

Many of these circuits should be repeated (i.e 2 or 3 reps or entire sequence). When you have the time to do so, reduce multi-set assignments to single set per rotation

Strength and Power Sport 1	
I-T Band Roles	15 reps
Ankle Eversion/Inversion	35 each
45 degree Raise (rot cuff)	15 ea
1-Leg Squats	2x15 reps
Dyno Disk Cone Touches	3 cones - 4 touches each
1-Leg Hip Adduction	15 reps

Strength and Power Sport 2	
Step downs	15 reps
Twisting Plate Chops	20 reps
Ins and outs (Rot Cuff)	15 ea
1-Leg Ground Touches	2x12 reps
RDL's on 2-Foot Dyno Disk	2x10 reps
Hamstring Roles	15 reps

Strength and Power Sport 3	
Terminal Knee Extension	15 reps
Quad Roles	15 reps
Overhead Squats	15 reps
Stability Ball Leg Curl	12 reps (1-leg/18 if 2-Leg)
Lateral Lunge and Reach	12 reps
Ups and Backs (rot cuff)	18 reps

- 1) Specific Sport Focal Points: These are prehab suggestions, but never intended to replace overall strength training for example rugby players need extensive and intensive leg training. In that training it is assumed they get significant knee and hip work therefore knee stabilization is important, but not a focus area for prehab.
- 2) There is no way to prepare for all injury risk, and by specifying worthwhile focal points understand that every person plays every position in different ways (and often is responsible for more than one primary role - these lists should be thought of as a very flexible guide

Gymnastics	Knee stabilization; Ankle inversion/eversion; Rotator Cuff; Maximize STRENGTH through range of motion (i.e control movement through range of motion)
Baseball	Rotator cuff & Shoulder stabilization, Hamstrings
Pitchers	Rotator cuff (especially D2); <b>lifting reasonable wt over head will never put the same amount of stress on the shoulder capsule as the pitching motion!!</b>
Softball	Rotator Cuff; Core
Wrestling	Neck (leading into preseason- prior to live drilling); <b>Rotator cuff; Knee stabilization</b> ; Core
Track & Field - Sprint/Hurdle	Hamstring Strength and Flexibility; Tibialis anterior and Gastrocnemius work; Psoas flexibility; Core (hurdles: add adductor flexibility)
Track & Field - Mid Dist	Tibialis anterior and Gastrocnemius work; Core; hip flexor strength
Track & Field - Jump	Hamstring Strength and Flexibility; Gastrocnemius work; Psoas flexibility; Core
Track & Field - Throw	Core, rotational core; Rotator cuff; (this in part to prepare for rigors of weight room training)
<i>Football</i>	<i>In general - NON IMPACT related injuries often occur when body is ill prepared for training (early in preseason or offseason/spring preparation)</i>
Football - Lineman	Hamstrings; Knee Stabilization; Core strength; Neck (leading into preseason)
Football - LB, TE	Hamstrings; Ankle stabilization; Knee stabilization; Neck (leading into preseason)
Football - DB, S, WR	Hamstrings; Core; Ankle stabilization; hip flexors and adductor; Neck (leading into preseason)
Football - QB	Knee Stabilization; Core; hip flexors and adductors; Rotator cuff; Neck (through preseason until enough playing time to take some hits)

Note: for better foot/lower leg health - Flip flops warn in the shower, not around town!