



Alternative Dynamic Stretches

Strength & Conditioning Coach: Chet Koneczny

Program Emphasis: Control/Full ROM

Program Frequency: Prior to Competition/Training

Cardio: *5 Minute General Warm-Up (See Video)

*Do over a distance of 20m

*Run Forward/Backward x4, Side Shuffle (both directions) x4, Tracking Forward/Backward x4, Carioca (both directions) x4 - 20m

Exercise	Weeks	Prescribed		Tempo	Actual								Technique Cue	
		Sets	Reps		Week 1		Week 2		Week 3		Week 4			
					Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep		
1) Lower Body: Inch Worm	1	2	3-5e	2:2										<ul style="list-style-type: none"> - From a standing position, bend at the waist and extend both arms toward the ground; lean forward & walk both hands forward until your body is parallel to ground - Walk feet back to starting position; keep spine neutral throughout this movement
	2	"	"	"										
	3	"	"	"										
	4	"	"	"										
	Notes:													
2) Lower Body: 3-Point Dynamic Lunge	1	1	3-5e	2:2										<ul style="list-style-type: none"> - From the athletic position, lunge one leg forward to an 80° shin angle, stretching the front of the trail leg; rotate torso and raise arm to the side of the lead leg - Raise the opposite arm to the sky, then switch weight to back leg (bent) & straighten front leg
	2	"	"	"										
	3	"	"	"										
	4	"	"	"										
	Notes:													
3) Lateral Chain: Dynamic Side Bend	1	1	3-5e	2:2										<ul style="list-style-type: none"> - Stand perpendicular to a fixed object grasping it at arms-length with the closest arm, outside arm at your side; cross your outside leg behind your inside leg - Reach your outside arm directly overhead, touching the object being grasped; return to neutral
	2	"	"	"										
	3	"	"	"										
	4	"	"	"										
	Notes:													
4) Lower Body: Open Quadruped - Hip Flexion/Extension	1	1	3-5e	2:2										<ul style="list-style-type: none"> - Start on "all 4's" with one knee on the ground & the other leg out to the side (foot making contact) - Push hips forward (flat on floor) then sit back onto the heel of the knee that is on the ground; keep hands flat on the ground - Rock back and forth slowly
	2	"	"	"										
	3	"	"	"										
	4	"	"	"										
	Notes:													
5) Lower Body: Hip Rockers	1	1	5-7e	2:2										<ul style="list-style-type: none"> - Sit on the ground with your knees bent (hip width apart) and your arms behind you for support - Drop both knees from one side to the other; slow & controlled - Keep your heels as close to your buttocks as possible throughout
	2	"	"	"										
	3	"	"	"										
	4	"	"	"										
	Notes:													
6) Upper Body: Supine External/Internal Shoulder Rotation	1	1	3-5e	2:2										<ul style="list-style-type: none"> - Lie flat on your back with your arms tucked in at your sides - Bend your elbows to a 90° angle so your hands are pointing up in the air - Slowly, drop both hands out to the side, perpendicular to your body; return to start position
	2	"	"	"										
	3	"	"	"										
	4	"	"	"										
	Notes:													
7) Lower Body: Ankle Series	1	1	3-5e	2:2										<ul style="list-style-type: none"> - Put your hands against the wall - Keep your trail leg back and straight, lead leg bent in front 12" from the wall; Set 1 lean forward with knee directly over foot; lean back. Set 2 lean forward, knee over big toe; lean back. Set 3 lean forward knee over baby toe; back
	2	"	"	"										
	3	"	"	"										
	4	"	"	"										
	Notes:													

BW Body Weight, **DB** Dumb Bell, **KB** Kettle Bell, **BB** Bar Bell, **MB** Medicine Ball, **SB** Swiss Ball, **EB** Exercise Bar, **e** each side, **s** seconds, **m** metres



Alternative Static Stretches

Strength & Conditioning Coach: Chet Koneczny

Program Emphasis: Deep Breathing (See Video)

Program Frequency: 2-3 days per week

Hold Stretch: 30 seconds (slowly release the stretch)

Exercise	Weeks	Prescribed		Tempo	Actual								Technique Cue	
		Sets	Reps		Week 1		Week 2		Week 3		Week 4			
					Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep		
1) Lower Body: Standing/ Seated Hamstring Stretch	1	1e	1	30s										<ul style="list-style-type: none"> - From a standing position, or a seated position with one leg straight & the other bent inward, extend one or both arms toward your feet grabbing under your feet - Hold onto your feet in different spots: straight, on the outside and on the inside; different variations
	2	“	“	“										
	3	“	“	“										
	4	“	“	“										
	Notes:													
2) Lower Body: Prone Glute Pretzel - “L” Stretch	1	1e	1	30s										<ul style="list-style-type: none"> - Start face down on the ground, legs extended straight; push upper torso up into the air and slide one leg underneath torso, bent at 90° (aligned with mid-line of body) - Push knee down toward ground; support with other arm; alternate - Look back over both shoulders
	2	“	“	“										
	3	“	“	“										
	4	“	“	“										
	Notes:													
3) Lower Body: Hurdle Stretch (Groin)	1	1e	1	30s										<ul style="list-style-type: none"> - Change into this pose from the above stretch all in one motion - Turns into a groin stretch of the trail leg by sitting back & turning trail leg inward; try to keep both legs parallel to enhance the stretch - Use your hands for support and make sure to keep a neutral spine
	2	“	“	“										
	3	“	“	“										
	4	“	“	“										
	Notes:													
4) Lower Body: Supine Leg Pullover	1	1e	1	30s										<ul style="list-style-type: none"> - Start laying on your back and raise one knee up to your chest using your arms to pull your knee across your body; keep your knee bent at 90° and perpendicular to your body - Keep your hips/back flat on the ground; alternate sides
	2	“	“	“										
	3	“	“	“										
	4	“	“	“										
	Notes:													
5) Lateral Chain: Side Bend with Wall Grab	1	1e	1	30s										<ul style="list-style-type: none"> - Stand perpendicular to a fixed object grasping it at arms-length with the closest arm, outside arm at your side; cross your outside leg behind your inside leg - Reach your outside arm directly overhead, touching the object being grasped; hold for 30s
	2	“	“	“										
	3	“	“	“										
	4	“	“	“										
	Notes:													
6) Upper Body: Neck Stretch	1	1	1	45s										<ul style="list-style-type: none"> - From a seated position, reach behind your head and place both hands on the back of your head - Being sure to keep your chest up & “shoulders set,” pull your head straight down towards your chest - After a minimum of 10s, tilt head to one side, then to the other
	2	“	“	“										
	3	“	“	“										
	4	“	“	“										
	Notes:													
7) Upper Body: Seated Wrist Stretches (Flexors & Extensors)	1	2e	1	30s										<ul style="list-style-type: none"> - Start in a seated position - Set 1: Put your palms flat on the ground at your sides; lean forward to enhance the stretch underneath your forearms - Set 2: Same as above except put the backs of your hands flat on the ground stretching top of forearms
	2	“	“	“										
	3	“	“	“										
	4	“	“	“										
	Notes:													

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