TECHNIQUE IS EXTREMELY IMPORTANT AND SHOULD NEVER BE COMPRISED WITH HEAVIER WEIGHT!

**STRENGTH TRAINING**

Strength training is used to increase the strength levels of the muscles. It is used for performance enhancement as well as injury prevention. The main goal for strength training is to be able to withstand the rigors of competition and enhance the confidence levels of athletes. With severe dedication, you should be able to run faster and jump higher.

Strength building can be done in many ways. Strength training is put together for an individual or for a team, and is based on strength level and time constraints. You will start with lower weight and high repetition, and then progress to a higher weight and lower repetitions.

**STRENGTH EXERCISES**

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Strength Training

Leg Curls
DB Pullover
Alternating DB Shoulder Press
Single Arm Bent-over Row
DB Fly
Incline DB Fly
RDL w/ Shrug
RDL w/ Upright Row
Bar Bell Curl
Calf Raises
Bar Bell Wrist Curls
Shoulder Rows
Rotating Shoulder Press
Single Leg Squat w/ OH Press

EZ Bar Curl
Tricep Kick-back
Lunge w/ OH Press
MB Single Leg Alt. Bent-over Row
Squat w/ Chest Press
Medicine Ball Rip-Aways
Swiss Ball Pointers
Swiss Ball Reverse Hypers
Towel Hangs
Towel Pull Ups
Chin Ups
Tricep Push Downs
Jammer Rotation
¼ Squats, Full Squat Combo

½ Squats, Full Squat Combo
¼, ½, and Full Squat Combo
Good Morning
Speed Squats
Side/Lateral Lunges
DB Bent Over Lateral Raise
Corkscrew Lunges
Skull Crushers/ Nose Breakers
Bent Arm Hangs
Overhead Walking Lunges
Rotator Cuff Circuit

SQUAT BAR POSITION
Rest the bar on the back right below the trapezius, keeping the back arched and the weight over the hips at all times.

SQUAT - VIDEO >>>
Your feet should be slightly wider than shoulder width apart, with your toes slightly pointed out. Go down slowly until the bottom of thigh is parallel to the floor. Drive upward quickly. Do not bounce at the bottom of lift. Use a spotter on both sides.
FRONT SQUAT BAR POSITION
Rest the bar high on the chest, gripping the bar slightly wider than shoulder width apart.

FRONT SQUAT - VIDEO >>>
Keep your elbows in and up so that the upper arms are parallel with the floor. Your feet are shoulder width apart with a slight bend in the knees. Go down slowly until the bottom of thigh is parallel to the floor. Drive upward quickly. Do not bounce at the bottom of lift.

SNATCH SQUAT - VIDEO >>>
Start with the bar over your head with your hands wider than the framework of your body and with your feet shoulder width apart with toes pointing forward. Go down slowly until the bottom of thigh is parallel to the floor. Keep head and chin towards your chest. Drive upward quickly, maintaining your balance. Do not bounce at the bottom of lift.
BOX SQUAT - VIDEO >>>

Place two boxes wider than shoulder width apart. While standing on them, with one foot on each one, hold a dumbbell with both hands, with arms fully extended downward. Go down slowly until the bottom of thigh is past parallel to the floor, keeping arms extended. Drive upward quickly. Do not bounce at the bottom of lift.

ROMANIAN DEAD LIFT (RDL) - VIDEO >>>

Placing the bar on the front of the power rack, position it at thigh height. Grasp the bar with your palms facing you and take the bar from the rack. Move 2 steps backwards. With knees slightly bent, and sticking out your chest, bend at the hips and lower the bar, keeping it close to your thighs and shins. Descend until you feel some tension on your hamstrings. Hold the position for a few seconds. Keep your back flat and your arms fully extended as you move slowly back up to a standing position.

SINGLE LEG RDL - VIDEO >>>

Start by balancing on one leg with dumbbells in each hand. Go down slowly until a stretch is felt in the hamstrings. Come up slowly and return to starting position. Repeat with the opposite leg.
ONE LEG SQUATS - VIDEO >>>

Rest the bar on the back right above the trapezius. Place one leg on the edge of the bench with just the toes on the bench. Extend the other leg out so that the back knee forms a 90-degree angle. Go down slowly until the bottom of thigh and your back is parallel to the floor. Drive upward quickly and return to starting position. Repeat one the opposite leg. If done with dumbbells, hold on each side of the body.

SQUAT BAR POSITION

Rest the bar on the back right below the trapezius, keeping the back arched and the weight over the hips at all times.

LUNGE - VIDEO >>>

**Forward Movement:** Place the bar at the same position as if doing squats. Than place the bar on your upper back with your palms facing forward on the bar. Standing straight up, take the bar from the rack and take three steps backwards. Keep your eyes focused ahead, your chest and your back flat. Take one exaggerated lead step forward, bending your lead leg until the thigh is parallel to the ground. Your lead knee should not go past the lead foot. Your trailing knee should be 1”-2” from the ground. The depth of the lunge will depend on your degree of flexibility. **Backward Movement:** Push the lead foot against the floor and back towards the trailing foot until you are back in starting position. The trailing foot will now become the leading foot as you begin the next repetition.
**Three Way Lunge** – Front (a), lateral (c), 45 degree (d) [VIDEO]
**Four Way Lunge** – Front (a), lateral (c), 45 degree (d), back 45 degree (b)

Start with your arms held straight out, parallel to the floor with a plate in your hands. With your arms, spell out the alphabet in capital letters.

**ABC SHOULDER RAISE** - [VIDEO]

With knees bent as if in a squat position, hold a plate with both hands between the knees. Raise the plate up with the arms parallel to the floor, keeping the squat position. Bring the plate into your chest, and then back parallel to the floor. Finish in the starting position.
BENT OVER ROWS/ DB BENT OVER ROWS - [VIDEO] >>>

Using the barbell starting position is standing straight, with very slight bend in the knees; hands are a little outside thigh position. While keeping back straight and flat, bend forward at the waist allowing arms to be fully extended. In a controlled movement pull barbell up the abdomen area, being sure to squeeze shoulder blades together. Lower barbell, also in a controlled manner, and repeat. With the dumbbells, follow the same movements, keeping dumbbells aligned with each other.

3 AND 4 WAY RAISE - [VIDEO] >>>

**Front Raise**- Grasp two dumbbells and let them hang down by your side with your palms facing backward. Raise the dumbbells, with a slight bend in the elbows, in front of your body until the reach shoulder level. **Lateral Raise**- Grasp two dumbbells and let them hang down by your side with your palms facing inward. With a slight bend in your elbows, use your shoulders to lift your arms laterally until your arms are parallel with your shoulders. **Rear Deltoid Raise**- Hold the dumbbells in front of you with your arms slightly flexed. Bend forward at the hips until your torso is about 10 to 30 degrees above horizontal. Move arms up laterally until your arms reach shoulder level. Rotate your arms so that your thumbs are pointing down at the highest point of the lift. **Thumbs Down Front Raise**- Grasp two dumbbells and let them hang down by your side with your palms facing backward. Raise the dumbbells, with a slight bend in the elbows, in front of your body until the reach shoulder level, rotating your wrists so that your thumbs are facing downward.

**3 Way Raise**- Front Raise, Lateral Raise, Rear Deltoid Raise

**4 Way Raise**- Front Raise, Lateral Raise, Rear Deltoid Raise, Thumbs Down Front Raise
UPRIGHT ROW/ DB UPRIGHT ROW - VIDEO >>>

Place the bar at the front of the rack and at thigh level. Place your feet shoulder width apart. With your palms facing towards you, grasp the bar at your thighs. Take the bar and move backwards one step. Pull the bar up to the area between your chest and your chin. Your elbows should be higher than bar. Lower the bar slowly and with control until it is back at the starting position. As you begin the next repetition, be careful not to bounce the bar at the thighs.

FRENCH PRESS - VIDEO >>>

This exercise is performed using one dumbbell, either seated or standing. Grasp the dumbbell by the head with both hands. Your hands will form a diamond pattern when holding the dumbbell. The starting position will be arms fully extended above the head. In a controlled movement, lower the dumbbell behind your head until your hands reach your neck, keeping elbows close to your body and facing forward during the entire movement. Raise the dumbbell back to starting position still keeping elbows close to the body and facing forward, and then repeat.
TRICEP CURLS - VIDEO >>>

This exercise is performed using one dumbbell, either seated or standing. Grasp the dumbbell with one hand, while the other hand is holding the triceps. The starting position will be the dumbbell behind your head until your hand, keeping elbow close to your body and facing forward during the entire movement. In a controlled movement, fully extend the arm above the head. Lower the dumbbell back to starting position still keeping elbows close to the body and facing forward, and then repeat.

IRISH PRESS - VIDEO >>>

This exercise combines an upright row and a military press. All movements are done at a slow speed. Starting position is holding the barbell with the overhand grip in front of the body, with hands about thigh width apart. In a controlled manner, raise the barbell up between the chest and the chin, keeping elbows up and out (flared). Rotate your elbows under the barbell to where the barbell is now held in the underhand grip (palms facing up). From this position, press barbell over the head holding for a second. Return to starting position and repeat.
INCLINE PRESS/ DB INCLINE PRESS - VIDEO >>>

Using a 30 degree bench lay with feet flat on the floor. Grip the bar with hands slightly wider than shoulder width apart. Lift the bar up off the rack and bring it above the chest. In a controlled manner, lower the bar to the upper part of the chest. Push the bar up to the starting position. Make sure there is a spotter at all times. Keep buttocks and feet down at all times.

MILITARY PRESS/ DB MILITARY PRESS - VIDEO >>>

Grip the bar slightly wider than shoulder width apart and position your feet directly under the hips. The bar is positioned on the shoulders with the elbows pointed down towards the floor and chin tucked in towards the chest. Push the weight up using the shoulders, and finish by locking out the bar above the head. Lower to the starting position and repeat.

BENCH PRESS/ DB BENCH PRESS - VIDEO >>>

Lay on the bench with feet flat on the floor. Grip the bar with hands slightly wider than shoulder width apart. Lift the bar up off the rack and bring it above the chest. In a controlled manner, lower the bar to the middle of the chest. Push the bar up to the starting position. Make sure there is a spotter at all times. Keep buttocks and feet down at all times.
CLOSE GRIP BENCH PRESS - VIDEO >>>

Lay on the bench with feet flat on the floor. Grip the bar with hands positioned right outside the chest, keeping the elbows in close to the body. Lift the bar up off the rack and bring it above the chest. In a controlled manner, lower the bar to the middle of the chest. Push the bar up to the starting position. Make sure there is a spotter at all times. Keep buttocks and feet down at all times.

HANGING BODY PULL - VIDEO >>>

Place the bar in the front of the rack at about thigh level. Hang under the bar with your feet resting on a bench about two feet off the floor. Pull your body up until your chest makes contact with the bar. Go back to starting position and repeat.

HANGING BODY PULL WITH WEIGHT - VIDEO >>>

Place the bar in the front of the rack at about thigh level. Hang under the bar with your feet resting on a bench about two feet off the floor, place a rubber plated weight on your chest. Pull your body up until your chest makes contact with the bar. Go back to starting position and repeat.
ASSISTED HANGING BODY PULLS - VIDEO >>>

Place a bar bell at thigh level. Hang under the bar with your feet straight out and heels on the floor. Place a heavy rubber hand under your waist and have the spotter hold each end. Pull yourself up to the bar and try to touch your chest to the bar. The spotter should bend their elbows and help pull you up to the bar. As you lower down the spotter should help lower you by extending their arms out straight. The two of you should work at the same pace. Once back at the starting position repeat until all reps are finished.

STEP UPS - VIDEO >>>

CROSSOVER STEP UPS - VIDEO >>>

Stand to one side of a box or step. Take the Leg furthest from the step and cross it over the leg closest to the step and place on top of the box. Bring the remaining foot to the top of the box. Take the leg you started with and cross it behind your leg and then step off the box with other foot. Repeat Excercise on the opposite Side.

LATERAL BOX SQUATS - VIDEO >>>

Stand to one side of a box or step with one foot on the box and the other foot on the floor. Hold a Dumb bell in BETWEEN YOUR legs WITH YOUR hands. Lean into the box by bending the leg of the foot on the box and keep the other Leg straight. Push yourself off the box and back to starting position. Repeat with the opposite leg.
4-WAY MANUAL NECK - VIDEO >>>

Get a partner and sit upright on a bench with your feet flat on the floor. As your partner provides resistance, move your head forward through the full range of motion. Slowly return your head to the starting position while resisting against your partner’s hand. Repeat the exercise for your right side, left side, and backward.

LAT PULL DOWN - VIDEO >>>

Hold the bar with your palms facing forward and arms fully extended. The width of the grip should be to the outside of your shoulder width. Pull the bar down just below the chin. In a controlled manner, let the bar rise above the head until your arms are again fully extended, and then repeat.
DEADLIFT - VIDEO >>>

Use a hip width stance, reach down, and grip the bar with hands right outside the legs. Bring the bar to the shins, keeping back flat and chest high. Your body weight is on your heels and that you squeeze your shoulder blades. Slowly raise the bar, using the legs, until the legs are straight. Make sure to keep the bar close to the body. Once the legs have extended, extend the hips and shoulders until the body is straight. Bring the bar back down to the starting position, keeping it close to the body, and repeat.

BACK EXTENSIONS - VIDEO >>>

Using a back extension apparatus, lie face down with hips positioned off the end and feet back against the board. In a controlled manner, extend the lower back until the upper body is parallel with the floor. Pause for a second and slowly go down to the starting position, and repeat.

GLUT-HAMS - VIDEO >>>

Using a back extension apparatus, lie face down with hips positioned off the end and feet back against the board. In a controlled manner, extend the lower back until the upper body is straight up and knees are on the back of the pad. Pause for a second and slowly go down to the starting position, and repeat.
PULL DOWNS - REVERSE GRIP

Hold the bar with your palms facing you and arms fully extended. The width of the grip should be shoulder width. Pull the bar down just below the chin. In a controlled manner, let the bar raise above the head until your arms are again fully extended, and then repeat.

PULL-UPS - VIDEO >>>

Hold the bar with both hands just outside shoulder width apart, and let your body hang. Pull yourself up to where your chin is above the bar. Lower yourself to the hanging position, and then repeat.

MANUAL HIP - VIDEO >>>

Get a partner. Lie flat on the bench press, legs bent and feet on the floor. Your partner should place his hand on one of your thighs. As you partner pushes down on your thighs to provide resistance, slowly lift your bent leg. Lift your leg until your thigh is at a 90-degree angle with your upper body. Slowly move your leg down while providing resistance against your partner’s hand. Repeat the exercise for the other leg.
A) **Reverse Curls**- Grasp the dumbbells with overhand grip (palms facing down), holding them in front of the body. Keeping the elbows tight to the body, curl (lift) forearms up, then slowly lower to the starting position.

B) **Hammer Curls**- Grasp the dumbbells with your palms facing your thighs on the side of the body, curl up and slowly lower to the starting position. Make sure to keep your elbows tight to the body. Another variation is to bring the dumbbells to the opposite shoulder, alternating arms, keeping elbows tight to the body.

C) **Wrist Flips**- Kneel over a bench, resting forearm on the bench with your wrist hanging over the edge of the bench. The first iteration is with the palms facing down, moving the wrist up and down. The second iteration is with the palms facing in, moving the wrist up and down. The third iteration is with the palms facing up, moving the wrist up and down.

D) **Supinator/Pronator**- Grip the dumbbell with the underhand grip (palm facing up). Kneel over the bench, resting your forearm on the bench with the wrist hanging over the edge. Rotate only the forearm so that the palms are facing down, and then returning to the starting position.
On a mat, start on your knees with your legs together, while a partner is holding the ankles. Lean forward and go all the way down, where the hands are flat on the floor with elbows up. Push body back up using hamstring muscles, and repeat.

Lie face up on the floor with the ball at your feet. Place your calves and feet on the ball, about a foot apart. You can either put your hands across your chest or on the floor. Lift your buttocks off the floor until your body is completely straight. Don’t let your buttocks drop. Keep a good contraction in your abs and lower back to maintain the position. Slowly pull the ball towards you using the legs. Continue pulling the ball towards you until the knees are bent to approximately 90 degrees. Hold this position for 1 second, the slowly push the ball away from you again until your legs are straight, and repeat.

Lie face down, with hands on the outside of the ball and chest over the ball. The body is straight and extended. Slowly pull yourself down, just as you would a regular push up. Push your body back up, and repeat.
Lie face down, with hands on the outside of the ball and chest over the ball. The body is straight and extended. Slowly pull yourself down, just as you would a regular push up. Push your body back up, and repeat. **Partner:** Stand in front of the person doing push ups and try to knock them off balance. Use your hand to light slap the ball front to back and side to side, be careful not to knock your partner off the ball.

**DIPS**

Position your body inside of a dip rack. Support body weight with the arms and maintain a straight body position, with knees bent. Slowly bend at the elbows, bringing the entire body towards the floor. Push up using the arms to the starting position, and repeat.

**DIP PUSHUPS - VIDEO >>>**

Position your body inside of a dip rack. Have a partner hold your ankles, so that your entire body is parallel to the floor, just as you would if doing a push up on the floor. The chest is at the bars and the elbows are back and pointed upward. Push up and extend the arms. Slowly go back down to starting position, and repeat.
BENCH DIPS - VIDEO >>>

Place hands on edge of a bench with your legs out straight and supporting yourself on your heels. Bend your elbows and bring your rear end towards the floor. Push with your arms and straighten them until you reach your starting position. You should feel your triceps doing the majority of the work. Repeat.

BENCH DIPS WITH FEET UP - VIDEO >>>

This is the next progression of a bench dip. Start as before with the same hand position on bench, but this time, place the heels of your feet on another bench, again with legs straight. Perform the same motion as a regular bench dip.

WEIGHTED BENCH DIPS - VIDEO >>>

The final progression of bench dips. Perform this exercise exactly like a bench dip with feet up, the only difference is you have a partner place bumper plate weight (25lbs. or larger) on your lap before you perform your repetitions.
SINGLE LEG LAWNMOWERS

While holding a medicine ball, stand on one leg with a flat back, like attempting a bent-over row. Hold the other leg straight out behind you to help maintain balance. Perform a single arm row with the medicine ball on the arm opposite the leg you are standing on. When you lower your arm down quickly go into another repetition. This exercise should be done quickly in order to challenge your balance.

LEG EXTENSIONS - VIDEO >>>

This exercise is done by using the leg extension/curl machine in the weight room. Be sure to adjust the machine to fit you. Sit upright in the chair comfortably with your rear-end all the way back, your back making contact with back rest and your thighs resting on the seat. The lower pad should be positioned on your shins and the upper pad should be fitted snugly against the top of your thighs. Start with legs relaxed and knees bent. Hold onto the handles on each side of seat and extend your legs out. Slowly return to starting position and repeat.
LEG CURLS - VIDEO >>>
Set up for this is almost exactly like that of leg extensions. The only difference is the placement of the lower pad. Adjust the arm of the lower pad so that it directly in front of the seat. When you sit down, the upper pad should fit snugly against the top of your thighs and the lower pad should be on the back of your legs, near the bottom of your calf muscle. Start exercise with legs out straight. Bend the knees and bring your feet towards you, relax and return to the starting position and repeat.

ALTERNATING DUMB BELL SHOULDER PRESS - VIDEO >>>
Stand upright with a dumb bell in each hand. Bring dumb bells to shoulder level, just like with any shoulder/military press. Instead of raising both arms together, raise one arm at a time. Repeat

SINGLE ARM BENT-OVER ROW - VIDEO >>>
Using a bench, place one knee on the bench while keep the other leg straight. Bend over with a flat back and support your weight with one arm on the bench (keep it straight). Allow the other arm to hang off the bench while holding a dumb bell in your hand. With the arm holding the weight, bend your elbow and bring weight up towards your stomach. Allow your elbow to go slightly past your back and return to the starting position and repeat. Do exercise on the opposite side.
ALTERNATING DB BENT-OVER ROWS - VIDEO >>>

Get into a bent-over row position. Bend at the hips; keep a flat back, with a slight bend in your knees, and arms hanging down straight. Bend the elbow of one arm and bring dumb bell to your stomach. Lower the weight and repeat using the other arm. Keep alternating arms until total reps are finished.

DB PULLOVER - VIDEO >>>

Lay flat on a bench and hold a dumb bell directly over your chest. Hold the dumb bell with both hands on one end so that the other end hangs down toward you. Keep a slight bend in your arms and lower the weight behind your head, keeping the weight pointing straight down. Once a slight stretch is felt, use both arms to lift the weight back to the starting position. Keep your feet on the ground and your back should be in constant contact with the bench. Repeat

DB FLY - VIDEO >>>

Lay on bench with a dumb bell in each hand, arms raised above your chest, elbows slightly bent. With palms facing each other, slowly lower your arms towards the floor. Once a stretch is felt, slowly bring hands back together above the chest. Repeat.

Spotter: Place hands at the lifters wrists and follow the wrists throughout the lift.
INCLINE DB FLY - [VIDEO]>>>

Put bench at 30° angle and perform just like a regular dumb bell fly.

RDL WITH SHRUG - [VIDEO]>>> 

Start lift as any RDL. Place feet at hips width apart and hands pronated on bar slightly outside of you hips. Keep knees slightly bent and bend at the hips, sticking your butt out as you lower weight to the floor. Come up once you feel a slight stretch in the hamstrings, as you return to start position, stand erect and perform a shrug. Bring shoulders towards your ear, lower and repeat the sequence again.

RDL W/ UPRIGHT ROW - [VIDEO]>>> 

Start lift as any RDL. Place feet at hips width apart and hands pronated on bar slightly outside of you hips. Keep knees slightly bent and bend at the hips, sticking your butt out as you lower weight to the floor. Come up once you feel a slight stretch in the hamstrings, as you return to start position, stand erect and perform an upright row. Bend elbows out and bring bar almost up to the chin and then lower. Repeat entire sequence for subsequent repetitions.
STRAIGHT BAR CURL - VIDEO >>>

Hold a straight bar at your waist with a supinated grip. Bend the elbows and lift the bar to your chest and slowly lower back to your waist. Repeat

CALF RAISES - VIDEO >>>

Hold bar on your back using the back squat bar placement position. Stand with feet shoulders width apart or closer. Raise your heels off the ground and lift up onto the balls of your feet. Slowly lower your heels back to the floor and repeat. For an added difficulty, place the balls of your feet on a board or any other ledge you may be able to find.

BAR BELL WRIST CURLS - VIDEO >>>

Sit on a bench holding a barbell with a supinated grip, resting your forearms on your thighs. Allow your wrist to extend as you roll the bar down towards floor, and then slowly curl the bar up with just using your wrist and forearms to do the work. Relax, allow the bar to roll down to your fingertips and repeat.
SHOULDER ROWS - VIDEO >>>

Hold bar with a pronated grip in front of your chest with elbows bent. To row, straighten one arm out in front of you while bringing the other arm in. Then like your rowing a kayak, straighten the other arm out as you bring the first arm in. DO NOT lean back while rowing the bar, keep back straight and abdominals tight.

ROTATING SHOULDER PRESS - VIDEO >>>

Start by holding a dumb bell in each hand with the weights at shoulder level and palms facing you. Start into a shoulder press and as you lift the weight turn your palms to face outward. At the top of the lift the palms should be facing away from you. As you bring the weight back down turn your palms to face you again and repeat.

SINGLE LEG SQUAT W/ OVERHEAD PRESS - VIDEO >>>

Hold a dumb bell in each hand at shoulder level with palms facing each other. Place a foot on a bench or step. Perform a single leg squat and as you squat, perform a shoulder press and lift the weights above your head. As you come out of the squat, lower the weights back to shoulder level and repeat.
EZ BAR CURL - [VIDEO]>>>

Hold an EZ bar at your waist with a supinated grip. Bend the elbows and lift the bar to your chest and slowly lower back to your waist. Repeat.

TRICEP KICK-BACK - [VIDEO]>>> 

Get onto a bench just like you would with a one arm bent-over row. With this lift, however, instead of letting the arm holding the weight hang down straight, start the lift with elbow bent and at your side. Keep your elbow close to your side as you extend you arm out straight bringing the weight behind you. Make sure to keep you back flat and your head up during entire exercise. Repeat exercise on opposite arm.

LUNGE WITH OVERHEAD PRESS - [VIDEO]>>> 

Stand upright holding dumb bells in each hand. Put the weights at shoulder level with palms facing each other. Step forward with one leg and perform a lunge. As you go down into the lunge, perform an overhead press with both arms. When coming out of the lunge lower your hands back to shoulder level. Repeat on the other leg until all repetitions are finished.
MEDICINE BALL, SINGLE LEG ALTERNATING BENT-OVER ROW
- VIDEO >>>

Take two medicine balls and get into the single leg bent-over row position discussed earlier. Remember to keep the back flat and head up; moreover, straighten the leg you are not using out behind you for balance. Hold a medicine ball in each hand. Pull one into your stomach, just like a bent-over row and allow the other to hang. Next, pull the other one in as you lower the first medicine ball. Repeat the movement by alternating arms for however many repetitions you must do.

SQUAT WITH CHEST PRESS - VIDEO >>>

Stand with feet at hips width apart. Hold a medicine ball at chest level. Go into a squat and as you lower your body, press the medicine ball away from you. As you stand up bring the ball back into your chest and repeat.
MEDICINE BALL RIP-AWAYS - [VIDEO]>>>
Hold a medicine ball close to your chest and get into a bent over position. Keep your back flat and your head up, with your knees slightly bent. Hold the medicine ball with your elbows out and twist to one side. When twisting, lead with the elbow and turn your head and shoulder together. Quickly twist into the other direction and continue twisting back and forth until all repetitions are completed.

SWISS BALL POINTERS - [VIDEO]>>>
Lay on top of a Swiss ball with the ball at your stomach/waist area. Place hands and feet on the ground. Raise your right arm and left leg at the same time, you should feel it in your lower back. Place your arm and leg down and switch, raising your left arm and right leg at the same time. Keep switching from side to side until all repetitions are completed.

SWISS BALL REVERSE HYPERS - [VIDEO]>>>
Lay on top of a Swiss ball with the ball at your stomach/waist level. Place both hands on the ground and put your feet together. Using your lower back, pull both legs off the ground and into the air. Don’t rock on the ball and keep your upper body rigid. As a tip, slightly bend your elbows throughout the exercise so that you can keep you upper body in place.
TOWEL HANGS - VIDEO >>>

Take a towel and drape over the cross bar of the squat racks. Grab a hold of the towel with both hands. Bend your elbows and hang from the towel as long as you can.

TOWEL PULL UPS - VIDEO >>>

Drape two towels over the squat rack’s crossbar. Take hold of a towel in each hand. Step off the rack and hang momentarily. Do a pull up while holding onto the towels. Lower yourself down and then repeat.

CHIN UPS - VIDEO >>>

Hold onto a bar with a supinated grip (palms facing behind you). Bend elbows and pull yourself to the bar. Lower yourself and repeat.
TRICEP PUSH DOWN - VIDEO >>>

Use the Lat machine for this exercise. Connect the triangular bar or rope handle to the Lat machine. Stand at the machine and hold onto the handles with both hands. Maintain a staggered stance for balance. Keep elbows in and pull the weight down to your waist. Just use your arms, not your shoulders. Slowly let your hands raise back to chest level and repeat.

JAMMER BENCH PRESS - VIDEO >>>

Get into the Jammer, bend knees and maintain a squat position with feet at hips width apart. Without moving, press the weight away from you. You should only be using your chest, shoulders, and arms to move the weight, don not move your feet. Repeat.
¼ SQUATS, FULL SQUAT COMBO - VIDEO >>>
Start in a traditional back squat position. Start the exercise with a quarter squats. This means to slightly bend your knee and only go down ¼ as far as you would do in a traditional full squat. Stand up out of the squat and return to starting position (do not lock your knees) and immediately go into a full back squat. Return to starting position and repeat sequence again.

½ SQUATS, FULL SQUAT COMBO - VIDEO >>>
This exercise is done just like the ¼ squat, full squat combos. Instead of doing a quarter squat, you do a half squat, squatting half as far as you would do in a full squat. After returning to starting positions go straight into a full squat.
¼ SQUATS, ½ SQUATS, FULL SQUAT COMBO - VIDEO >>>

Perform a quarter squat, then a half squat, and finally a full squat. Make sure you do not lock your knees each time you return to the starting position. Doing all three squats in succession is considered one repetition.

GOOD MORNING - VIDEO >>>

This lift is basically a RDL, but the bar is in a back squat position, instead of holding the bar at your thighs. Place your feet shoulder width or slightly wider than shoulder width apart. Keep a slight bend in your knees. To perform lift keep knees slightly bent, push your hips and butt out, and bend forward at waist. Bend forward until you feel a slight stretch in hamstrings the return to starting position, you should be transferring your body weight into your heels.
SPEED SQUATS - VIDEO >>>

Stand in front of a bench or a Swiss ball placed in a stand. Squat down until your butt just barely hits the bench or the Swiss ball. Throw your hands out in front of you to maintain balance. Stand up and immediately go into another squat. This exercise is meant to be done as fast as possible.

SIDE/LATERAL LUNGES - VIDEO >>>

Stand with dumbbells held at your shoulders. Lunge out directly to one side. Be sure that with the leg you lunge out with, you keep your knee behind your toes with your body weight in your heels. The leg that you are not bending should be straight and you should feel a slight stretch in your inner thigh of your straightened leg. Repeat exercise on opposite side.
DB BENT OVER LATERAL RAISE - VIDEO >>>
Get into a bent over position. Feet shoulder width apart, knees slightly bent, bend forward at waist, butt out, back flat, and head up. Hold a dumbbell in each hand and hang arms straight down with elbows slightly bent. Bring arms straight out to sides making sure to squeeze shoulder blades together. Try not to rock up while you throw your arms back. Keep your back flat and maintain good posture.

CORKSCREW LUNGES - VIDEO >>>
Hold a medicine ball or weight at chest level. Lunge out forward and maintain good posture. Once you are at the end of your lunging motion, bend forward and twist, making sure you touch the ground outside of the foot you lunged out with.

SKULLCRusher/NOSEBREAKERS - VIDEO >>>
Lie on your back on a bench. Hold an E-Z curl bar above your chest with arms straight. You should be holding the bar with a pronated, or overhand grip. Bend your elbows and bring the bar and the back of your hands towards your forehead/face. Make sure you keep elbows and shoulders stationary; you really want to concentrate on using your triceps. Before hitting yourself in your face, push the bar away from you and back to the starting position using your triceps. The spotter should place their hands near the lifter’s writs.
BENT ARM HANGS

Hold yourself up in a pull up position. Do not let your arms or legs straighten as you continue to hold yourself up in the pull up position. Hold yourself in the bent arm hang position for at least 30 seconds.

OVERHEAD WALKING LUNGES - **VIDEO >>>**

Hold barbell over your head. Use a wide grip like you would when performing the snatch; this will take some stress off your shoulders. You will alternate lunging with each leg while walking in a straight line. Keep alternating legs until all reps are finished.
P.R.I.C.E. FREE WEIGHT SHOULDER PROGRAM

The following program is designed for shoulder strengthening and endurance. The Philadelphia Eagles training staff for the maintenance and rehabilitation of shoulder injuries developed it.

It is designed for therapists, trainers, and coaches who are interested in keeping throwing athletes strong enough for the rigors of their sport. It is a nine-minute program of eighteen exercises. These exercises are to be done continuously without any rest between sets.

Complete each exercise for thirty seconds at a steadily increasing weight. Start with something light, and then build up.

Rotator Cuff Circuit - video for all below >>>

Shoulder Shrugs
Lateral Raises

Forward Shoulder Roll

Front Shoulder Raises

Backward Shoulder Rolls
Strength Training

Diagonal Raises

Cross-Chest Raises

Outward/ Inward Rotation

Horizontal standing Fly’s (Palms Down)
Horizontal standing Fly’s (Palms UP)

Upright Rows

Bent OverRows

Reverse Bicep Curl Shoulder Press
Standing Overhead Lateral Presses

Bicep Curls

Tricep Extensions