



Basics, Basics, Basics

Week 19-24

Workout 4

Injury Prevention

You will need a small band and very light hand weights

Coaches note, for this workout, focus on going through full range of motion and slowly on the ankle and hip exercises.

Name	Reps/Minute
Single Leg Plank Calf Raise	10 each side
Low Squat Calf Raise	15 reps
Kneeling Side Kicks	10 each side
Hips Active Frog Circles	10 reps
Single Leg Relive Hold	10 seconds, 3 sets
Wrist band pushes	20 reps
Wrist Tick Toks	20 reps
Neck Stretch	10 seconds each position
Cat Backs	20 (Link HERE)