

Ankle:

- 1.) Calf raises: 3 rounds of 20 reps
- 2.) Bosu ball balances: 3 rounds of 30 seconds on each leg
- 3.) Single leg hops/ jump rope: 3 rounds of 1 minute each

Quadriceps:

- 1.) Single leg squats: 3 rounds of 10 reps each leg
- 2.) Lunges: 3 rounds of 20 reps each leg
- 3.) Wall sit: 3 rounds of 1 minute or accumulate 3 min. total

Hamstring/ adductors:

- 1.) Sumo deadlifts: 3 rounds of 15 reps
- 2.) Single leg deadlifts: 3 rounds of 10 reps each leg
- 3.) Slide board side lunges: 3 rounds of 10 reps each leg

Glutes:

- 1.) Cable kick-backs: 3 rounds of 15 reps
- 2.) Single leg glute bridges: 3 rounds of 12 reps
- 3.) Supermans/ GHD: 3 rounds of 12 reps

Core:

- 1.) Pallof press: 3 rounds of 15 reps each side
- 2.) Cable core rotation: 3 rounds of 15 reps each side
- 3.) V-ups: 3 rounds of 10 reps