



BUILDING BETTER ATHLETES FITS			Example Exercise Options						
	Major Goals	Clearance Criteria	1	2	3	4	5	6	7
Deload & Hamstrings	1. Develop the hamstrings to control anterior knee translation therefore tendon load	<input type="checkbox"/> No pain on stairs <input type="checkbox"/> No pain @ Rest <input type="checkbox"/> Ability activate hamstrings and glutes without aggravating tendon pain	Isometric Knee Extension 45s x 5r	RDL	Step-Up “Pull-Up”	Tabletop	Reverse Lunge Or “Cybex Leg Press”	CORE DEVELOPMENT Hamstring Abductors Adductors Trunk Shoulders	
Strength & Landing	1. Load to the tendon to increase tendon strength. Tendons LOVE Load.	<input type="checkbox"/> Ability to lunge without pain & compensation <input type="checkbox"/> Ability to squat without pain & compensation <input type="checkbox"/> Demonstrate drop squat without pain & compensation <input type="checkbox"/> Demonstrate drop land without pain & compensation		Squat	Trap bar Deadlift	Lunges	Drop Squat	Bilateral Low Level Drop and Stick (Landing)	Single Leg Calf Raises 30r +
Single Leg Control	1. Develop Single Leg Control and strength	<input type="checkbox"/> Ability to perform a single leg squat to depth 3 for 3 sets of 15 reps <input type="checkbox"/> Ability to perform a hop and stick <input type="checkbox"/> Ability to perform a countermovement jump	Spanish Tendon Loading Lateral Single Leg Squat	Single Leg Squat	Bulgarian Squat	Hip Drive	Stairs Hop and Stick	Single Leg Low Level Drop and Stick	Bilateral Moderate Level Drop and Stick
Ballistic Control	1. Introduce low levels of reactive exercises	<input type="checkbox"/> Countermovement jump	Stairs - Jumps	Stairs - Hops	Box Jump Box Hop	Ballistic Lunge	Multidirectional Hop and Stick	Drop and Fast Stick	COD with Stick
Ballistic Control II	1. Introduce moderate levels of reactive exercises	<input type="checkbox"/> High Momentum Reactive Box Jump <input type="checkbox"/> Moderate momentum reactive single leg change in direction	Stairs Hops (MR)	Jumps (MR)	Hop (MR)	Ballistic COD with Low Momentum	COD Single Leg Circuit		
Return to Sport	1. Return to practice without restrictions	<input type="checkbox"/> Complete ability to perform without next day pain.							