

The following exercises are taken from the Sanford Knee Injury Prevention Program, created by Sanford Health. Regularly performing a series of dynamic flexibility, muscle activation, muscle strengthening, plyometric, and agility exercises has been proven to not only significantly reduce injuries but also improve performance. While this is labeled a knee injury prevention program, it will improve muscular strength and endurance in the lower body and core, preventing injury throughout.

***Before attempting any of these exercises, refer to the full Sanford Injury Prevention Program (tab located on the left side of my class page) for full descriptions and pictures of proper execution.***

<b>OPTION 1:</b>	<b>OPTION 2:</b>	<b>OPTION 3:</b>
Dynamic Flexibility (10x each side) <ol style="list-style-type: none"> <li>1. Single-leg RDL stretch</li> <li>2. Butt kicks</li> <li>3. Knee Hugs</li> </ol>	Dynamic Flexibility (10x each side) <ol style="list-style-type: none"> <li>1. Quad Stretch</li> <li>2. Leg Cradle</li> <li>3. Carioca</li> </ol>	Dynamic Flexibility (10x each side) <ol style="list-style-type: none"> <li>1. High Knees</li> <li>2. Normal Skip</li> <li>3. Skip for Height</li> </ol>
Muscle Activation/Strengthening <ol style="list-style-type: none"> <li>1. Clamshell (30 sec. hold; each side)</li> <li>2. Bodyweight squats w/ band (10x)</li> <li>3. Walking lunges – forward (10 steps; each direction)</li> </ol>	Muscle Activation/Strengthening <ol style="list-style-type: none"> <li>1. Quadruped fire hydrant (30 sec. hold; each side)</li> <li>2. Walking lunges – lateral (10 steps; each direction)</li> <li>3. Lateral band walks (20 steps; each side)</li> </ol>	Muscle Activation/Strengthening <ol style="list-style-type: none"> <li>1. Plank + side plank (30 sec. plank; 15 sec. side plank; each side)</li> <li>2. Standing fire hydrant (30 sec. hold; each side)</li> <li>3. Walking lunges – backward (10 steps; each direction)</li> </ol>
Plyometrics/Agility <ol style="list-style-type: none"> <li>1. Forward/backward squat jumps over line (10x)</li> <li>2. Lunge jumps (5x; each side DO NOT ALTERNATE)</li> <li>3. Forward run with three step deceleration (5x)</li> </ol>	Plyometrics/Agility <ol style="list-style-type: none"> <li>1. Lateral squat jumps over line (10x)</li> <li>2. Single-leg side-to-side hop (5x; each direction)</li> <li>3. Three-step shuffle (5x)</li> </ol>	Plyometrics/Agility <ol style="list-style-type: none"> <li>1. Squat jumps + 90 degree turn (5x; each direction)</li> <li>2. 2 to 1 hop (5x; each side)</li> <li>3. Zig-zag cutting (5x)</li> </ol>

OR

Create your own by picking three dynamic flexibility movements, three muscle activation/strengthening movements, and three plyometric/agility movements:

<b><u>Dynamic Flexibility</u></b>	<b><u>Muscle Activation/Strengthening</u></b>	<b><u>Plyometrics/Agility</u></b> (15 – 30 sec. REST between each exercise)
<ol style="list-style-type: none"><li>1. Single-leg RDL Stretch</li><li>2. Quad Stretch</li><li>3. Knee Hugs</li><li>4. Leg Cradle</li><li>5. High Knees</li><li>6. Butt Kicks</li><li>7. Carioca</li><li>8. Normal Skip</li><li>9. Skip for Height</li><li>10. Backpedal</li><li>11. 75% Run</li></ol>	<ol style="list-style-type: none"><li>1. Clamshell (30 sec. hold; each side)</li><li>2. Quadruped fire hydrant (30 sec. hold; each side)</li><li>3. Plank + side plank (30 sec. plank; 15 sec. side plank; each side)</li><li>4. Standing fire hydrant (30 sec. hold; each side)</li><li>5. Bodyweight squats w/ band (10x)</li><li>6. Lateral band walks (20 steps; each side)</li><li>7. Walking lunges – forward (10 steps; each direction)</li><li>8. Walking lunges – backward (10 steps; each direction)</li><li>9. Walking lunges – lateral (10 steps; each direction)</li></ol>	<ol style="list-style-type: none"><li>1. Lateral squat jumps over line (10x)</li><li>2. Forward/backward squat jumps over line (10x)</li><li>3. Squat jumps + 90 degree turn (5x; each direction)</li><li>4. Lunge jumps (5x; each side DO NOT ALTERNATE)</li><li>5. 2 to 1 hop (5x; each side)</li><li>6. Single-leg side-to-side hop (5x; each side)</li><li>7. Forward run with three step deceleration (5x)</li><li>8. Three-step shuffle (5x)</li><li>9. Zig-zag cutting (5x)</li></ol>