

Core Exercise	Sets	Reps	Core Exercise	Sets	Reps
Day 1					
Glute Bridge	2	15sec	Supermans	2	15sec
Side Plank	2	20sec	Fire Hydrants	2	8
Plank	2	10sec	Cobra	2	15 sec
Corrective Exercise	Sets	Reps	Corrective Exercise	Sets	Reps
Day 1					
Medial Calf Raise	2	6	Lateral Lunge	2	12
Calf Raise w/ Flexion	2	12	Reverse Lunge	2	12
Lateral Tubing	2	10yds	Goblet Squat	2	12
Balance Exercise	Sets	Reps	Balance Exercise	Sets	Reps
Day 1					
Single Leg Balance & Reach	2	5 (each way)			
Exercise	Sets	Reps	Exercise	Sets	Reps
Day 1					
Ice Skater	2	20	Arm Movements	2	10
Lateral Cone Hop	2	20	Wall Drives	2	20
Front Cone Hop	2	10	L Cut Drill	4	
			Box Drill	4	
			Lateral Shuffle-Sprint	4	

Exercises: Core

Glute Bridge



Cobra



Superman

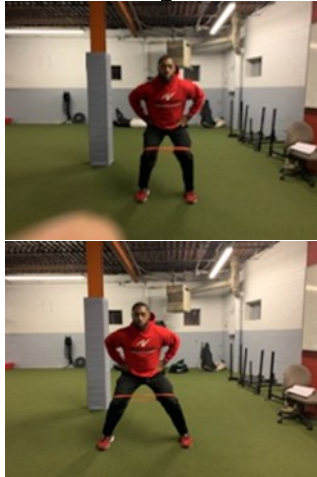


Side Planks



Exercises: Corrective

Lateral Tubing



Medial Calf Raise






Lateral Lunge



Goblet Squat



Reverse Lunge

			
<p>Single Leg Balance & Reach</p> 	<p>Lateral Cone Hops</p> 	<p>Box Jump Downs</p> 