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|  | **PHASE OF PROGRAM:** | **PHASE 1**  **(WK 1 – 2)** | **PHASE 2**  **(WK 3 – 4)** | **PHASE 3**  **(WK 5 – 6)** | **PHASE 4**  **(WK 7 – 8)** | **MAINTENANCE**  **(WK 9)** |
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| **BALANCE EXERCISES** | Wall sit (double and single leg) |  |  |  |  |  |
| Reverse cross over lunge |  |  |  |  |  |
| Single leg stance with   1. Knee and hip flexion 2. Knee flexion and hip abduction 3. Hip abduction |  |  |  |  |  |
| Single leg deadlift; |  |  |  |  |  |
| 1. With arm raise and hop |  |  |  |  |  |
| Single leg squat |  |  |  |  |  |
| Single leg overhead ball toss |  |  |  |  |  |
| 45, 60 & 180 degree jumps: |  |  |  |  |  |
| 1. Double Leg |  |  |  |  |  |
| 1. Single leg |  |  |  |  |  |
| Single leg lateral ball throw |  |  |  |  |  |

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| **PLYOMETRIC EXERCISES** | Karaoke |  |  |  |  |  |
| Lateral Shuffle |  |  |  |  |  |
| Skiiers |  |  |  |  |  |
| Skaters |  |  |  |  |  |
| Star Jumps |  |  |  |  |  |
| Box Jumps: |  |  |  |  |  |
| 1. Double Leg |  |  |  |  |  |
| 1. Single Leg |  |  |  |  |  |
| 4 way hop |  |  |  |  |  |
| Split lunge jumps |  |  |  |  |  |
| Heisman Holds |  |  |  |  |  |
| Bounding: |  |  |  |  |  |
| 1. Double Leg |  |  |  |  |  |
| 1. Single Leg |  |  |  |  |  |
| Single Leg Ball Slams |  |  |  |  |  |
| Tuck Jumps: |  |  |  |  |  |
| 1. Double Leg |  |  |  |  |  |
| 1. Land on Single leg |  |  |  |  |  |
| Squat Jumps |  |  |  |  |  |
| Burpees |  |  |  |  |  |
| Mountain Climbers |  |  |  |  |  |
| Step-up and Jump |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Split jump with 180 turn |  |  |  |  |  |
| Lateral Box Jump |  |  |  |  |  |
| Pike Jump |  |  |  |  |  |

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| **RESISTANCE EXERCISES** | Bird Dog |  |  |  |  |  |
| Plank (prone and lateral) |  |  |  |  |  |
| Double Leg Raise |  |  |  |  |  |
| Core rotators |  |  |  |  |  |
| Walkouts |  |  |  |  |  |
| Banana Hold |  |  |  |  |  |
| Kettle Bell Swings |  |  |  |  |  |
| X - ups |  |  |  |  |  |
| V -sits |  |  |  |  |  |
| Bicycles |  |  |  |  |  |
| Sit up with twist |  |  |  |  |  |
| Clams |  |  |  |  |  |
| Sitting Tucks |  |  |  |  |  |
| Squat hold |  |  |  |  |  |
| Double leg raise with partner push down |  |  |  |  |  |
|  | Lateral Squat |  |  |  |  |  |

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