Bowling Green Strength & Conditioning Exercise Index

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Bowling Green Strength & Conditioning

Exercise Index

Created by Emily McClelland in partial fulfillment of the requirements for the degree of Masters of Education in Kinesiology, April 6, 2016
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Introduction:

How we strength train our athletes at Bowling Green State University is loosely based on the “Tier System” developed by Joe Kenn (2002). It centers on the main principles of athletic based and total body training. This index follows the way in which we program and train our athletes every day. The different sections represent the different movement types, or tiers of the program if we were following the system completely. The sections we use include a core lift, push, pull, shoulders, single leg, posterior chain, abdominals, miscellaneous, and grip/forearms. These sections are different from the original Tier System. Upon further analysis of our training method, I thought these sections better represented the types of movements and exercise pools we generally draw from when creating programs. This index is not completely comprehensive, but it would be helpful for any athlete or coach to become acquainted with our system.

Every athlete and coach wants, basically, the same thing from a strength and conditioning program; to get fitter, bigger, stronger, faster and quicker side to side. Our job, as coaches and strength and conditioning professionals, is to ensure our athletes have the capacity and the durability to perform at a high level every single day, for every single rep, at every single practice. The sections in this index help us to create a well-rounded program that trains key areas of athleticism and fitness in a way that is easy to understand for athletes and incoming coaches and interns. To ensure flexibility within programming and training schedule, each session is designed to hit each section of the manual with one exercise or another depending on the combination of lifts within that session, the core lift for that day, and sport specific needs within that program. This type of training gives a sense of continuity throughout our Olympic Sports training program and allows us as a staff to be on the same page with movements, coaching cues, and programming.

This Index is set up in a way that is easy to navigate and understand, written from the point of view of a former athlete, intern, and current coach. The information provided will allow any athlete to look at a program sheet and reference most, if not all, the exercises on the sheet in the index. They will be able to find a specific page for each exercise and find, a description, pictures, basic coaching cues, anatomical information, as well as variations to the exercise and what sports it is generally programmed for. Whether the athlete or coach is at home in the summer time or in the weight room here in Bowling Green, this index was created as a tool to help us all reach our goals as Falcons, to WIN!

Enjoy!

Ay Ziggy Zoomba

Emily McClelland

BGSU Graduate Assistant 2015-2016
Core Lifts
**Description:**

- The bar should be on the rack at chest level.
- Step under the bar, so that the bar is resting on the trapezius muscles, a bit higher than the posterior deltoid.
- Take a breath in, un-rack the bar, and take one or two steps back.
- Position feet slightly outside of shoulder width with toes pointed slightly out.
- Take a deep breath in, keeping the back and abdominals tight, descend into the squat, breaking at the hips first and pushing your rear back and down (as if you are sitting into a chair). Keep the weight in your heels.
- When the top of your thighs are parallel to the floor, drive the weight through your heels keeping your torso tight, extend the legs, driving your chest and torso up into the initial position.

**Main Muscles:** quadriceps, gluteus medius, gluteus maximus, adductor group, erector spinae, abdominal muscles, and hamstrings

**Basic Coaching Cues:**

- Chest up
- Keep your weight in your heels, drive through heels
- Drive knees out
- Big air (take a big breath in and hold it)
- Stay Tight (keep abdominals and back muscles engaged)

**Sports:** All

**Variations:** leg press, front squat, pro squat
BENCH PRESS

Description:
-Lay on bench with bar level with your forehead.
-Tighten upper back (lats, scaps, traps) and glutes against the bench arching back upward.
-Feet should be tucked under toward your torso with heels pressing into the floor.
-Grip should be shoulder width or a little wider with thumbs wrapped around the bar.
-Have spotter help you un-rack the bar using a 3, 2, 1 countdown.
-Keeping your elbows at a 45° angle from you torso lower the bar to your chest in a controlled manner, until the bar lightly touches your chest.
Punch upward from your chest.
-Extend arms all the way up to a locked out position at the top.
-Repeat for prescribed repetitions.

Major Muscles: pectoralis major, anterior deltoid, triceps brachii

Basic Coaching Cues:
-Elbows tight
-Punch up from the bottom
-Pull shoulders tight against the bench
-Keep feet down and under you
-Keep everything tight against the bench

Sports: All
Variations: dumbbell, neutral grip bench
**Description:**

-Grip the bar a little outside shoulder width with thumbs wrapped around the bar.

- Stand with the bar in your hands, knees soft, with shoulder blades pulled back.

- First movement: push hips back letting the bar travel down your legs, keeping shoulders pulled back.

- Second movement: drive your hips forward while pulling shoulders back in a shrug and pull motion (high pull).

- Third movement: catch the bar, on the front of the shoulders with elbows thrust through, up under the bar by dropping into an athletic position with hips back and knees slightly bent.

**Major Muscles:** serratus, rectus abdominus, external oblique, Sartorius, quadriceps, tibialis anterior, gastrocnemius, trapezius, deltoid, teres major, latissimus dorsi, gluteus maximus, hamstrings

**Basic Coaching Cues:**

- Hips back
- Chest over bar
- Throw your hips
- Big pull
- Finish your pull
- Throw your shoulders back

**Sports:** football, track, swim/dive, basketball, volleyball, soccer

**Variations:** power clean, high pull
**Description:**

- Start with a barbell with Olympic bumpers resting on the boxes.

- Grip the bar at a little outside shoulder width with thumbs wrapped around the bar, and wrists curled under toward your body.

- Stand with back flat, knees soft, chest over the bar and hips back.

- Driving hips forward while pulling shoulders up and back in a shrug and pulling motion.

- Catch the bar, on the front of the shoulders with elbows thrust through and up under the bar by dropping into an athletic position with hips back and knees bent.

**Major Muscles:** serratus, rectus abdominus, external oblique, Sartorius, quadriceps, tibialis anterior, gastrocnemius, trapezius, deltoid, teres major, latissimus dorsi, gluteus maximus, hamstrings

**Basic Coaching Cues:**

- Hips back
- Chest over bar
- Throw your hips
- Big pull
- Finish your pull all the way up on toes
- Throw your shoulders back

**Sports:** football, track, swim/dive, basketball, volleyball, soccer

**Variations:** hang clean
HIGH PULL

**Description:**

- Grip the bar at a little outside shoulder width with thumbs wrapped around the bar.
- Stand with the bar in your hands, knees soft, with shoulder blades pulled back.
- First movement: push hips back letting the bar travel down your legs, keeping shoulders pulled back.
- Second movement: driving hips forward and pulling shoulders back in a shrug and pull motion drive the bar up as high as you can with elbows up.
- Let the bar drop to the floor, if using bumper plates, or return to starting position after finishing the pull.

**Major Muscles:** serratus, rectus abdominus, external oblique, Sartorius, quadriceps, tibialis anterior, gastrocnemius, trapezius, teres major, latissimus dorsi, gluteus maximus, hamstrings

**Basic Coaching Cues:**

- Hips back
- Chest over bar
- Throw your hips
- Elbows up
- Throw the bar through your chin
- Throw your shoulders back

**Sports:** all (as a variation/progression toward a hang clean)

**Variations:** off box
**POWER CLEAN**

**Description:**
- Start with the bar on the ground gripped just outside the shoulder width.
- Curl knuckles toward your shins.
- Pull shoulder blades back with back flat or slightly arched.
- Pull the bar from the floor; once bar passes your knees continue to pull the bar in towards your hips.
- Drive your hips forward to shrug and pull the bar up toward your chin pulling your elbows up as well.
- Catch the bar in the same way you would catch a hang clean, hips back, knees bent, and elbows through.

**Major Muscles:** serratus, rectus abdominus, external oblique, Sartorius, quadriceps, tibialis anterior, gastrocnemius, trapezius, teres major, latissimus dorsi, gluteus maximus, hamstrings

**Basic Coaching Cues:**
- Shoulders back
- Curl knuckles under
- Suck the bar into your hips on the second pull
- Keep the bar close
- Push your hips back on the catch

**Sports:** Track & field, volleyball, soccer, football
Push
**Description:**

- Lay on bench hold dumbbells over head with either neutral grip or regular overhand grip.

- Tighten upper back (lats, scaps) and glutes against bench.

- Feet should be near the bench flat on the floor with heels pressed into the floor.

- Grip should be either neutral with dumbbells parallel to each other or in a straight line like a regular barbell bench press.

- Spotter should help if needed by placing hands on the inside portion of the dumbbell.

- Keeping your elbows at most a 45° angle from you torso lower the dumbbells to your chest and punch upward from your chest.

- Extend arms all the way up to a locked out position at the top.

**Major Muscles:** anterior deltoid, triceps brachii, pectoralis major

**Basic Coaching Cues:**

- Keep core tight

- Depending on grip, keep elbows tight

- Spot with hands on the inside of the dumbbells

**Sports:** All, baseball, softball pitchers for core lift (sometimes)
**DUMBBELL INCLINE BENCH**

**Description:**
- Sit on the bench already set at an inclined position.
- Using your knees to help push the dumbbells up, start holding dumbbells over head with either neutral grip or regular overhand grip.
- Tighten upper back (lats, scaps) and glutes against bench.
- Feet should be flat on the floor.
- Spotter should help if needed by placing hands on the inside portion of the dumbbell.
- Keeping your elbows at, at most, a 45° angle from you torso lower the dumbbells to your chest and punch upward from your chest.
- Extend arms all the way up to a locked out position at the top.

**Major Muscles:** deltoid, pectoralis major, triceps brachi, serratus anterior

**Basic Coaching Cues:**
- Keep core tight
- Spot on inside of dumbbells
- Depending on grip, keep elbows tight

**Sports:** All
**Description:**
- Start in a prone position supporting yourself on your hands and toes.
- Lower your body using your arms toward the ground until the chest comes in contact with the ground.
- Lower your body in a manner that keeps your forearms perpendicular to the floor.
- Elbows should be kept at (at most) a 45° angle with the torso.
- Once your chest touches the ground push up using your arms toward the starting position.

**Basic Coaching Cues:**
- Keep body flat
- Core tight
- Get as close to the floor as you can
- Elbows tight (45° angle from torso)

**Major Muscles:** anterior deltoid, triceps brachii, anconeus, pectoralis major

**Sports:** All

**Variations:** bottom out, isometric, depth drop, explosive
DUMBBELL MILITARY PRESS

Description:
-In a standing position, hold dumbbells at shoulder level in an overhand grip position.

-Press the dumbbells up over your head until elbows are straight.

-Lower the dumbbells to the starting position.

Major Muscles: latissimus dorsi, biceps brachii, triceps brachii, deltoids, pectoralis major

Basic Coaching Cues:
-Keep core tight

压 back and not out in front of your body

Sports: All

Variations: seated, standing, barbell
**Description:**

- In a standing position, hold weight at shoulder level in a neutral position (or in front rack position if using a barbell).

- Slightly dip with your knees to gain a little momentum, using your legs to drive the weight upward.

- Press the weight up over your head until elbows are straight; stabilize the weight at the top.

- Lower the weight to the starting position.

**Major Muscles:** latissimus dorsi, biceps brachii, triceps brachii, deltoids, pectoralis major

**Basic Coaching Cues:**

- Dip and drive

- Use your legs to gain momentum

- Press the bar back and not forward

- Have spotters on either side of the barbell helping lower the bar

- If pressing off the back, use a wider grip

- Control the bar down

- Keep your core tight under the bar

**Sports:** Almost all

**Variations:** dumbbell, rep jerk
PULL
**Description:**

- Using any grip (neutral, overhand, or underhand) hang from the back of the rack or from the chin/ dip rack.

- Hang with arms completely straight.

- Pull yourself up until your chin is above the bar. Pause for one second in this position.

- Lower yourself to the starting position.

- If doing negative variation, use a count to lower yourself down slowly.

**Major Muscles:**

- biceps brachii,
- brachialis, brachioradialis, teres major, rhomboid major, latissimus dorsi, trapezius

**Basic Coaching Cues:**

- Extend arms all the way

- Count on the negative

- Pause at the top

**Sports:** All

**Variations:** Band/ partner assisted, negative count, jersey hanging
**INVERTED ROW**

**Description:**
- Grasp either the TRX suspension training straps or a barbell across the catches in a rack using an over or underhand grip while lying underneath it, with arms extended and knees bent (to make it easier) or straight or elevated.
- Pull using your arms until your chest touches the bar or is as close as you can get your chest by pulling upward.
- Pause in this position for one second.
- Re-extend your arms to the starting position.

**Major Muscles:** posterior deltoid, rhomboid, trapezius, infraspinatus, biceps brachii, brachialis, latissimus dorsi

**Basic Coaching Cues:**
- Keep your core tight throughout the exercise
- Bring chest all the way up

**Sports:** All

**Progression/ variations:** feet flat knees bent, legs straight resting on heels, feet elevated or on wall, straps or barbell in racks
SEATED ROW

**Description:**
- Sit on the seat of the apparatus, grasp the handles and situate chest against the pad with feet placed behind your body.
- Keeping your head up and shoulders down and back, row the handles toward your chest.
- Lower the handles away from your chest in a controlled manner to the starting position.

**Major Muscles:** posterior deltoid, rhomboid, trapezius, infraspinatus, biceps brachii, brachialis, latissimus dorsi

**Basic Coaching Cues:**
- Keep chest up
- Pull shoulders back
- Keep head up
- Feet back behind you
- Control the weight on the way down

**Sports:** All

**Variations:** varying grips
**Description:**

- Place one hand and knee on a box or bench and hold a dumbbell in the other (with or without straps).
- The dumbbell should be held with a neutral grip.
- Row the dumbbell up into your torso, pausing and squeezing at the top and bring it back to the starting position.

**Major Muscles:** rhomboid major, trapezius, posterior deltoid, biceps brachii, brachialis, brachioradialis, teres major

**Basic Coaching Cues:**

- Keep your shoulders level
- Pull shoulder back and do not jerk the weight up
- Core tight

**Sports:** All

**Variations:** plank row
BENT OVER ROW

**Description:**
- Keeping the torso straight and tight bend forward at the hips to 45° angle, while overhand grasping a barbell.
- Knees should be slightly bent in an athletic position.
- Keeping torso tight and pulling shoulder blades back row the barbell into your torso maintaining an athletic position, pausing with the barbell tight to your torso.
- Bring the barbell back to the starting position.

**Major Muscles:** rhomboid major, trapezius, posterior deltoid, biceps brachii, brachialis, brachioradialis, teres major, erector spinae

**Basic Coaching Cues:**
- Pull the bar in toward the top of your belly
- Be strict in your pull, don’t “yank” the bar up toward you
- Keep core tight
- Back flat
- Knees soft

**Sports:** All

**Variations:** pend lay row, upright row
PEND LAY ROW

**Description:**
- Keeping the torso straight and tight bend forward at the hips to 45° angle, while overhand grasping a barbell.
- The barbell should have Olympic bumpers and be resting on the ground or on boxes depending on the athlete’s height.
- Knees should be slightly bent in an athletic position.
- Keeping torso tight and pulling shoulder blades back row the barbell into your torso maintaining an athletic position pause with the barbell tight to your torso.
- Bring the barbell back to starting position on the floor.

**Major Muscles:** rhomboid major, trapezius, posterior deltotid, biceps brachii, brachialis, brachioradialis, teres major, erector spinae

**Basic Coaching Cues:**
- Pull the bar into your stomach
- Pull shoulders back
- Keep knees bent
- Rest bar completely on the ground before pulling again

**Sports:** All

**Variations:** regular barbell row
LAT PULLDOWN

Description:
- Lock yourself into the machine with your knees under the pad and hands grasping the handles in an overhand, underhand, or neutral position.
- Pull the handles down, keeping your shoulders back with good posture.
- Pull down until you can no longer pull, pause, and return to starting position.

Major Muscles: latissimus dorsi, teres major, brachialis, biceps brachii

Basic Coaching Cues:
- Keep chest and head up
- Pull shoulders back before pulling down
- Extend arms all the way back up
- Keep pull strict; do not use the rest of your body to pull the weight down

Sports: All
Variations: varying grips
SINGLE

LEG
**T-LUNGE**

**Description:**
-Holding a kettlebell start standing upright.

-Hold the weight either at chest level, behind your back, or below your hips, between your legs.

-Take a big step out to the side sitting back into the heel of the foot you just stepped with (keep both feet facing forward).

-Step back to the starting upright position.

-Keeping torso tight, take a big step backwards and sit into a lunge.

-Step back into the starting upright position.

-Repeat these steps for the opposite leg.

**Major Muscles:** quadriceps, gluteus maximus, adductor longus, adductor magnus, sartorius

**Basic Coaching Cues:**

- Big steps
- Keep toes pointed forward on the lateral steps
- Push your butt back as you lunge to the side (almost like a single leg squat
- Get to parallel during lateral lunges
- Keep non lunging leg straight during lateral lunges

**Sports:** All

**Variations:** 2 way lunge, lateral/ reverse
**Description:**

- Holding a kettlebell start standing upright.
- Hold the weight either at chest level, behind your back, or below your hips, between your legs.
- Take a big step out to the side sitting back into the heel of the foot you just stepped with (keep both feet facing forward).
- Step back to the starting position.
- Repeat with other leg.

**Major Muscles:** quadriceps, gluteus maximus, adductor longus, adductor magnus, sartorius

**Basic Coaching Cues:**

- Big steps
- Keep toes pointed forward on the lateral lunge
- Push your butt back as you lunge to the side (almost like a single leg squat)
- Get to parallel during lateral lunges
- Keep non lunging leg straight during lateral lunges

**Sports:** All

**Variations:** where weight is held
**WHEEL LUNGE**

**Description:**
- Holding a kettlebell start standing upright.
- Hold the weight either at chest level, behind your back, or below your hips, between your legs.
- Take a big step out to the side sitting back into the heel of the foot you just stepped with (keep both feet facing forward).
- Step back to the starting position.
- Keeping torso tight, take a big step backwards and sit into a lunge.
- Step back into the starting position.
- Take a step forward and lunge into that leg.
- Repeat all steps with opposite leg.

**Major Muscles:** quadriceps, gluteus maximus, adductor longus, adductor magnus, sartorius

**Basic Coaching Cues:**
- Big steps
- Keep toes pointed forward on the lateral lunge
- Push your butt back as you lunge to the side (almost like a single leg squat)
- Get to parallel during lateral lunges
- Keep non lunging leg straight during lateral lunges

**Sports:** All

**Variations:** none
RFE (REAR FOOT ELEVATED) SPLIT SQUAT

**Description:**
- Place one foot on a roller or a bench and take a big step forward with the other.
- Hold a kettlebell in the hand on the same side as the foot that is on the roller or bench.
- Lunge down until your knee touches the pad on the ground.
- Stand back up.
- Complete all reps on one leg, then switch legs and repeat.

**Major Muscles:** quadriceps, gluteus maximus, adductor longus, adductor magnus, sartorius

**Basic Coaching Cues:**
- Big step forward
- Keep your weight back over your foot
- Chest up
- Shoulders back
- Bring knee all the way down to the pad

**Sports:** All

**Variations:** Explosive
**OVERHEAD WALKING LUNGE**

**Description:**
- Hold an Olympic bumper or any weight over your head with arms fully extended.
- Keeping elbows locked out take a big step and lunge walk for as many steps as prescribed.
- Keep feet facing forward, take big steps as possible and keep your knee off the ground.

**Major Muscles:** deltoid, Triceps, gluteus maximus, quadriceps

**Basic Coaching Cues:**
- Lock elbows out
- Big steps
- Keep knee off the ground
- Lunge until upper part of front leg is parallel to the ground

**Sports:** All

**Variations:** walking lunge holding dumbbells at sides
BARBELL BACK LUNGE

**Description:**
- Starting with the barbell across your shoulders like a regular back squat.
- Take a big step back and drop into a lunge, keeping the back knee off the floor.
- Return to starting position.
- Repeat with other leg.

**Major Muscles:** gluteus maximus, quadriceps, hamstrings, core/ posture muscles

**Basic Coaching Cues:**
- Keep core tight
- Weight in the middle of the lunge
- Big step back
- Do not touch your knee to the ground

**Sports:** All, mainly football, softball, baseball

**Variations:** T-lunge, wheel lunge
**Description:**
- Holding a kettlebell or dumbbell in each hand, stand in front of a box.
- Hold the weight either at chest level.
- Step up onto the box making sure your foot is completely on the box.
- Drive knee of the leg you did not step onto the box with up toward your chest.
- Step back down.
- Repeat for steps prescribed on each leg.

**Major Muscles:** gluteus maximus, minimus, quadriceps

**Basic Coaching Cues:**
- Step with foot all the way on the box
- Drive knee up

**Sports:** All

**Variations:** height of box, how weight is held, explosive
POSTERIOR CHAIN
Description:
-Lock your legs into the apparatus with your lower thighs pressed to the rounded portion (the closer to the knee the more difficult the exercise).
-Straighten legs, keeping torso tight, until body is parallel with the floor.
-Once in that position, bending only at the knees, bring your body back to the starting position.
-Hold a weight or wear a weight vest to make it more difficult.

Major Muscles: gluteus maximus, minimus, medius, hamstrings

Basic Coaching Cues:
-Straighten your legs all the way to start
-Imagine it as a bicep curl, but with your legs
-Keep core tight and tuck your butt in
-Control your body on the way down

Sports: All
Variations: weighted, assisted
**Description:**
- Once into the apparatus make sure the pad for your hips is a little lower than your hip crease.
- Bend at the hips until are folded almost in half.
- Extend at the hips until your torso is parallel to your legs, squeezing your butt and lower back at the top.

**Major Muscles:** quadratus lumborum, iliocostalis lumborum, hamstrings (semitendinosus, semimembranosus, biceps femoris) gluteus maximus

**Basic Coaching Cues:**
- Pause at the top of the movement
- Squeeze your lower back and glutes
- Pause once your body is in a straight line

**Sports:** All

**Variations:** single leg, weighted
ROMAINIAN DEADLIFT (RDL)

**Description:**
- Using straps or a switch grip hold the barbell in a hang position, with shoulders pulled back and core tight.
- Keeping a soft bend in the knee, core tight, and back flat, bend forward at the hips keeping the bar as close to your legs as possible.
- Bend until the bar is at least lower than the knee (lower if looking for more of a weighted stretch).
- Keeping shoulder blades pulled back and core tight return to an upright standing position.

**Major Muscles:** gluteus maximus, biceps femoris, semitendinosus, semimembranosus

**Basic Coaching Cues:**
- Keep knees soft
- Back flat
- Core tight
- Shoulders pulled back
- Bar tight to your body
- Push hips toward wall behind you

**Sports:** All

**Variations:** single leg, 24”, dumbbell
**REVERSE HYPER**

**Description:**
- Hook your feet into the straps of the apparatus keeping them close together after your hips are on the pad, and you are holding the handles.

- Using your lower back and glutes pull your legs up toward the ceiling keeping your legs straight.

- Try to get to a point where your body is in a straight line at the top of the movement before lowering your legs.

- Control your legs on the descent and do not let your legs swing.

**Major Muscles:** erector spinae, biceps femoris, gluteus maximus, gluteus minimus

**Basic Coaching Cues:**
- Control the weight on the way down

- Squeeze your back and glutes at top of movement

- Hold onto handles and lift shoulders at top of movement

**Sports:** All

**Variations:** med ball, single leg, controlled
**Description:**

-Hold a kettle bell or weight on the opposite side of the body than the leg you are standing on.

-Keeping a soft bend in the knee bend forward at the hip of the leg you are standing on while keeping the other leg straight.

-Return to starting position, repeat.

**Major Muscles:** gluteus maximus, biceps femoris, semitendinosus, semimembranosus

**Basic Coaching Cues:**

-Keep shoulders and hips square to the front

-Knees soft

-Core tight

-Pull shoulders back

-Push heel through the wall

**Sports:** All

**Variations:** regular, dumbbell
SHOULDERS
**Description:**

- Hold a weight in both hands, (2.5-10lbs).

- Start with weights resting behind your back with the back of your hands resting on your rear.

- Push hands outward from your rear and pull your shoulders back.

- Lift weights until in a “T” position keeping palms facing back.

- Once to the “T” position, flip your hand to palms facing forward.

- Lift hands over your head.

- Lower the weights in the same manner they were raised but in reverse order.

**Major Muscles:** trapezius, middle deltoid, posterior deltoid, teres minor, teres major, infraspinatus, rhomboid major

**Basic Coaching Cues:**

- Keep shoulders pulled back

- Should barely be able to see the weight when you flip it

**Sports:** All

**Variations:** standing, lying prone
**CUBAN PRESS**

**Description:**
- Start holding a weight in each hand with hands at your side, palms facing backward.
- Raise elbows up until your upper arms are parallel to the ground with elbows still bent and palms still facing backward.
- Keeping elbows high externally rotate your shoulders turning your palms to face forward and press upward overhead.
- Lower the weights in the same fashion that they were raised but in reverse order.

**Major Muscles:** subscapularis, infraspinatus, teres minor, supraspinatus

**Basic Coaching Cues:**
- Keep elbows high
- Upper arm should stay in the same place when you rotate at the shoulders

**Sports:** All

**Variations:** none
3 WAY SHOULDER (FRONT, SIDE, REAR)

**Description:**

Front:
- Start by holding weights in your hands in front of your thighs with your palms facing your body.
- Keeping your arms straight raise the weight up until your arms are parallel with the floor and lower them back down.

Lateral:
- Start by holding weights in your hands at your sides.
- Keeping your arms straight raise the weight up out to the side until your body forms a “T” with your arms.
- Lower the weights back down to your sides.

Rear:
- Start Bent at a 45 degree angle at the waist keeping your torso tight and flat.
- Hold a weight in each hand at your side.
- Keeping your arms straight raise the weights up into a “Y” formation, staying bent at the waist and pulling your shoulders back.

**Major Muscles:** trapezius, pectoralis major (clavicular head), teres minor, rhomboid

**Basic Coaching Cues:**
- Arms straight
- On rear, raise the weight out of peripheral vision at the top of the movement
- Keep knees soft
- Control the weight throughout the range of motion
- Pause at the top of the movement squeezing your back

**Sports:** All

**Variations:** 2 way
**Description:**

Regular:

-Grip the band a little within shoulder width, with two hands, out in front of your body, level with your chest.

-Pull your shoulders back and stretch the band across your chest, keeping your arms straight.

-Release the band back into the starting position in a controlled manner.

Overhead:

-Grip the band a little within shoulder width, with two hands, over your head even with your head.

-Pull your shoulders back and down, keeping arms straight, and stretch the band until it hits the top of your neck/traps.

-Release the band back into the starting position in a controlled manner.

**Major Muscles:** rhomboids, deltoid, teres minor, teres major, trapezius, latissimus dorsi, infraspinatus

**Basic Coaching Cues:**

-Keep arms straight

-Band chest level

-Hit right on top of the traps

-Full stop, pause and squeeze

**Sports:** All

**Variations:** Overhead, dynamic, different grips
**Description:**
- Attach a band to a rack, level with your face.
- Stagger your feet far enough from the anchor of the band that the band is taught.
- Grip the band with hands close together and thumbs pointed down.
- Keeping elbows high pull the band toward the top half of the face.
- Release the band back to the starting position.

**Major Muscles:** posterior deltoid, trapezius, teres major, rhomboid

**Basic Coaching Cues:**
- Elbows up
- Pull to your mustache
- Squeeze/ pause at the top of the movement

**Sports:** All
**Description:**

Y:
- Start bent over at the waist to a 45° angle keeping your back flat, or laying with the front of your torso against an inclined bench. (As pictured)
- Keeping your arms straight raise the weights held in your hands above your head in the shape of a ‘Y.’
- Be sure to squeeze and pause at the top of the movement.

T:
- Start bent over at the waist to a 45° angle, or lying with the front of your torso against an inclined bench.
- Keeping your arms straight raise the weights held in your hands into a ‘T’ position out to the sides of your body, squeezing your shoulder blades together and pausing at the top of the movement.

W:
- Start bent over at the waist to a 45° angle, or lying with the front of your torso against an inclined bench.
- Bend your elbows and turn your palms so they are facing you.
- Squeeze your shoulder blades together and rotate

**Major Muscles:** Trapezius, middle deltoid, posterior deltoid, teres minor, teres major, infraspinatus, rhomboid major

**Basic Coaching Cues:**
- Squeeze/pause at the top
- Pull shoulder blades back
- Keep arms straight
- Back flat
- Pause and squeeze at the top of each movement

**Sports:** Baseball, Softball, Swimming, football QBs, Soccer

**Variations:** varying hand positions/grip
ABDOMINALS
Description:
- Start lying down with your lower legs resting on a bench.
- Have a partner sit on your legs and hold their hands up palms facing toward the partner lying on the ground.
- Starting at 15 touches the partner lying on the ground sits up and crossing over “punches their partner’s hands.
- They then return to the starting position and sit back up “punching” the partner’s hands 14 times repeating all the way down to 1 “punch.”

Major Muscles: rectus abdominis, external oblique

Basic Coaching Cues:
- Make them turn (spread the mitts wider)
- Stay up throughout the whole set
- If banded, make sure band is taught when lying down

Sports: All

Variations: Hand/ mitt placement/ banded
PARTNER THROWDOWNS

**Description:**

- Start lying on your back on the ground with your partner standing with their feet on either side of your head.

- Grasp your partner’s ankles and keeping your legs straight bring your legs up toward your partner.

- Your partner will then push your legs down hard while you resist your legs hitting the ground and bring your feet back up toward your partner.

- Repeat for prescribed reps, partner is allowed to push your legs down in any direction.

**Major Muscles:** rectus femoris, rectus abdominis, external oblique

**Basic Coaching Cues:**

- Throw their legs to the sides
- Bring legs all the way back up to your partner
- Keep your feet off the ground

**Sports:** All

**Variations:** throw down in different directions
**Description:**
-Laying on your back hook your feet into a band attached to the bottom of a rack or a safety rail, make sure you are far enough away that the band is taught.
-Start with your feet off the ground and your hands behind your head.
-Crunch your upper back off the floor while bringing your knees toward your elbow.
-Pause and squeeze in that position and release back into the starting position.
-Repeat for as many reps as prescribed.

**Major Muscles:** Quadriceps (rectus femoris, rectus abdominis, external oblique

**Basic Coaching Cues:**
-Make your elbows and knees meet.
-Hold and squeeze at the top.

**Sports:** Football

**Variations:** Lighter or heavier band
HANGING LEG RAISES

**Description:**

- Start by hanging from a bar in a dead hang position, with neutral or overhand grip.

- Keeping your legs straight raise them up toward the ceiling until you cannot raise them any higher.

- Lower your legs down slowly, and controlled until you reach the dead hanging position you started in.

- Repeat for as many reps as prescribed.

**Major Muscles:** rectus abdominis, external oblique, iliopsoas, tensor fasciae lata, rectus femoris

**Basic Coaching Cues:**

- Control Down

- Legs straight

- Pull your toes toward your head

**Sports:** All

**Variations:** Knees bent, 3 way
**AB ROLLOUTS**

**Description:**
- Set a barbell with a bumper plate on each side.
- Kneel on a pad on the floor facing a barbell and hold the barbell with your arms straight.
- Keeping your chin tucked to your chest, and your abdominals engaged, roll the bar out as far as you can away from your knees.
- Keeping your arms straight and your abdominals engaged roll the bar back toward your body.
- Repeat for prescribed number of reps.

**Major Muscles:** rectus abdominis, external oblique, pectoralis major, latissimus dorsi, teres minor, biceps brachii, rectus femoris, iliopsoas

**Basic coaching cues:**
- Keep your chin tucked.
- Round your torso and engage your core.
- Keep everything tight and only extend at your shoulders

**Sports:** All

**Variations:** Wheel, barbell, “Rock 360” roller
**Description:**

- Start by sitting on a bench on your side with your feet up and stacked and your hip at the edge of the top end.

- Have a partner sit on your legs to keep you balanced.

- Extend your torso over the edge of the bench parallel with the ground.

- Using your oblique abs, pull your body toward your partner and your legs.

- Lower your body controlled to the starting parallel position.

- Repeat on both sides.

- Next sit on a bench with hips at the edge of the top end, so your torso is over the edge of the bench and you are facing your partner.

- Have your partner sit on your legs to keep you balanced on the bench.

- Extend at the hip until your torso is parallel with the ground.

- Using your abs pull your torso back into a sitting up position.

- Lower to the starting parallel position.

**Major Muscles:** rectus abdominis, external oblique

**Basic coaching cues:**

- Keep core tight and body flat.

- Get all the way to parallel.

- Hip all the way to the edge of the bench.

**Sports:** All

**Variations:** weighted
WEIGHTED PLANKS

Description:
- Start in an elbows down plank position.
- Have a partner place a bumper plate on your back where it is most comfortable, preferably near the middle of the shoulder blades.
- Hold that position for the allotted amount of time.

Major Muscles: rectus abdominis, external oblique, pectoralis major, latissimus dorsi, teres minor, biceps brachii, rectus femoris, iliopsoas

Basic Coaching Cues:
- Engage your core
- Butt down

Sports: All
Variations: Amount of weight
**PARTNER MEDBALL TOSS**

**Description:**
- Start with one partner seated on the ground with knees bent and torso at a 45° angle with the floor.
- The other partner is standing a foot away from the partner’s feet holding a medicine ball.
- The standing partner tosses the ball to the sitting partner and the sitting partner twists, touching the ground once on each side, counting each side (1, 2).
- The sitting partner then tosses the ball to the standing partner and the standing partner tosses it back, repeating the twists with the addition of 2 reps (one each side) every toss, until the prescribed number is reached.
- The number is then decreased by 2 reps every toss until back down to 2 reps.

**Major Muscles:** rectus abdominis, external oblique

**Basic Coaching Cues:**
- Keep torso at a 45°
- Lightly tap the ball on the ground

**Sports:** All

**Variations:** Amount of weight
MISCELLANEOUS
**CORRECTIVES**

**Movement 1**

**Description:**

- Hold a dowel rod over your head with both hands wider than shoulder width (snatch grip)
- Keeping your hands at the same width and same grip, rotate your arms back and over your head at the shoulders.
- Roll your arms back over your head and repeat for prescribed number of reps.

**Major Muscles:** Supraspinatus, infraspinatus, teres minor, subscapularis, pectorals, deltoids, quadriceps, gluteus medius, gluteus maximus, adductor group, erector spinae, abdominal muscles, and hamstrings

**Basic coaching cues:**

- If you cannot bring your shoulders all the way around, widen your grip

**Sports:** All
**CORRECTIVES**

**Movement 2**

**Description:**

- Grip the dowel rod the same way as movement 1.
- Hold the dowel so that your arms are even with your ears.
- Position your feet at about shoulder width.
- Keeping your chest up and your arms overhead even with your ears, push your hips back, keeping your weight in your heels, and your heels flat on the ground, sit into a deep squat.
- Drive your knees out and keep your chest up as you stand up.
- Repeat for as many reps as prescribed.

**Basic Coaching Cues:**

- Pry the dowel rod apart
- Sit as low as you can
- Sit back on your heels
- Chest up

**Major Muscles:** Supraspinatus, infraspinatus, teres minor, subscapularis, pectorals, deltoids

**Sports:** All

**Variations:** Dumbbell Bench press, neutral grip bench
CORRECTIVES
Movement 3

Description:
-Find a box or some kind of raised surface.
-Place one foot halfway on the box with your heel hanging off the edge.
-Using a 5 count push your body up using your calf muscles until you are on your toe.
-Lower your body down using the same five count, with a calf stretch at the bottom of the movement.
-Repeat for the prescribed number of reps.

Basic Coaching Cues:
-Slow and controlled the whole time
-Good stretch in the bottom

Major Muscles: Gastrocnemius, soleus

Sports: All
Variations: Holding weight, double leg
**FALCON WARM-UP**

**Description:**

- Hands on your hips, roll your neck
- Reverse
- Arm circles to the front
- Reverse
- Twist side to side with arms straight out and loose at your sides
- Golf swings (bend at the hips with arms hanging loose, swing your arms from side to side)
- Feet together hang your arms down, touch your toes
- Feet out wide hang your arms down the middle
- Bring your head toward your right knee
- Head toward your left knee
- Keeping your heel down sit in toward your right side and keeping your left leg straight get your toe up, switch legs
- One knee down other leg in big lunge position, push your hips forward into a hip flexor stretch, bring your arms up over your shoulder on the side of the knee that is up, repeat with other knee down.
- Bring the elbow on the side of the knee that is up down to your lunge foot.
- Keeping your heels on the ground sit into a deep squat position and hold, pushing you knees out, and chest up.

**Basic Coaching Cues:**

- Make sure you feel every stretch

**Sports:** all
Description:

**Hydrants**
- Start on all fours.
- Keeping a 90° bend in your knee raise your leg as high as you can laterally while keeping shoulders square to the floor.
- Squeeze and pause at the top and then lower your leg.
- Repeat 10 times each leg.

**Hip Circles**
- Start on all fours.
- Keeping a 90° bend in your knee raise your leg as high as you can laterally while keeping shoulders square to the floor.
- Make a circle with your hip starting the motion moving toward your head.
- Repeat for 5 rotations, and then initiate the movement in the other direction.
- Repeat for both hips

**Extension**
- Start on all fours.
- Raise and straighten your leg while also raising and straightening the opposite arm. Keep your toe pulled toward your head and heel pushing toward the wall.
- Squeeze and pause at the top and return to all fours.
- Repeat 5 times each leg/arm.

**Major Muscles:**
- gluteus medius, gluteus maximus, adductor group, erector spinae, abdominal muscles, and hamstrings

Basic Coaching Cues:
- Hold and squeeze at the top
- big circles
- Pull your toe toward your head

**Sports:**
- all
**Description:**

**Side neck**

-Start by asking the athlete to sit on the end of a bench or on a box.

-Place your hip against the athlete’s shoulder and press a towel onto the opposite side of their head above their ears.

-Have the athlete resist your pressing your hands into their head all the way down to their shoulders.

-Instruct them to squeeze then pull their head back toward you.

-Tell them to resist you as you pull their head back toward their close shoulder.

-Repeat 10 times, and then repeat on the opposite side.

**Back neck**

-Stand behind the athlete while they are seated on the edge of a bench.

-Place a towel and your hand on the back of their head on the bottom of their skull, instruct them to place their chin on their chest.

-Press their head toward their chest while they resist and press your hand back.

-Once they reach full neck extension have the athlete resist your push back down while you are pressing your chin toward their chest.

-repeat ten times

**Front neck**

-Stand behind the athlete while they are seated on the edge of a bench.

-Place your forearms on their traps and cup their chin with a towel.

-Instruct the athlete to pull their chin toward their chest, then instruct them to resist you as you pull their chin up and back

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**Major Muscles:** Sternocleidomastoid, middle trapezius, splenius capitus, semispinalis capitus, anterior scalenes, middle scalenes, lavatory scapulae

**Basic Coaching Cues:**

-Squeeze at the end of each rep

-Resist the whole way

-Pause at the end of each movement

**Sports:** football, soccer, basketball, hockey, volleyball, softball, baseball

**Variations:** Machine, banded, lying
GRIP / FOREARMS
**Description:**
- Sit on the machine with hands grasping the handles closed, with your wrist extended toward your forearms.
- Let the weight pull the handles apart in a controlled manner until your grip is fully extended and the handle is in your fingertips.
- Squeeze hands back up toward your palms until the handles touch, pause with handles touching and then control the weight back down to fingertips.
- Repeat for prescribed number of reps

**Major Muscles:** Flexor digitorum superficialis, flexor digitorum profundus, flexor pollicis longus, openeus pollicis, flexor pollicis brevis, adductor pollicis

**Basic Coaching Cues:**
- Squeeze all the way up
- Let it fall all the way down
- Pause when you squeeze them together

**Sports:** baseball, softball, swim, dive, football, golf, tennis
DUMBBELL ROTATIONS

Description:
- Start by holding a dumbbell in one hand, with elbow bent at a 90° angle and elbow tucked to your side.
- Rotate forearm to a prone position while gripping the dumbbell.
- Then rotate back up and all the way to a supine hand position gripping the dumbbell.
- Repeat for prescribed number of reps for each hand.

Basic Coaching Cues:
- Elbow tight to your side
- Rotate all the way
- Stay controlled

Major Muscles: Flexor digitorum superficialis, flexor digitorum profundus, flexor pollicis longus, opponens pollicis, flexor pollicis brevis, adductor pollicis

Sports: baseball, softball, swim, dive, football, tennis, golf

Variations: off edge of bench
**Barbell Wrist Curl**

**Description:**
- Hold barbell behind your body under your butt in both hands facing away from your body.
- Let the bar roll down until it reaches your fingertips.
- Then roll it back up toward your palm by flexing your fingers.
- Finally curl your wrist up toward your forearms and squeeze at the top.
- Repeat for prescribed reps.

**Basic Coaching Cues:**
- Curl all the way up and hold
- Control the way down
- Let it fall all the way to your fingertips

**Major Muscles:** Flexor digitorum superficialis, flexor digitorum profundus, flexor pollicis longus, opponens pollicis, flexor pollicis brevis, adductor pollicis

**Sports:** baseball, softball, swim, dive, football, tennis, golf

**Variations:** front of the body, off edge of bench, single arm with dumbbell
BARBELL WRIST EXTENSION

**Description:**
- Hold the barbell in front of your body with your palms facing toward your body.
- Holding the barbell extend your wrist, hold and squeeze at the top, then control the barbell on the way down.
- Let the barbell fall all the way until it is almost all the way in to your fingertips, repeat the extension.
- Repeat for prescribed number of reps.

**Major Muscles:** extensor carpi ulnaris, extensor carpi radialis longus, extensor radialis brevis

**Basic Coaching Cues:**
- Squeeze and hold at the top
- Let the barbell roll all the way to your fingertips

**Sports:** baseball, softball, swim, dive, football, tennis, golf

**Variations:**
Wrist Roller

Description:
- Start with string all the way extended toward the ground with the weight off the ground and our arms extended out in front of you.
- Roll the PVC pipe toward yourself rolling the string around it until the weight is tight to the pipe.
- Then unroll the string in a controlled manner, while keeping your arms straight out in front of you, all the way until the string is straight.
- Repeat for as times as prescribed.

Basic coaching cues:
- Keep your arms straight out in front of you
- Control the weight down (don’t let it slide to unroll)

Major Muscles: flexor digitorum superficialis, flexor digitorum profundus, flexor pollicis longus, openeus pollicis, flexor pollicis brevis, adductor pollicis, extensor carpi ulnaris, extensor carpi radialis longus, extensor carpi radialis brevis

Sports: baseball, softball, swim, dive, football, tennis, golf

Variations: power roller, manual roller (PVC with partner)
**BUMPER HOLD**

**Description:**
- Find two bumper plates that are as big as you can fit your hands around and hold one in each hand.
- Pick up the bumpers by squeezing your fingers and thumb on either side of the plate.
- Hold for prescribed number of seconds or until you can no longer hold on.
- Repeat for number of reps prescribed.

**Major Muscles:** flexor digitorum superficialis, flexor digitorum profundus, flexor pollicis longus, openeus pollicis, flexor pollicis brevis, adductor pollicis

**Basic Coaching Cues:**
- Chalk up before you go
- Squeeze your thumbs

**Sports:** baseball, softball, swim, dive, football, tennis, golf
**Description:**
- Start by placing heavy “blob” on floor.
- Chalk up hands to enhance grip.
- Using one hand, keeping arm straight, stand over the blob and grip it squeezing your fingers and thumb around it.
- Stand up with arm straight gripping the blob.
- Lower the blob to the ground.
- Repeat for each hand for number of reps prescribed.

**Major Muscles:** flexor digitorum superficialis, flexor digitorum profundus, flexor pollicis longus, opponens pollicis, flexor pollicis brevis, adductor pollicis

**Sports:** baseball, softball, swim, dive, football, tennis, golf

**Variations:** Blob size, shot put or blob
References


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