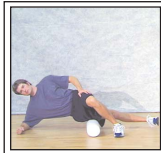


## TRAINING PROGRAM: SPORTS CONDITIONING PHASE 2 of 3

A successful Sports Conditioning Program will improve your strength, speed and power. The combination of these three traits will help get you to the next level. This comprehensive training approach will prepare your body to perform at its highest level while helping to prevent injury. This second of three phases will include a number of new exercises as well as increase the overall intensity to help take your conditioning to the next level.



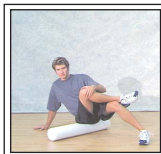
### Warm-up: Foam Roll IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



### Warm-up: Foam Roll Adductors

This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.



### Warm-up: Foam Roll Piriformis

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



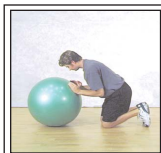
### Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Seven minutes of brisk walking at 3.0 - 4.0 miles per hour will increase heart rate and enhance blood flow to prepare muscles for exertion.



### Warm-up: Wall or Stationary Object Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



### Warm-up: Stability Ball Flexibility / Lat Stretch

The Lat Stretch will lengthen the muscles of the lower and middle back, which is important in preventing injury. Hold the stretch for 30 seconds.



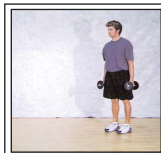
### Warm-up: Wall or Stationary Object Flexibility / Calf Stretch

A thorough calf stretch is an important part in preventing injury. Hold this stretch for at least 30 seconds per calf.



### Warm-up: Floor Flexibility / Psoas Standing

The Standing Psoas Stretch will loosen up the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 30 seconds per side.



### Core & Balance: Floor Walking Dumbbell Lunges

The Walking Dumbbell Lunges not only build strength in the large muscles of the lower body, but help to increase stability and balance. By increasing the amount of weight, you will increase the demands put on your upper leg and back muscles. Start with 3 sets of 8 reps.



### Speed & Agility: Floor T-Drill (4 cones 5 - 10 yards apart)

Place 4 cones 5 - 10 yards apart in the shape of a "T". Start at the base of the letter and sprint to the center cone. Touch the cone with your hand and sprint sideways to the cone on your left, and then all the way to the far cone on the right, back to the middle cone, and back-up to your starting position. This drill will improve your speed and agility. Start with 3 sets per workout.



### Strength: FreeMotion Chest Seated Two Arm Chest Press

The Seated Two Arm Chest Press works the chest muscles as well as the muscles in the trunk and spine. Start with 3 sets of 8 reps and add additional weight and sets as the workout weeks progress.



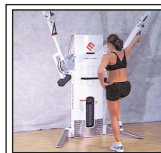
### Strength: Floor Push-up with Rotation

Combine a traditional push-up with a one arm rotation, and you will work your shoulder and back muscles with the added benefit of stretching and strengthening your core. Keep your back, legs and arms during rotation as straight as possible. Perform 3 sets of 8 reps to start with and add more reps as this becomes easy.



### Strength: FreeMotion Lat Seated Two Arm Lat Pull Down

Performing a Two Arm Lat Pull Down not only works the large muscles of the back, but also incorporates core muscles for increased stability. Begin with 3 sets of 8 reps and advance upward as your body is ready.



### Strength: FreeMotion Cable Cross Single Leg One Arm Row

The Single Leg One Arm Row will strengthen the upper arm, shoulder and back muscles. By performing the row while standing on one leg, your core and stabilization muscles will be engaged. Start with 3 sets of 8 reps and increase your reps as you become more stable.



### Strength: FreeMotion Bicep Standing Alternating Arms Biceps Curl

The Standing Alternating Arms Biceps Curl is focused on the biceps of each arm. By performing this exercise standing, the core and stabilization muscles are also engaged. As one arm starts down, the other arm should be lifting. Begin with 3 sets of 8 reps.



### Strength: FreeMotion Overhead Tricep Standing One Arm Triceps Extensions

The upper arms, shoulders and back are strengthened during the Standing One Arm Triceps Extension. The trunk muscles are also activated during this exercise. Start with 3 sets of 8 reps with each arm.



### Strength: Floor Front & Side Lunges

The Front and Side Lunges not only build strength in the large muscles of the lower body, but help to increase stability and balance as you move from the side to a forward position. Begin by completing 3 sets of 8 reps.



### Strength: FreeMotion Step Side Step-Ups to Balance

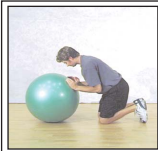
The Side Step-Up Balance stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. Start with 3 sets of 8 and increase the height of the step and weight on the stack as you become more fit.



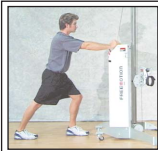
**Cool Down: NordicTrack Incline Trainer or Treadmill Cardio**  
 Five minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.



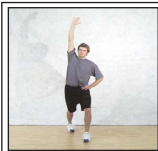
**Cool Down: Wall or Stationary Object Flexibility / Pec Stretch**  
 The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side during the cool down.



**Cool Down: Stability Ball Flexibility / Lat Stretch**  
 The Lat Stretch will lengthen the muscles of the lower and middle back post-workout. This is important for building proper posture. Hold the stretch for 30 seconds.



**Cool Down: Wall or Stationary Object Flexibility / Calf Stretch**  
 A thorough calf stretch is an important part in preventing injury. Hold this stretch for at least 30 seconds per calf.



**Cool Down: Floor Flexibility / Psoas Standing**  
 The Standing Psoas Stretch will loosen up the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 30 seconds per side.

## Workout Schedule

Name: \_\_\_\_\_

Personal Trainer: \_\_\_\_\_

Program Start Date: \_\_\_\_\_

Week 1: 3 sets x 8 reps  Completed

Week 2: 3 sets x 10 reps  Completed

Week 3: 3 sets x 12 reps  Completed

Week 4: 4 sets x 8 reps  Completed

## Notes




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