



SPORTS PERFORMANCE CONDITIONING PROGRAM

This program was written with many important parameters in mind. First, and foremost, the phases of this program represent three stages of training: stabilization, strength, and power. All three stages are crucial to creating a solid foundation of strength and power for any sports performance program. These stages should be periodized into an athlete's training year to accomplish the set goals.

In Phase 1 of the sports performance program, the strength exercises should be completed in succession as a circuit with no rest between each exercise. A 45-second rest should occur after the last exercise of the circuit. In Phase 2, the strength exercises for the respective body parts should be completed in supersets with no rest after the first exercise and then 60 seconds rest after the second exercise. In Phase 3, the exercises should be completed as a circuit with no rest between each exercise. The rest period is for 2 minutes and should be completed after the last exercise of the circuit.

It is important to note that the programs are also built to challenge asymmetric strength to accommodate the nature of sports performance. For example, in a soccer match the kicking foot has a different function from the planting foot. Similarly, the rear arm and the front arm act according to different stimuli. The attached exercise program emphasizes both sides of the body in order to prevent asymmetric muscle development and injury.


The ability to sustain effort over a long period of time without lessening the level of one's performance is crucial in sports performance. The phases in this program encourage this type of development with stabilization training, endurance repetitions and shortened rest ratios. The subsequent programs build agility, balance, power and explosive capabilities necessary for sports performance. This will promote a competitive edge when performing a specific sport.

Finally, one of the most crucial components of this conditioning program is flexibility. The program design outlines flexibility exercises which target priority muscle groups for the sport. The end result will be power in the priority muscles which are not hindered by muscle tightness or imbalances.




TRAINING PROGRAM: SPORTS PERFORMANCE CONDITIONING PHASE 1 of 3


Whether driving into the lane for a lay-up, sprinting to home base, or breaking through the line of scrimmage, optimum performance in any sport requires coordination, strength and agility. Each phase in the Sport Performance program builds the necessary balance, endurance and power for an athlete to excel. This first phase prepares the body for future training by building stabilization.




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.




Balance: Cable Cross Standing Two Arm Cable Chop
The Two Arm Cable Chop strengthens and tones your core and trunk muscles. Shoulders, back and hips also benefit from this dynamic movement pattern. Start with 3 sets of 12 reps on each side.




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.




Balance: Cable Cross Multi-planar Two Arm Cable Rotations
The Cable Rotation primarily focuses on the obliques, but also incorporates the use of muscles throughout the mid-section, arms and shoulders. Vary the speed of the rotation as well as the amount of weight on the stack. Start with 3 sets of 12 reps on each side.




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.




Speed & Agility: Deck Straddle Jumps
Begin standing over the Deck with each foot on the outside. Using arms, jump onto the Deck with both feet simultaneously. Land in stable position on the midpoint of the feet. Hold the position and quickly jump down to starting position. Repeat quickly and under control.




Warm-up: FreeMotion Treadmill Cardio
Ten 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.




Strength: Chest Split Stance Two Arm Chest Press
The Standing Split Stance Two Arm Chest Press will strengthen the chest and shoulder muscles. By performing the chest press in an unsupported stance, you will also engage your core and trunk. Begin with 3 sets of 12 reps.




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.




Strength: Row Standing One Arm Row
The Standing One Arm Row will help strengthen the large muscles in your back in addition to your shoulders, arms and core. The unsupported nature of the exercise provides additional emphasis on your stabilization muscles. Start with 3 sets of 12 reps per arm.




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.




Strength: Shoulder Split Stance Alt Arm Shoulder Press
The shoulder muscles as well as muscles in your core area are strengthened during the Split Stance Alternating Arms Shoulder Press. Alternate right to left in a continuous motion for 3 sets of 12 reps. Change your stance for each set to maintain balance in your workouts.




Warm-up: Floor Flexibility / Hamstring 90/90 Stretch
The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.




Strength: Step Side Step Up to Balance
The Side Step-Up to Balance exercise strengthens your leg and back muscles. By balancing on the step, you activate your key stabilizer muscles throughout your body. Adjust the height of the step for variation as you progress from 3 sets of 12 reps.




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.



Strength: Hamstring Hamstring Cycle Motion
The Hamstring Cycle Motion will strengthen the hamstring, quadriceps and hip muscles of the leg in motion. The balance leg and core will work to stabilize your body throughout the movement pattern. Start with 3 sets of 12 reps until your balance and movement improve.



Balance: Lift Two Arm Cable Lifts
The Two Arm Cable Lift uses the large muscles in your lower back. In addition to strengthening key muscle groups, the Cable Lift also provides additional stretch to your back and hamstrings. Begin with 3 sets of 12 reps.



Strength: Deck Power Step Ups
Begin with one foot on Deck and one foot on ground. Push off step leg and switch legs for the landing. Body weight stays on step-leg. If you push off right leg, then land on left leg. Land with feet, knees, and hips in alignment and repeat quickly.



TRAINING PROGRAM: SPORTS PERFORMANCE CONDITIONING PHASE 2 of 3

Whether driving into the lane for a lay-up, sprinting to home base, or breaking through the line of scrimmage, optimum performance in any sport requires coordination, strength and agility. Each phase in the Sport Performance program builds the necessary balance, endurance and power for an athlete to excel. Phase 2, the strength phase, helps the athlete to move greater loads through multiple planes of motion.



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: FreeMotion Treadmill Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase your heart rate and enhance blood flow to prepare your 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: Floor Flexibility / Hamstring Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Warm-up: Floor Flexibility / Kneeling Hip Flexor

The Kneeling Hip Flexor Stretch will stretch and loosen up the hips for increased range of motion and injury prevention. Stretch each side for at least 30 seconds.



Balance: Lift Single Leg One Arm Squat Touch Down

The Single Leg One Arm Squat Touch Down utilizes the muscles of the lower leg as well as incorporates muscles of the trunk for balance. The movement will strengthen your back and upper legs and hips. Start with 3 sets of 8 reps while you hold each balance for 5 - 10 seconds.



Core: 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 as straight as possible during rotation. Perform 3 sets of 8 reps to start with and add more reps as this becomes easy.



Core: Cable Column Two Arm Cable PNF

This exercise works both the upper and lower body. It primarily targets the shoulder, but also incorporates additional arm, core and leg muscles for stability. Start with 3 sets of 8 reps and add additional weight and sets as the workout weeks progress.



Power: Med Ball Squat Jumps with Med Ball

Start with your hands at the shoulders. Squat down and hold medicine ball with arms extended. Initiate movement with an explosive vertical jump. At the same time explosively push arms with ball overhead. Land onto toes and then heels and absorb as you 'load' your system for the successive jumps.



Strength: Lift Two Arm Squat Row

Several large muscle groups are strengthened with the Cable Squat to Row. Your upper legs, back, shoulders and arms are exercised with this movement. Increase the intensity by adding more weight as the initial 3 sets of 8 reps becomes easy to complete.



Strength: Cable Cross Multi-planar Front Lunge and Chest Press

The combination Front Lunge and Two Arm Chest Press strengthens your legs, back, chest and trunk. Your stabilizer muscles will also be activated in order to hold the lunge position as you perform an unsupported chest press. Begin with 3 sets of 8 reps.



Strength: 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: Squat Multi-planar Squats

The Squat uses the large muscle groups in your lower body. As you raise and lower your body, turn and squat into various planes of motion to not only challenge the core and lower body, but also gain stabilization strength. Begin with 3 sets of 8.




Strength: Lat Standing Split Stance Two Arm Pull Down

Performing a Standing Split Stance Pull Down not only works the large muscles of the back, but also incorporates core muscles for increased stability. Begin by performing 3 sets of 8 reps.




Strength: Lift Two Arm Cable Squat


The Squat uses the large muscle groups in your lower body. As you lower and raise your body, you are working your thighs, hips, back and shoulders. Begin with 3 sets of 8 reps and increase weight as the exercises become easier.




**Strength: Quad
Single Leg Knee Extensions**
Performed in a 'kicking' motion, this exercise works the large quadriceps muscles while strengthening the small muscles surrounding the knee. It is important to have proper posture when performing this exercise. Start with 3 sets of 8 reps.




**Strength: Step
Step Up and One Arm Shoulder Press**
The Step-Up and One Arm Shoulder Press stabilizes as it strengthens. This movement requires you to balance from left to right as you extend up and down from the step. Shoulders and legs are strengthened throughout the movement pattern. Start with 3 sets of 8 reps.




**Cool Down: FreeMotion 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, which is important in preventing injury. Hold the stretch for 30 seconds.



**Cool Down: Floor
Flexibility / Piriformis Stretch**
This stretch lengthens the hips and lower back muscles to loosen them up, preventing injury in twisting movements. Stretch and balance on each leg for a minimum of 45 seconds.



**Cool Down: Floor
Flexibility / Psoas Standing**
The Standing Psoas Stretch will stretch 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 at the end of your workout.



**Cool Down: Wall or Stationary Object
Flexibility / Calf Stretch**
A thorough Calf Stretch is an important part of injury prevention. Hold this stretch for at least 45 seconds per calf.

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



TRAINING PROGRAM: SPORTS PERFORMANCE CONDITIONING PHASE 3 of 3

Whether driving into the lane for a lay-up, sprinting to home base, or breaking through the line of scrimmage, optimum performance in any sport requires coordination, strength and agility. Each phase in the Sport Performance program builds the necessary balance, endurance and power for an athlete to excel. Built on the increases in stability and strength, this third phase adds speed to movement for increased power.



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.



Power: Floor Squat Jumps

Squat Jumps will provide you with power and increase the height on your jump. The Squat Jump will strengthen your legs and core as you extend up with your hands to achieve the maximum height. Start with 3 sets of 10 reps and increase the speed and height as your power improves.



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.



Power: Floor Plyometric Lunge Jumps

From a right leg forward lunge, leap straight up into the air, bringing the legs together and changing to left leg forward lunge. Land, hold, and stabilize for 2-3 seconds and then repeat. Begin with 3 sets of 10 as you alternate legs.



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.



Power: Deck Side Power Ups

Begin with one foot on Deck and one foot on ground with toes pointing forward. Forcefully push off step leg, getting full extension and switch legs for the landing. If pushing off right leg, then land on left leg. Land with feet, knees, and hips in alignment and repeat quickly, alternating legs.



Warm-up: FreeMotion Treadmill Cardio

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



Strength: Row Standing Alt Arms Row

The Standing Alternating Arms Row will help to strengthen your large back muscles in addition to your shoulders, arms and core. Begin with 3 sets of 10 reps and progress weekly.



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.



Strength: Chest Single Leg Alternating Arms Chest Press

With the Single Leg Alternating Arms Chest Press, you will strengthen your chest, shoulder and back muscles. You will activate your stabilizing muscles as you maintain balance on one leg. Begin with 3 sets of 10 reps.



Cool Down: Floor Flexibility / Hamstring 90/90 Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Strength: Step Turning Step Up to Balance

The Turning Step-Up to Balance stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. The turn as you step adds intensity to this exercise and engages more of the core muscles. Raise the level of the step to increase the difficulty of the exercise. Start with 3 sets of 10 reps.



Balance: Floor Walking Lunge with Twist

This exercise begins in a squatting position and extends to an overhead reach to not only work the muscles of the lower body, but incorporates the upper body, specifically working the shoulders. Begin with 3 sets of 10 reps each.



Strength: Deck Squat Thrust and Push Up

Begin by facing the Deck with feet slightly apart. Flex forward placing the outstretched hands on the Deck. Shoot both legs out into triple extension and quickly bring them back into triple flexion. Stand onto toes, then heels, while keeping body in alignment.



Core: Cable Cross Two Arm Squat to Overhead Reach

This exercise not only focuses on the upper body, but also incorporates the muscles of the lower body and core for balance. Maintain good posture. Start with 3 sets of 10 reps.



Strength: Floor Side Lunges

Side Lunges not only build strength in the large muscles of the lower body, but help to increase stability and balance. Start with 3 sets of 10 reps on each side.



Core: Stability Ball Stability Ball Push Ups

Ten 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: FreeMotion Treadmill Cardio



Cool Down: Floor Flexibility / Piriformis Stretch
 This stretch lengthens the hips and lower back muscles to loosen them up, preventing injury in twisting movements. Stretch and balance on each leg for a minimum of 45 seconds.



Cool Down: Floor Flexibility / Kneeling Hip Flexor
 The Kneeling Hip Flexor Stretch will stretch and loosen up the hips for increased range of motion and injury prevention. Stretch each side for at least 45 seconds.



Cool Down: Wall or Stationary Object Flexibility / Calf Stretch
 A thorough Calf Stretch is an important part of injury prevention. Hold this stretch for at least 45 seconds per calf.



Cool Down: 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.



Cool Down: Floor Flexibility / Hamstring 90/90 Stretch
 The hamstring is one of the largest and most dense muscles in your body. It is important to stretch and loosen these muscles after the workout to prevent cramping and/or injury. Each leg should be stretched for at least 45 seconds.

Workout Schedule

Name: _____

Personal Trainer: _____

Program Start Date: _____

Week 1: 3 sets x 10 reps Completed

Week 2: 3 sets x 12 reps Completed

Week 3: 4 sets x 8 reps Completed

Week 4: 4 sets x 10 reps Completed

Notes
