х			х	3	
	1	Step, jump up and down, vertical		х			х			х	3	
	1	Mattress jumps*		х			х			х	3	
	1	Triple single leg hop - stick landing		х				х		х	3	
	1	Jump into bounding		х			х			х	3	
	1	Serpentine run	х	х	х			х		х	4	
	1	Modified shuttle*	х	х		х		х		х	4	
	1	Square drill*	х	х	х		х			х	4	
	1	Nebraska drill*	х	х		х		х		х	4	
	1	Illinois drill*	х	х		х		х		х	4	
	1	T-drill	х	х	х	х		х		х	5	
	1	Partner push offs - sprint 10 yrds		х				х	х	х	4	ĺ
	1	Sprint - backpedal		х				х		х	3	
	1	Acceleration with band (10, 20 and 30 yrd)		х				х		х	3	ĺ
	1	Sprint with ground touches backpedal		х				х	х	х	4	ĺ
	1	1/2 field or 50 yrd runs		х				х		х	3	ĺ
	1	100 yrd shuttle	х	х		х		х		х	4	ĺ
	1	1/4 eagle, sprint, jog back	х	х		х		х		х	4	ĺ

	1	50 yrd shuttle	х	Х		х		Х			х	4	
	1	Box drill, sprint 90 deg backpedal, 1/2 field	х	х	х			х			х	4	
	1	50 yrd cone drill*		х				х			х	3	
	1	Ladder drills, up and back*		х				х			х	3	
	1	Ladders, toe touches, dot drills*		х				х			х	3	
	1	Split leg jumps		х			х				х	3	
	1	180 deg split leg jumps	х	х		х	х				х	4	
36													
Olsen	1	Jogging end to end		х				х			х	3	
2005	1	Backward running with sidesteps	х	х	х			х			х	4	
Walden 2005	1	Forward running with knee lifts and heel kicks		х				х			х	3	
	1	Sideways running with crossovers (carioca)	х		х	х		х			х	4	
	1	Sideways running with arms lifted (parade)	х		х	х		х			х	4	
	1	Forward running with trunk rotations	х	х		х		х		х	х	5	
	1	Forward running with intermittent stops		х				х			х	3	
	1	Speed runs		х				х			х	3	
	1	Planting and cutting movements*	х	х	Х			х			х	4	
	1	Jump shot landings*	х	х	х		х			х	х	5	
	1	2 leg balance on wobble board passing the ball		х			х			х		3	
		2 leg squats on wobble board		х			х					2	
	1	1 leg squats on wobble board		х				х		х		3	
	1	1 leg on wobble board passing the ball			х			х		х		3	
	1	2 legs on wobble board bouncing the ball eyes closed		х			х			х		3	
	1	2 legs on wobble board partner perturbations		х			х			х		3	
	1	Squats to 80 deg of knee flexion		х			х					2	
	1	Bounding strides		х				х			х	3	
+		Forward jumps		х			х				х	3	
	1	Jump shot- 2 leg landings	х	Х	Х		х			х	х	5	
		Nordic hamstring lowers		Х					х			2	
21													
Omi	1	Rebound jump (ball catch)		Х			х			х	х	4	
		180 deg turn	х	Х		х	х				х	4	
		2 legged front back jumps		х			х				х	3	
		2 legged side to side jumps			Х		х				х	3	
+		Single leg squat		х				х				2	
		Side bridge			Х				х			2	
		Hip lift both legs		Х					х			2	

	1	Russian hamstrings		х					х			2	
	1	Standing hip abduction			Х				х			2	l
	1	BOSU (flat) double leg balance and pass		х			х			х		3	]
	1	BOSU single leg balance			х			х		х		3	1
	1	Jump landing with band- rebound jump (ball catch)		х			х			х	х	4	]
	1	Jump landing with band- 180 deg turns (ball catch)	х	х		х	х			х	х	5	ĺ
	1	Jump landing with band- front back jumps		х			х				х	3	]
	1	Jump landing with band- side jumps both legs			х		х				х	3	1
	1	Hip ER clam with resistance				х			х			2	]
	1	Bilateral squat		х			х					2	İ
	1	BOSU - single leg balance and dribble			х			х		х		3	1
	1	Single leg front and back jump		х				х			х	3	]
	1	Single leg side jumps			х			х			х	3	]
	1	Single leg squat with dumbbell		х				х				2	]
	1	Side bridge with hip abduction			х				х			2	]
	1	Hip lift with single leg*			х			х				2	]
	1	Forward lunge onto BOSU		х			х					2	]
	1	Hip lift single leg on BOSU		х					х			2	]
	1	Single leg squat on BOSU		х				х		х		3	]
	1	Jumps with contact		х			х			х	х	4	İ
	1	90 deg turn jump with ball catch	х	х		х	х			х	х	5	İ
	1	Single leg hop with ball catch		х				х		х	х	4	]
	1	Side jump with ball catch			х			х		х	х	4	]
	1	Single leg hip lift on BOSU		х					х			2	İ
	1	Monster walks			х		х					2	]
	1	Cross leg forward hop*			х			х			х	3	İ
33													ĺ
													]
Otsuki	1	2 legged squat		х			х					2	İ
2014	1	1 legged squat		х				х				2	]
	1	Squat jumps		х			х				х	3	İ
	1	Tuck jumps		х			х				х	3	İ
	1	180 deg jumps	х	х		х	х				х	4	]
	1	Contact jumps			х		х			х	х	4	İ
	1	Lateral hops			х		×				х	3	l
		Pivoting*				х	х					2	l
	1	Sprint with 2 leg plant and cuts	Х	х		х	х				х	4	l
		Sprint with 1 leg plant and cuts	х	х		х		х			х	4	l
10													I

Pasanen	1	Jogging		х				х			х	3	
2008	1	Carioca running	х		х	х		х			х	4	
	1	Sideways gallop			х			х			х	3	
	1	Zigzag running forward	х	х	х			х			х	4	
	1	Zigzag running backward	х	х	х			х			х	4	
	1	Skipping		х				х			х	3	
	1	Walking lunges		х			х					2	
	1	Slow alternate bounding		х				х			х	3	
	1	Combination hops		х				х			х	3	
	1	Double leg balance with stick*		х			х					2	
	1	Single leg balance with stick			х			х		х		3	
	1	Single leg balance wih medicine ball throws			х			х		х		3	
	1	Double leg balance on wobble board		х			х					2	
	1	Single leg balance on wobble board			х			х		х		3	
	1	Forward jumps double leg		х			х				х	3	
	1	Forward jumps single leg		х				х			х	3	
		Lateral skater leaps			х			х			х	3	
	1	Split squat jumps		х			х				х	3	
	1	Cycled split squat jumps*		х			х				х	3	
	1	Double leg jump over stick		х			х				х	3	
	1	Single leg jump over stick		х				х			х	3	
	1	Double leg backward jump over stick		х			х				х	3	
	1	Single leg backward jump over stick		х				х			х	3	
	1	Double leg lateral jump over stick			х		х				х	3	
	1	Single leg lateral jump over stick			х			х			х	3	
	1	Double leg squat with partner on back		х			х					2	
	1	Single leg split squat		х				х				2	
	1	Nordic hamstrings		х					х			2	
	1	Isometic front bridge		х					х			2	
	1	Isometic side bridge			х				х			2	
	1	Cross curl up		x					Х			2	
	1	Seated hip and back neutral zone exercises*		×					х			2	
	1	Hamstring stretch		х					Х			2	
	1	Kneeling hip flexor stretch		×					х			2	
34													
Paterno	1	Broad jumps, stick landing		х			х				х	3	
2004	1	Box drops, stick landing		х			х				x	3	

DiStasi 2014	1	BOSU double leg balance		х			Х					2	
Nagelli 2019	1	BOSU double knee balance		х					х			2	
	1	Abdominal crunch		х					х			2	
	1	Lower back supermans		х					х			2	
	1	BOSU supermans		х					х			2	
	1	BOSU crunches		х					х			2	
	1	BOSU double leg perturbations		х			Х			х		3	
	1	BOSU double leg pick*		х			х					2	
	1	Single leg hop		х				х			х	3	
	1	180 deg jumps, stick landing	х	х		х	х				х	4	
	1	BOSU both knees, deep hold		х					х			2	
	1	BOSU both legs, deep hold		х			Х					2	
	1	BOSU jump, stick landing		х			х				х	3	
	1	BOSU swivel crunch (feet planted)		х					х			2	
	1	Hop, stick landing single leg		х				х			х	3	
	1	BOSU single leg, deep hold		х				х		х		3	
	1	BOSU V sit toe touches		х					х			2	
	1	Double crunch		х					х			2	
	1	180 deg jumps, stick landing, medicine ball catch	х	х		х	Х			х	х	5	
	1	BOSU both knees, deep hold, medicine ball catch		х					х	х		3	
	1	BOSU swivel crunch (feet up)		х					х			2	
	1	Box drop, medicine ball catch		х			х			х	х	4	
	1	Crossover hop-stick		х				х			х	3	
	1	BOSU 180 deg jumps, stick landing	х	х		х	х			х	х	5	
	1	BOSU jumps, stick landing, medicine ball catch		х			х			х	х	4	
	1	BOSU partner toss (feet up)		х					х			2	
	1	BOSU single knee, deep hold		х					х			2	
	1	BOSU single leg, deep hold, multiple switches		х					х			2	
	1	BOSU single leg pick (right and left)*		х				х		х		3	
	1	BOSU double crunch		х					х			2	
	1	BOSU hop, stick landing (right and left)		х				х		х	х	4	
	1	BOSU opposite knee to elbow		х					х			2	
Section 2	1	Wall jumps (ankle bounces)		х			х				х	3	
	1	Squat jumps		Х			х				х	3	
	1	180 deg jumps (height)	х	Х		х	х				х	4	
	1	Barrier jumps side to side			х		х				х	3	
	1	Bounding in place		х			х				х	3	
	1	Box depth max vertical		Х			х				х	3	
	1	Box depth reaction*		х			Х				х	3	

1	Broad jump vertical		Х			х				х	3	
1	Forward barrier hops with middle box		Х			х				х	3	
1	Forward hops over barriers		х			х				х	3	
1	Lunge jump		х			х				х	3	
1	Tuck jump (thighs parallel)		х			х				х	3	
1	180 deg jumps (speed)	х	х		х	х				х	4	
1	Backward/forward box depth, max vertical		х			х				х	3	
1	Barrier jumps front to back		х			х				х	3	
1	Bounding for distance		х			х				х	3	
1	Scissors jumps		х			х				х	3	
1	Tuck jump with butt kick		х			х				х	3	
1	180 deg jumps, broad jumps	х	х		х	х				х	4	
1	Forward barrier hops with staggered box*		х			х				х	3	
1	Box depth, max vertical, reaction*		х			х				х	3	
1	Broad jump, jump, vertical		х			х				х	3	
1	Zigzag jumps over barriers	х	х	х		х				х	4	
1	Broad jump, jump, vertical		х			х				х	3	
1	Hop, hop, hop, stick (right and left)		х				х			х	3	
1	Lateral barrier hops			х		х				Х	3	
1	Lateral barrier hops with staggered box*			х		х				х	3	
1	Power steps (right and left)*		х				х				2	
1	Tuck jump with abdominal crunch		х			х				Х	3	
1	Barrier jumps (front to back) speed		х			х				х	3	
1	Barrier jumps (side to side) speed			х		х				Х	3	
1	BOSU 180 deg jumps stick landing	х	х		х	х			х	х	5	
1	Box depth, 180 deg, box depth max vertical	х	х		х	х				х	4	
1	Jump into bounding		х			х				Х	3	
1	3 barrier hop, reaction (3 way)*		х			х				х	3	
1	Barrier hops flat (front to back) right and left		х			х				х	3	
1	Barrier hops flat (side to side) right and left			Х		х				х	3	
1	Box depth, broad jump		Х			х				х	3	
1	Crossover hop, hop, hop stick (width)		х				х			х	3	
1	Multidirectional barrier hops*	х	Х	Х		х				х	4	
1	Crossover hop, hop, stick (distance)	х	х	х			х			х	4	
1	Box depth, 180, box depth, vertical jump, reaction	х	Х		х	х				х	4	
1	Box depth, 180 reaction*	х	Х		х	х				х	4	
1	Broad jump, jump, vertical, reaction		Х			х				х	3	
	Forward/backward hops over barrier		х			х				х	3	
1	Squat tuck jumps		Х			х				х	3	
		1		1			L	L				

2005 1 Single leg stand on round soft balance board- throwing with partner  1 Single leg stand on rectangel wobble board - partner throwing  2	Section 3	1	Lateral pull down		х			х			2	
1   1   1   2   2   3   3   3   3   3   3   3   3		1	Ankle plantar-dorsi	х				х			2	
1   leg curl		1	Benchpress	х				х			2	
1   Shoulder press		1	Dumbbell hang snatch	х		х			х		3	
1   Squat		1	leg curl	х				х			2	
1   Back fly		1	Shoulder press	х				х			2	
1   Russian good mornings		1	Squat	х		х					2	
1   Russian good mornings		1	Back fly	х				х			2	
1   Ankle inversion/eversion		1	Bicep circuit	х				х			2	
1   Cable rows		1	Russian good mornings	х		х			х		3	
1   Dumbbell incline		1	Ankle inversion/eversion		х			х			2	
1   Hang cleans		1	Cable rows	х				х			2	
1   Leg press		1	Dumbbell incline	х				х			2	
1   Lunge circuit*		1	Hang cleans	х		х					2	
1 Shoulder circuit*		1	Leg press	х		х					2	
1 Straight leg dead lift  X X X X X Z Z  99 1 Tricep circuit*  X X X X X X Z  Petersen 1 Single leg stand with handball throwing exercises  X X X X X X X X X X X X X X X X X X X		1	Lunge circuit*	х		х					2	
Petersen 1 Single leg stand with handball throwing exercises		1	Shoulder circuit*	х				х			2	
Petersen 1 Single leg stand with handball throwing exercises		1	Straight leg dead lift	х		х			х		3	
Petersen 1 Single leg stand with handball throwing exercises		1	Tricep circuit*	х				х			2	
1 Single leg stand on round soft balance board- throwing with partner 1 Single leg stand on rectangel wobble board - partner throwing 2 Single leg stand on soft and rectangular- complex throwing at goal 3 Single leg stand on soft and rectangular- complex throws 4 Single leg stand on wobble boards- eyes closed complex throws 5 Single leg stand on soft and hard wobble boards- complex throw at goal 7 Single leg stand on soft and hard wobble boards- complex throw at goal 8 Vertical jumps floor and mat 9 Vertical jumps floor a	99											
1 Single leg stand on round soft balance board- throwing with partner 1 Single leg stand on rectangel wobble board - partner throwing 2 Single leg stand on soft and rectangular- complex throwing at goal 3 Single leg stand on soft and rectangular- complex throws 4 Single leg stand on wobble boards- eyes closed complex throws 5 Single leg stand on soft and hard wobble boards- complex throw at goal 7 Single leg stand on soft and hard wobble boards- complex throw at goal 8 Vertical jumps floor and mat 9 Vertical jumps floor a												
1 Single leg stand on rectangel wobble board - partner throwing	Petersen	1	Single leg stand with handball throwing exercises		Х		x		х		3	
1 Single leg stand on soft and rectangular- complex throwing at goal 2 Single leg stand on wobble boards- eyes closed complex throws 3	2005	1	Single leg stand on round soft balance board- throwing with partner		х		х		х		3	
1 Single leg stand on wobble boards- eyes closed complex throws 2		1	Single leg stand on rectangel wobble board - partner throwing		х		х		х		3	
1 Single leg stand on soft and hard wobble boards- complex throw at goal  1 Vertical jumps floor and mat  2 X X X 3  1 Forward and backward jumps floor and mat  3 X X X X 3  1 Side to side jumps floor and mat  4 X X X X X X X 3  1 Forward jumps from box to mat  4 X X X X X X X X X X X X X X X X X X		1	Single leg stand on soft and rectangular- complex throwing at goal		х		х		х		3	
1 Vertical jumps floor and mat 2		1	Single leg stand on wobble boards- eyes closed complex throws		х		х		х		3	
1 Forward and backward jumps floor and mat		1	Single leg stand on soft and hard wobble boards- complex throw at goal		х		х		х		3	
1 Side to side jumps floor and mat  x x x x 3  Forward jumps from box to mat  x x x x x x 3  Forward jumps from mat to box  x x x x x x x 3  Forward jumps from floor to mat with throwing x x x x x x x x x x x x x x x x x x x		1	Vertical jumps floor and mat	х		х				Х	3	
1 Forward jumps from box to mat x x x 3 Forward jumps from mat to box x x x x x 3 Forward jumps from floor to mat with throwing x x x x x x x 4 Side to side jumps floor to mat with throwing x x x x x x 4		1	Forward and backward jumps floor and mat	х		х				Х	3	
1     Forward jumps from mat to box     x     x     x     3       1     Forward jumps from floor to mat with throwing     x     x     x     x     4       1     Side to side jumps floor to mat with throwing     x     x     x     x     4		1	Side to side jumps floor and mat		х	х				Х	3	
1 Forward jumps from floor to mat with throwing x x x 4 1 Side to side jumps floor to mat with throwing x x x 4		1	Forward jumps from box to mat	х		х				Х	3	
1 Side to side jumps floor to mat with throwing x x x 4		1	Forward jumps from mat to box	х		х				Х	3	
		1	Forward jumps from floor to mat with throwing	х		х			х	Х	4	
		1	Side to side jumps floor to mat with throwing		х	х			х	Х	4	
1 Forward jumps from box to mat with throwing x x 4		1	Forward jumps from box to mat with throwing	х		х			х	Х	4	
1 Side to side jumps on the mat with throwing X X X 4		1	Side to side jumps on the mat with throwing		Х	х			х	Х	4	
1 Forward jumps from box to mat eyes closed x x x 3		1	Forward jumps from box to mat eyes closed	х		х				х	3	
1 Side to side jumps on the mat with eyes closed x x x 3		1	Side to side jumps on the mat with eyes closed		Х	х				Х	3	
17	17											

Pfile	1	Forward/backward single legged line jumps		х				х			х	3	
2013	1	Side to side single legged line jumps			х			х			х	3	
	1	High skips		х				х			х	3	
	1	Distance skips		х				х			х	3	
	1	Broad jumps		х			х				х	3	
	1	Tuck jumps		х			х				х	3	
	1	Alternating single legged lateral jumps			х			х			х	3	
	1	Forward single legged hop, hop, hop and stick		х				х			х	3	
	1	Squat jumps		х			х				х	3	
	1	Single legged maximal vertical jumps		х				х			х	3	
	1	Single legged jump for distance		х				х			х	3	
	1	Broad jump, jump, jump vertical jump		х			х				х	3	
	1	180 deg jumps	х	х		х	х				х	4	
	1	Single legged lateral jumps			х			х			х	3	
	1	Abdominal draw ins		х					х			2	
	1	Side plank knee bent			х				х			2	
	1	Sidelying hip abduction			х				х			2	
	1	Sidelying hip ER clam shells				х			х			2	
	1	Crunches		х					х			2	
	1	Lumbar extension, hands on head		х					х			2	
	1	Walking lunges, hands on hips		х			х					2	
	1	Hamstring bridges with abdominal draw in		х					х			2	
	1	Side plank legs extended with abdominal draw in			х				х			2	
	1	Quadruped hip extension/ER/abduction		х					х			2	
	1	Crunches, opposite elbow to knee		х					х			2	
	1	Lumbar extension, upper extremities straight		х					х			2	
	1	Squats with UEs over head		х			х			х		3	
	1	Lunges with ball toss		х			х			х		3	
28													
Rostami	1	Double leg squat		х			х					2	
2018		Walking lunges		Х			х					2	
		Single leg squat		х				х				2	
		Double leg drop jump		Х			х				х	3	
		Single leg stance on unstable platform			Х			х		х		3	
		Side step cutting maneuver*	х	Х	Х			х			х	4	
		Single leg hop for distance		Х				х			х	3	
	1	Vertical jump		Х			х				х	3	

8												
Soderman	1	Single leg standing on wobble board, UEs in different postions			х			х		х		3
2000	1	Single leg standing on wobble board, bouncing ball on floor			х			х		х		3
	1	Single leg standing on wobble board, throwing ball in the air			х			х		х		3
	1	Single leg standing on wobble board, drawing in air with opposite LE			х			х		х		3
4												
Steffen		The bench		Х					Х			2
2008	1	Sideways bench			х				х			2
Chappell 2008	1	Cross country skiing for balance		х			х					2
vanBeijstervedIt 2011	1	Single leg stance chest pass			х			х		х		3
	1	Forward bend in single leg stance		х				х		х		3
		Figure of 8's in single leg stance		х				х				2
	1	Line jumps sideways			х			х			Х	3
	1	Line jumps forward/backward		х				х			Х	3
	1	Zigzag shuffle forward and backward	х	х	х			х			Х	4
	1	Bounding		x			х				Х	3
	1	Nordic hamstrings		х					х			2
11												
Whyte	1	TA activation		х					х			2
2017	1	TA activation with UE movements		х					х			2
	1	TA activation with UE/LE movements		х					х			2
	1	Trunk curls		х					х			2
	1	Trunk curls with rotations		х					х			2
	1	Dynamic bridge		х					х			2
	1	Dynamic bridge with knee extensions		х					х			2
	1	Shortened dynamic prone plank		х					х			2
	1	Full dynamic prone plank		х					х			2
	1	Plank walk outs		х					х			2
	1	Shorthend dynamic side plank			х				х			2
	1	Full dynamic side plank			х				х			2
	1	Full dynamic plank with trunk rotations	Х	х		х			х			3
	1	Forward lunges with handheld weights		х			х					2
	1	Backwards lunges with handheld weights		х			х					2
		Sideways lunges with handheld weights			Х		х					2
16												
		i e e e e e e e e e e e e e e e e e e e	1		1	l .		ı	1			

Total Exercises	1019											2921
												2.867
			199	834	278	108	418	345	256	164	518	
			19.5%		27.3%	10.6%	41.0%	33.9%	25.1%	16.1%	50.8%	
			Multi-	Saggittal	Frontal	Transverse	Bilateral	Single	Non-	Trunk & Hip		
			Planar	(S)	(F)	(T)	Weight Bearing	Limb Stance	Weight Bearing	Dissoc. Control	Flight Phase	
							bearing	Statice	bearing	Control		
		Total Number of Categories Integrated into an Exercise Program	1	2	3	4	5	6				TOTAL
		Total Number of Exercises that are Contained in # of Programs	0	380	432	170	37	0				1019
						-						
		A. Multiplanar	199									
		B. Single Limb Stance										
		C. Hip & Trunk Dissociative Control										
		D. Flight phase										
		3 41 444										
												Щ