Phase 1: Stabilization Endurance (Total Body)
Opt phase: Stabilization Endurance

Flexibility - Foam Roll

Foam Roll: Hamstring

Start
1. Place foam roll under HAMSTRING with hips lifted off floor.
2. Cross opposite leg to increase pressure (optional).

Movement
1. Slowly roll HAMSTRING; apply pressure on tender spots for 30 seconds.

Foam Roll: Inner Thigh

Start
1. Lie on stomach with one thigh extended slightly to side and knee bent.
2. Place foam roll in groin region.

Movement
1. Slowly roll inner thigh; apply pressure on tender spots for 30 seconds.

Flexibility - Static Stretch

90-90 Hamstring Stretch
Start
1. Lie on back with hip and knee of one leg flexed at 90 degrees; other leg extended on floor.

Movement
1. Hold bent leg and try to extend straight into air until stretch is felt in back of upper leg.
2. Hold 30 seconds.

Kneeling Lat Stretch

Start
1. Kneel in front of chair with one arm on chair, thumb pointed up; other hand on ground.

Movement
1. Lower hips toward heels until stretch felt alongside torso and into lower back; hold 30 seconds.

Core
Face Down: Iso-Ab with Straight Leg Raise

Start
1. Lie on stomach with feet together and forearms on ground. Clench fists under shoulders.

Movement
1. Draw-in belly button and squeeze butt muscles.
2. Lift body off floor and form straight line from head to toe.
3. Squeeze butt muscles and lift one leg off floor.
4. Hold two seconds; return to start, switch legs.

**All Fours: Opposite Arm/ Opposite Leg Raise**

**Start**
1. Position on all fours.

**Movement**
1. Draw-in belly button and tuck chin.
2. Raise arm with thumb up and extend opposite leg behind; keep back flat.
3. Keep arm and leg straight; lifting both until in-line with body.
4. Hold two seconds; alternate sides.

**Balance**

**Single Leg Lift**

**Start**
1. Stand with feet straight and hip-width apart.
2. Hold medicine ball or cable; lift chest and tuck chin.

**Movement**
1. Draw-in belly button and squeeze butt muscles.
2. Balance on one leg and lift other directly beside it.
3. Squat slightly and extend arms to outside of balance leg.
4. Stand up and lift medicine ball or cable diagonally until overhead; hold two seconds.

**Resistance**

**Chest**

**Seated Cable Chest Press: 1-Arm**
### Back

**Single Leg Cable Extension: Alternate-Arm**

**Start**
1. Stand on one leg with foot straight and knee slightly bent.
2. Grab a cable in each hand - arms extended in front of body at eye level.

**Movement**
1. Keep arms straight and bring one extended arm to side of body, squeeze shoulder blades together.
2. Hold; return extended arm to start position; repeat with other arm.

### Shoulders

**Seated Scaption: 1-Arm**

**Start**
1. Sit on bench, feet straight and flat.
2. Draw-in belly button; hold dumbbell in one hand - arm at side of body.
Movement
1. Raise arm at 45-degree angle in front of body until hand reaches eye level; thumb up. Do not shrug shoulders or arch back.
2. Hold; return arm to side of body; repeat with same arm.

Legs

Start
1. Stand on one leg with foot straight and knee slightly bent.
2. Hold one cable in both hands at chest level, arms extended across body at 45 degree angle in front of balance leg.

Movement
1. Keep arms extended, squeeze butt muscles and squat as if sitting into chair, knee in-line with toe.
2. Hold; push up through heel and stand to return to start position.