

STRENGTH BAND TRAINING

STRETCHING EXERCISE

UPPER TRAPEZIUS STRETCH

A



B



PECTORALIS MAJOR STRETCH

A



B



HIP FLEXOR STRETCH



ADDUCTOR(GROIN)STRETCH



PIRIFORMIS STRETCH



QUADRICEPS STRETCH



HAMSTRING STRETCH		ILLIOTIBIAL BAND STRETCH	
			
GASTROCNEMIUS AND SOLEUS STRETCH		SIT AND REACH	
			

SHOULDER

LATERAL RAISE



FRONT RAIST



SCAPTION



SHOLDER INTERNAL ROTATION AT 0 DEGREE



SHOULDER EXTERNAL ROTATION AT 0 DEGREES



SERRATUS PUNCH



ELBOW AND WRIST

BICEPS CURL



ELBOW EXTENSION



WRIST FLEXION



WRIST EXTENSION



FOREARM SUPINATION		FOREARM PRONATION	
			
BICEPS CURL		REVERSE CURL	
			
FOREARM FLEXION & EXTENSION		WRIST FOLD	
			
RACEHORSE			
			
ULNAR DEVIATION		RADIAL DEVIATION	
A 	B 	A 	B 

HIP

HIP INTERNAL ROTATION

A



B

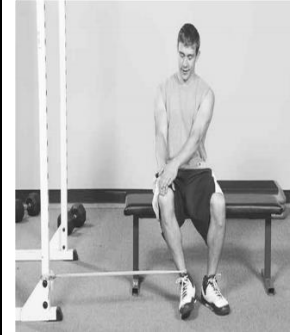


HIP EXTERNAL ROTATION

A



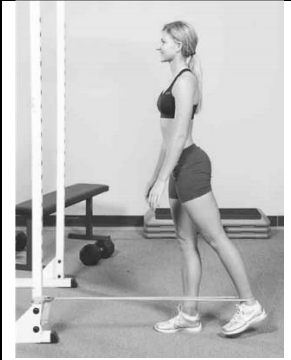
B



HIP FLEXION



HIP EXTENSION

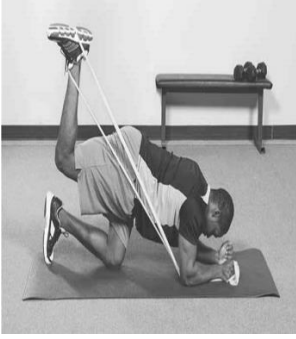
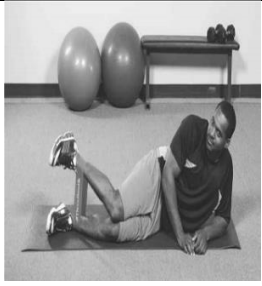


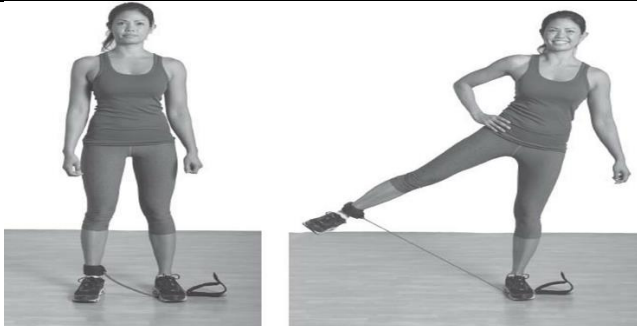
HIP ABDUCTION

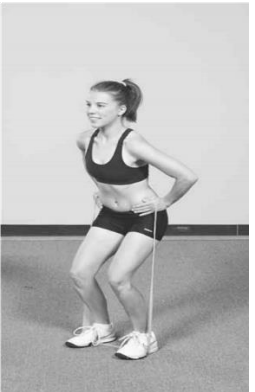
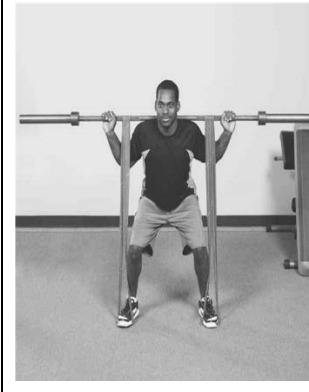


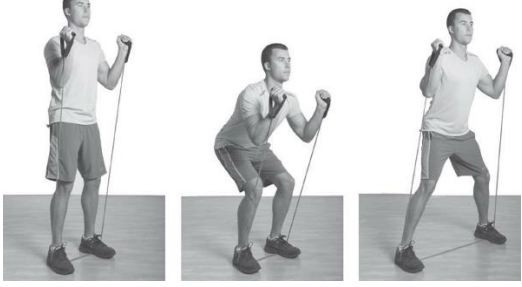
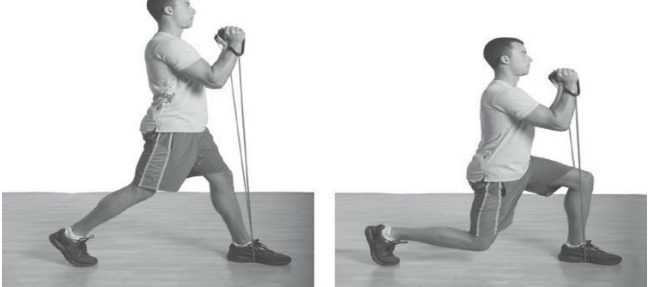
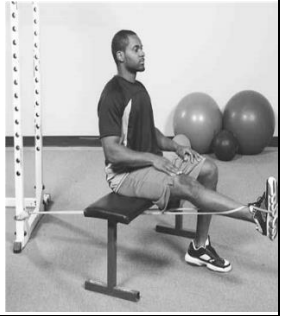
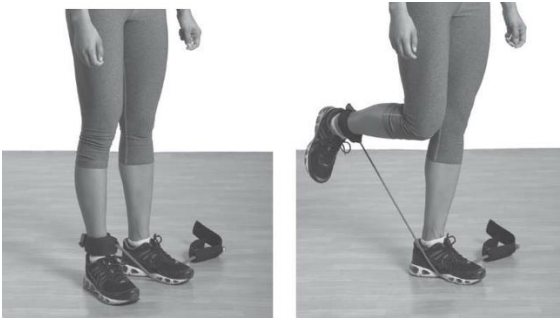
HIP ADDUCTION



HIP LIFT		BRIDGE	
			
NNILATERAL BRIDGE		DONKEY KICK(HIP EXTENSION)	
			
SIDE-LYING HIP LIFT		CLAM	
A 	B 	A 	B 
REVERS CLAM		GOOD MORNING	
			
HIP EXTENSION		PELVIC LIFT	
			

CLOSED-CHAIN HIP ROTATION		SIDE STEP	
A 	B 		
SEATED MODIFICATION		LEG ABDUCTION	
			
THIGHS			
LUNGE		LATERAL LUNGE	
A 	B 	A 	B 
SQUAT		BARBELL SQUAT	

A 	B 	A 	B 
SINGLE-LEG SQUAT		MONSTER WALK	
A 	B 	A 	B 
SQUAT WALK		LEG PRESS	
A 	B 	A 	B 
THERA-BAND KICK		STANDING LEG PULL-THROUGH	
			

LEG PRESS	SQUAT	
		
SQUAT SHUFFLE	FORWARD LUNGE	
		
KNEE		
KNEE FLEXION		KNEE EXTENSION
A 	B 	A  B 
TERMINAL KNEE EXTENSION		LEG CURL
A 	B 	

ANKLE

DORSI FLEXION

A



B

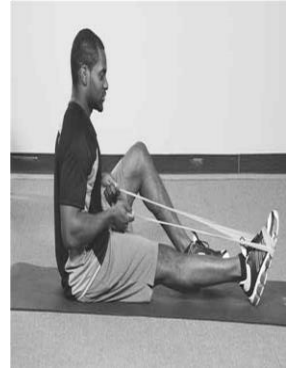


PLANTAR FLEXION

A



B



INVERSION

A



B



EVERSION

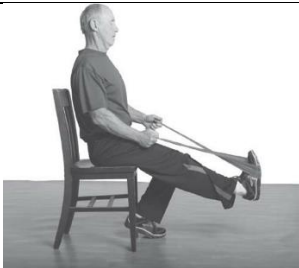
A



B



GAS PEDAL



CHEST

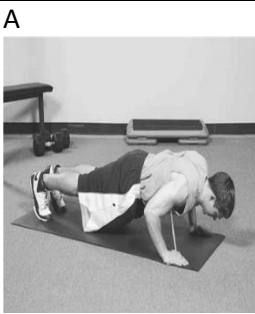
CHEST PRESS



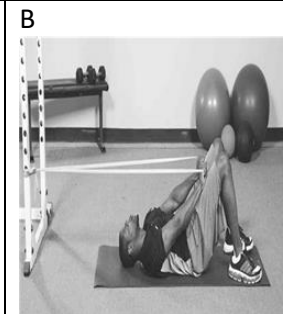
CHEST FIY



PUSH UP



SUPINE PULLOVER



DYNAMIC HUG



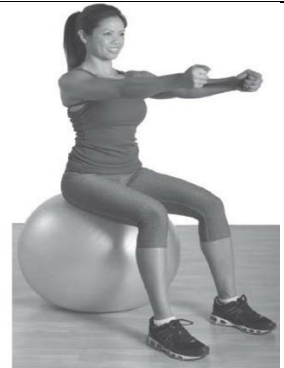
HORIZONTAL CHEST PRESS



INCLINE CHEST PRESS



CHEST PRESS ON BALL



UPPER BACK

REVERSE FLY

A

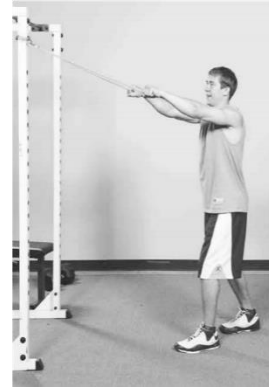


B

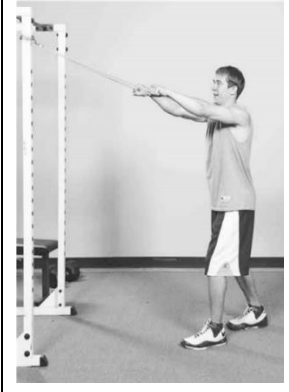


LAT PULL DOWN

A



B



SEATED ROW

A



B

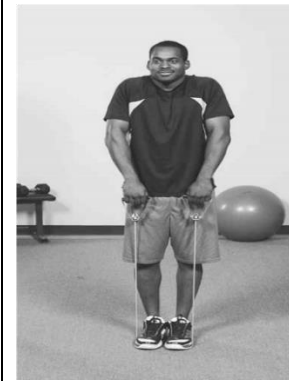


SHRUG

A



B



BENT OVER ROW

A



B

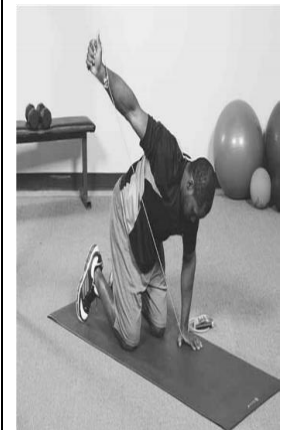


LINTON EXTERNAL ROTATION

A

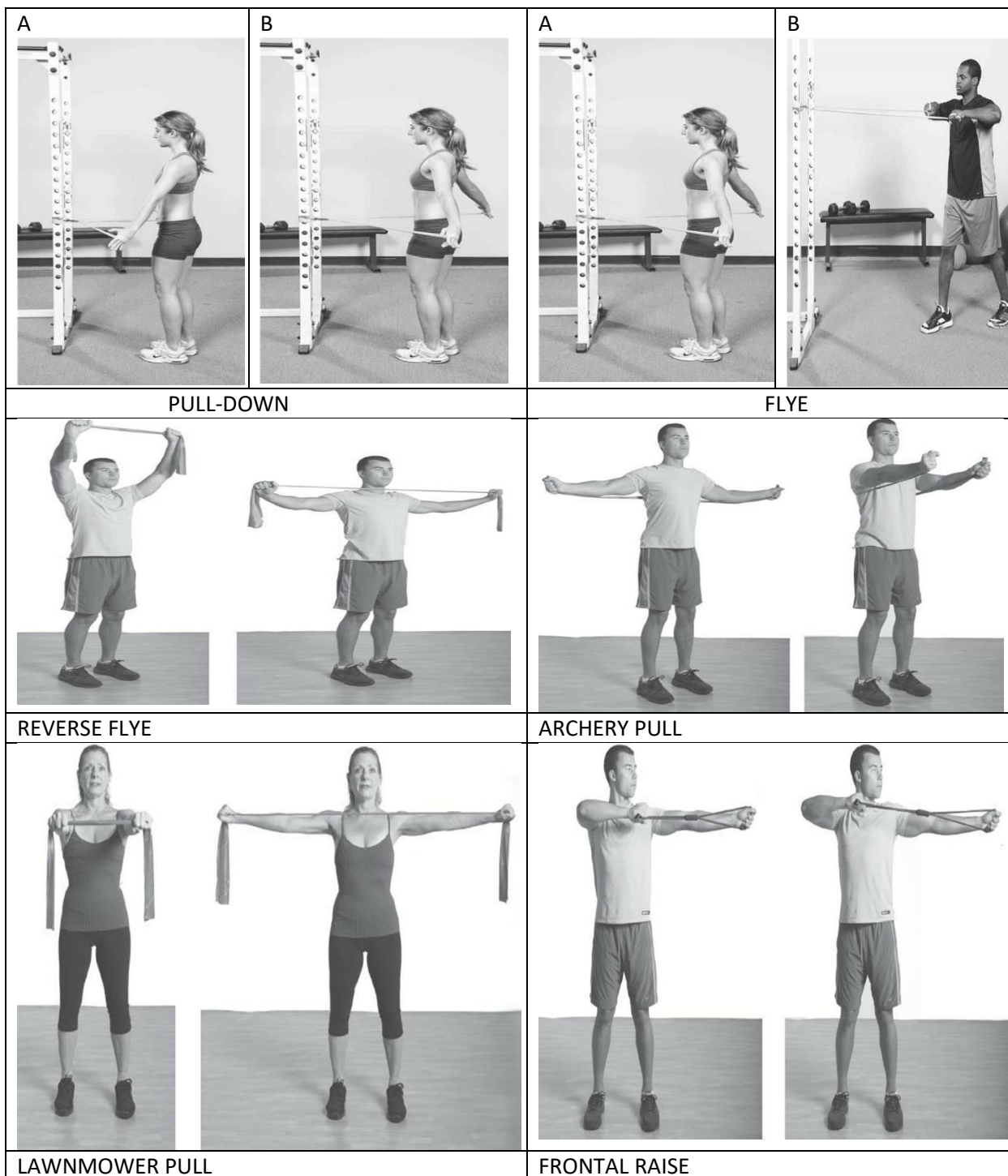


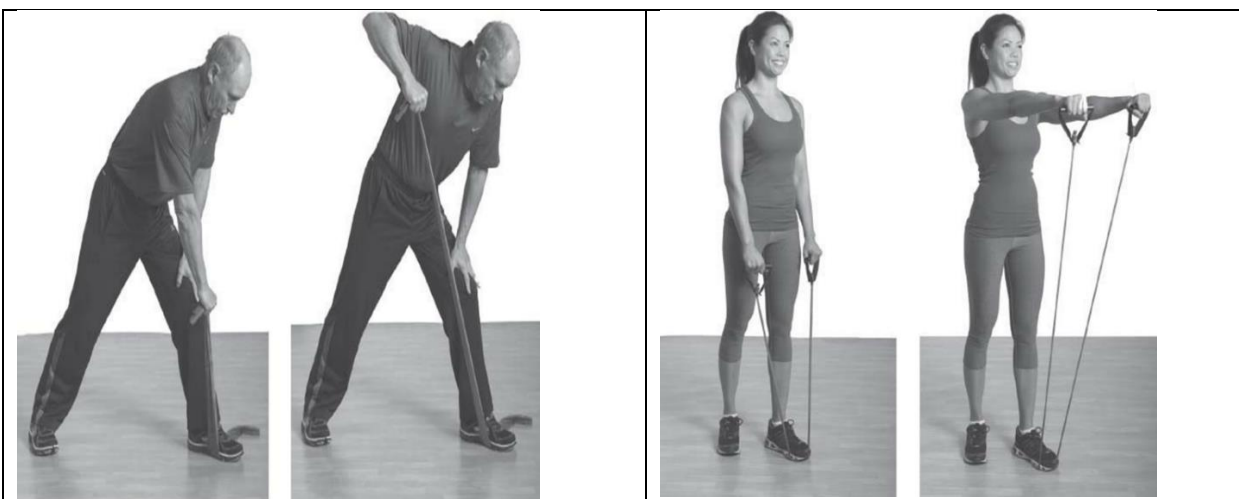
B



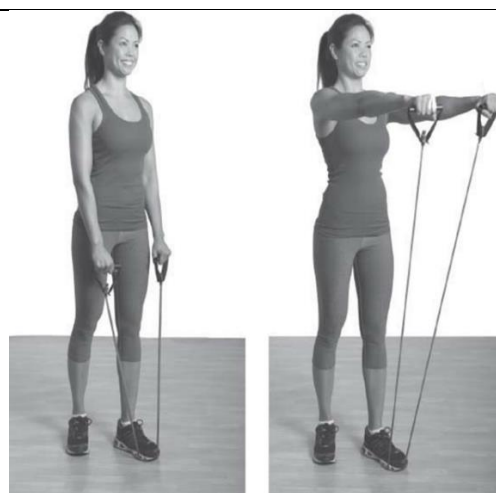
BILATERAL EXTENSION WITH RETACTION

HIGH ROW





SHRUG

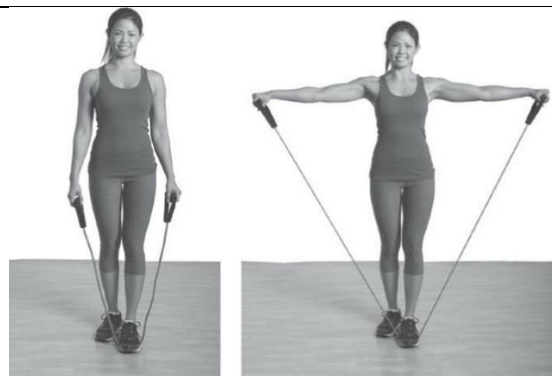


SINGLE-ARM VARIATION-INCLINE CHEST PRESS

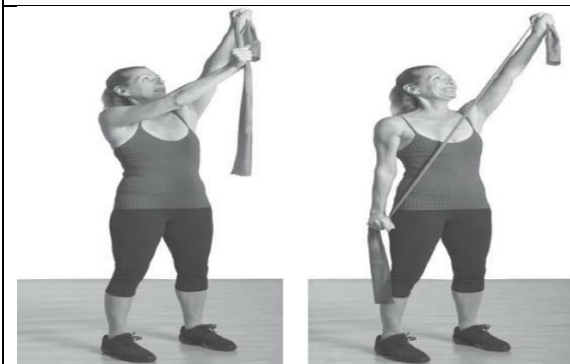
LATERAL RAISE

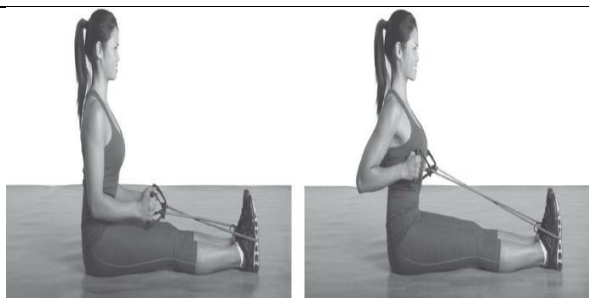


DOWNWARD SWORD FIGHTER



SINGLE-ARM VARIATION-LATERAL RAISE

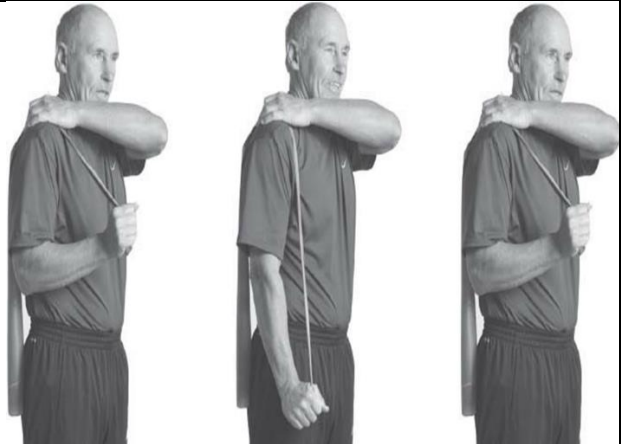


LONG ROW		SINGLE-ARM VARIATION-LONG ROW	
			
UPRIGHT ROW		SINGLE-ARM VARIATION- UPRIGHT ROW	
			
SHOULDERS AND ARM			
UPRIGHT ROW		OVERHEAD PRESS	
A 	B 	A 	B 
DIAGONAL FLEXION:PNF		DIAGONAL EXTENSION:PNF	
A 	B 	A 	B 

BIKE PUMP



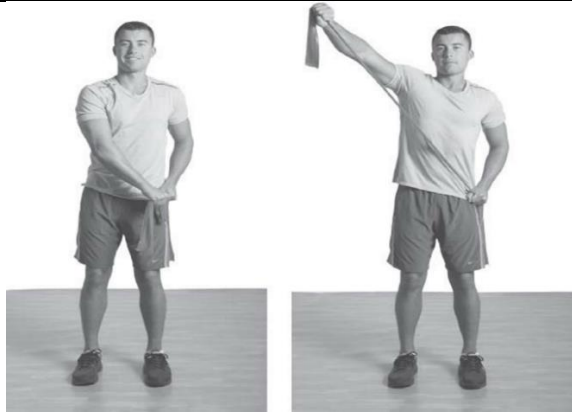
TRICEPS EXTENSION



SHOULDER PRESS



SWORD FIGHTER



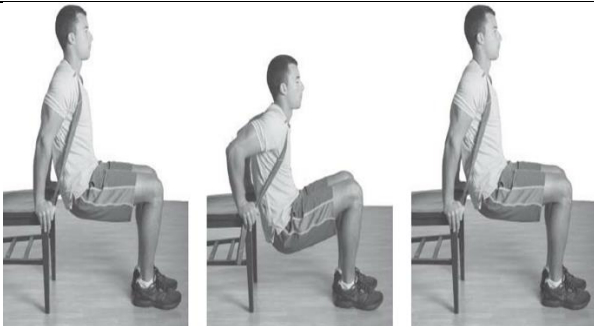
HORIZONTAL TRICEPS EXTENSION



DOUBLE-ARM - HORIZONTAL TRICEPS EXTENSION



DIP CHAIR



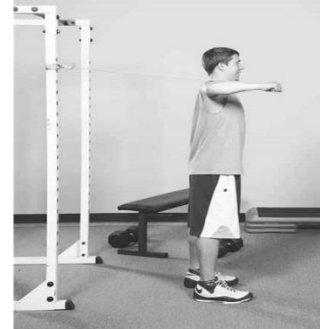
TROMBONE PRESS



SHOULDER EXTERNAL ROTATION WITH RETRACTION



SHULDER INTERNAL ROTATION AT 90 DEGREE



SHOULDER EXTERNAL ROTATION AT 90 DEGREE



DIP



SHOULDER WALL WALK



SHOULDER MONSTER WALK



ABDOMINALS

ABDOMINAL CRUNCH

A



B



OBLIQUE CURL-UP

A

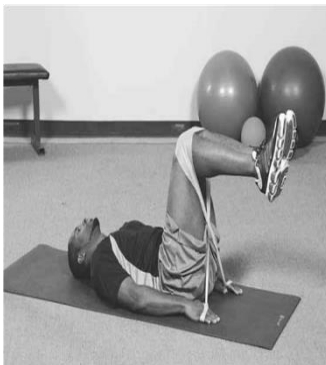


B



LOWER ABDOMINAL CRUNCH

A



B



KNEELING CRUNCH

A



B



TRUNK ROTATION

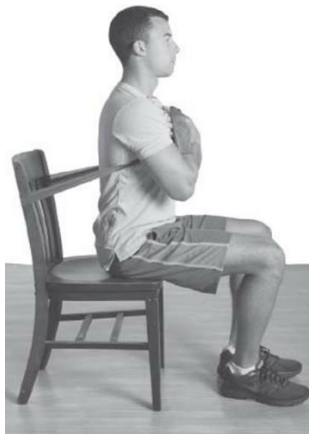
A



B

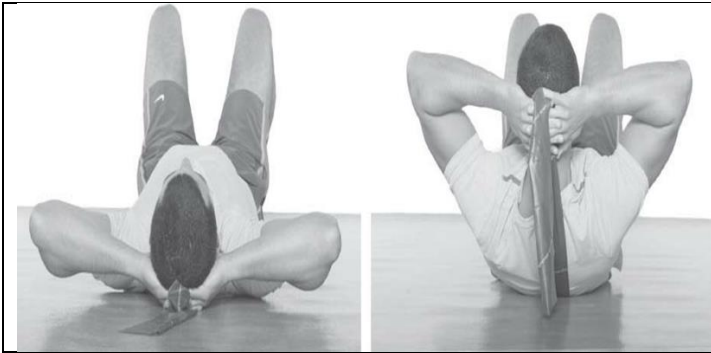


CHAIR SIT-UP

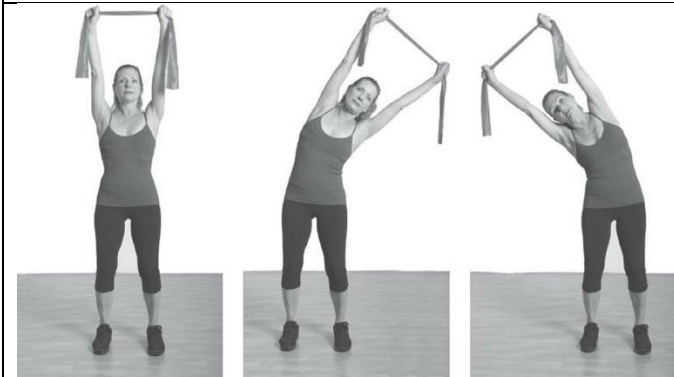


HALF SIT-UP

REVERSE WOOD CHOP



CRESCENT MOON



LOWER BACK

SIDE BEND

A



B

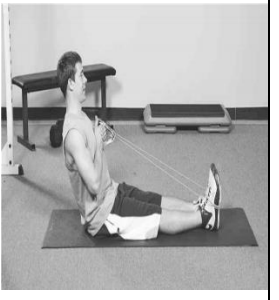


SEATED BACK EXTENSION

A



B



STANDING BACK EXTENSION



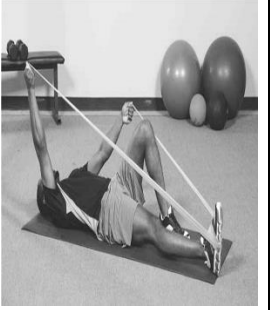
SIDE BRIDGE



QUADRUPED STABILIZATION



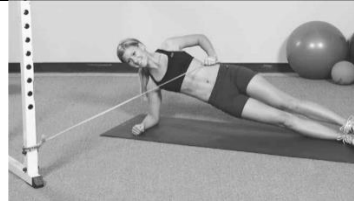
SUPINE STABILIZATION



SIDE BEND



TOTAL BODY EXERCISES

CORE STABILIZATION			
SQUAT WITH DIAGONAL FLEXION		LUNG WITH DIAGONAL FLEXION	
A 	B 	A 	B 
BILATERAL CHOP		BILATERAL LIFT	
			
UNILATERAL ROW WITH SIDE BRIDGE			
			

FUNCTIONAL TRAINING

STEP PUSH

A



B



LIFT SIMULATION

A



B



STEP LIFT



STEP INCLINE PRESS



REVERSE STEP PULL



STEP-UP



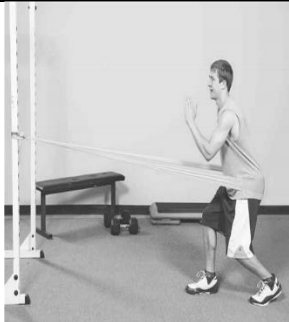
Shoulder External Rotation Step		Shoulder Internal Rotation Step	
			

RUNNING

RESISTED RUNNING



Resisted Backward Running



Acceleration



Assisted Sprinting



Reciprocal Arm and Leg Action



THROWING

Overhead Throw



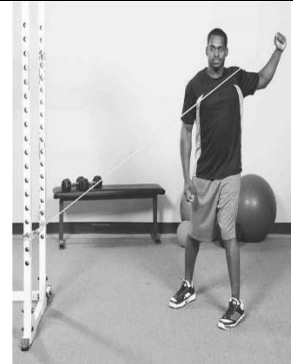
Underhand Throw



Bilateral Overhead Throw



Arm Acceleration Drill



Plyometric Shoulder External Rotation
90/90



Biceps Plyometric Elbow Extension



KICKING

Kick Simulation



Hamstring Plyometric Hip Flexion



Quick Kick



SWINGING

Bat Swing Simulation

A



B

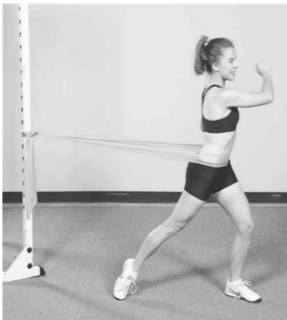


Tennis Forehand

A



B



Tennis Backhand

A



B



Elbow Extension With Shoulder Elevation

A



B



Golf Swing

A



B



Swim Pull-Through

A



B



JUMPING AND LANDING

JUMP

A



B

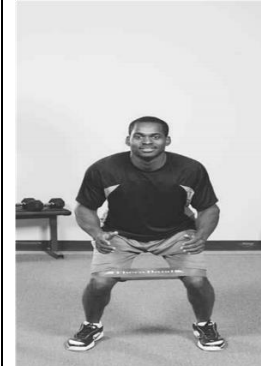


Hop Landing

A



B



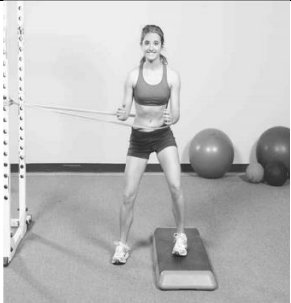
Jump Down



Side Jump



Resisted Plyometric Lateral Jump Step



Step Jump



OTHER ATHLETIC MANEUVERS

Resisted Lateral Shuffle

A



B



Lateral Step

A



B



Side-to-Side Lateral Agility



Resisted Carioca



Lateral Bounding



Fielding Simulation



Skating Simulation



PROGRAM FOR ROTATIONAL

BASEBALL AND SOFTBALL	TENNIS
Batting Simulation	Square Stance Forehand Resisted Movement With Racket
	
Lateral Step Lunge With Glove	Rotation With Racket
	

Throwing Simulation With Ball	Horizontal Abduction (High Backhand) With Racket
	
Underhand Windmill Simulation	
	
VOLLEYBALL	GOLF
Serve Simulation	Golf Swing Acceleration With Club



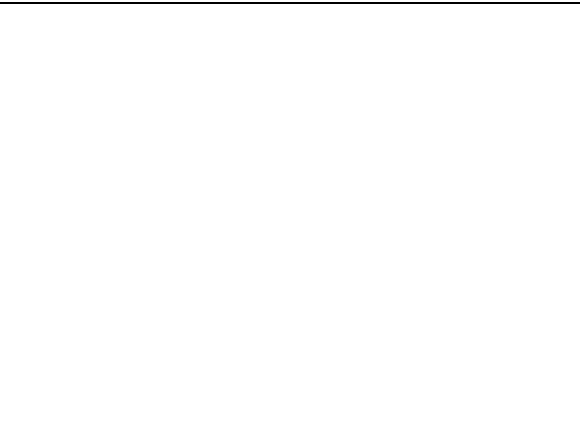
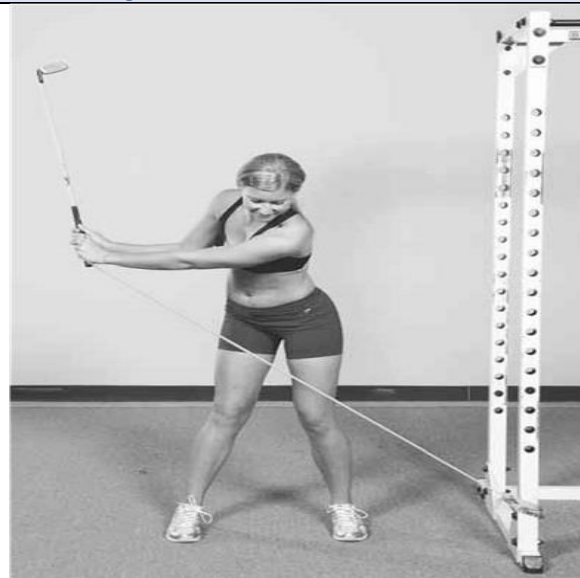
Overhead Blocking Simulation



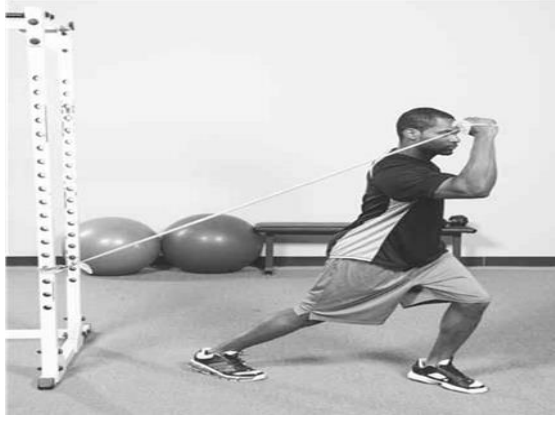
Golf Swing Take-Back With Resistance WITH CLUB



Monster Walk With Bumping



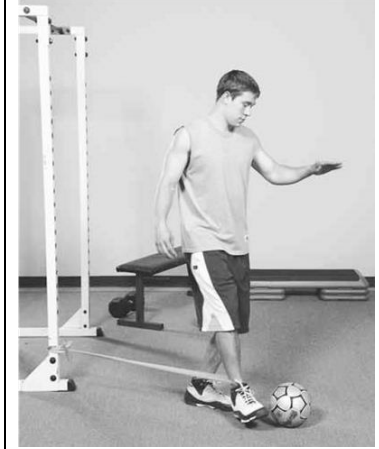
PROGRAMS FOR STRENGTH AND POWER SPORTS

FOOTBALL	Hockey
Explosion out of 3-Point Stance	Skating Stride With Stick
	
Total-Body Extension	Resisted Slide and Stride With Stick
	
Rip Curl	Resisted Slap Shot Take-Back With Stick
	
	Resisted Slap Shot Follow-Through

	With Stick
	
	Wrist Shot With Stick
	
SKIING	BASKETBALL
Tuck Squat	Step-Slide With Basketball
	
Balance Squat With Bench	

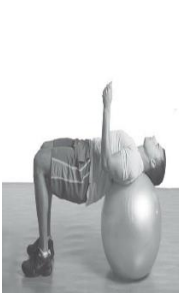
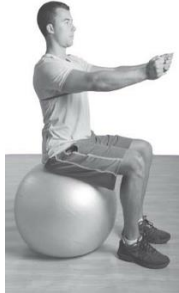
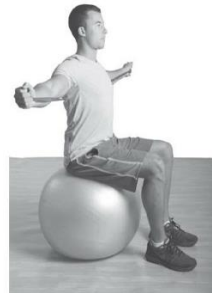
	
Double-Leg Resisted Squat	
	

PROGRAMS FOR ENDURANCE

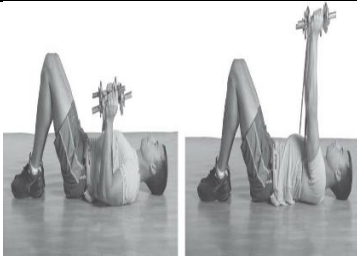
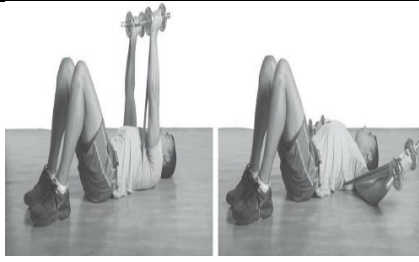
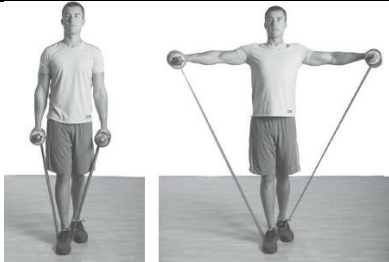
SOCCER		
Hip Abduction With Soccer Ball	Hip Adduction With Soccer Ball	Diagonal Kick With Soccer Ball
		

Controlled Kick Stabilization	Throw-In Simulation and Overhead Pass With Soccer Ball	
		

BALL & BAND SERIES

CHEST PRESS ON BALL	BENCH PRESS ON BALL	UPRIGHT FLYE ON BALL
 	 	 
RECLINING FLYE ON BALL		
 		

DUMBBELLS & BAND SERIES

CHEST PRESS WITH DUMBBELLS & BAND	CHEST FLYE WITH DUMBBELLS & BAND	LATERAL RAISE WITH DUMBBELLS & BAND
		
FRONTAL RAISE WITH DUMBBELLS & BAND	BICEPS CURL WITH DUMBBELLS & BAND	
