

Prehab

<i>Exercise</i>	<i>Sets/Reps</i>
Tennis Ball Thoracic Mobs	2x8 each arm
Miniband Walk—Linear	2x15 steps
Miniband Walk—Lateral Bent	2x15 steps
Shoulder External Rotation	1x20 each arm

Movement Prep

<i>Exercise</i>	<i>Sets/Distance (yds)</i>
Forward Lunge—Forearm to Instep	2 x 15-20
Backward Lunge with Twist	2 x 15-20
Walking Knee Hugs	2 x 15-20
Inverted Hamstring	2 x 15-20
Hand Walk	2 x 15-20

Plyos

<i>Exercise</i>	<i>Sets/Reps</i>
45-Degree Bound—Hold/Quick*	2x4 each leg
Medial Lateral Hurdle Hop	2x4 each leg
Hurdle Jump—Continuous	2x6
Box Blast—Alternating Continuous	2x6 each leg

* Perform Hold variation first; then progress to Quick

Movement

<i>Exercise</i>	<i>Sets/Distance (yds)</i>
Ankling	3x20
Heel Slide Run	2x20
Step-Over Run	2x20

Medicine Ball Routine

<i>Exercise</i>	<i>Sets/Reps</i>
Parallel/Perpendicular Single-Leg Rotational Throw	1x6 each side
Parallel/Perpendicular Rotational Contrast Throw	2x10 + 5 each side
Reverse Throw	2x10 each side
Squat to Press Throw/Contrast	2x5 + 3

Power

<i>Exercise</i>	<i>Sets/Reps</i>
Supine Lat Stretch	1x6
Pull-up (Neutral Grip)	1x4, *3x3*
Med Ball Linear Chop	*3x4*
Standing Chest Stretch	1x3 each side
Dumbbell Incline Bench	1x4, 3x3
Heel Sit Mid-Thoracic Stretch	1x6 each side
Lateral Half-Kneel Cable Chop	*3x4* each side
Single-Arm Speed Chop	*3x6* each side
Dowel Shoulder Stretch	2x6 each side
Dumbbell Pullover-Extension	2x6
Single-Arm, Single-Leg Dumbbell Row	2x6 each side
X Pulldown	2x6
Physioball/Floor Y, W, T, L	2x8 each side
EZ Curl	2x6
Power Plate Push-up	2x15
Forearm Circuit	

*Denotes superset of two highlighted exercises