

STUDENT ATHLETE at Home Performance Program

WEEK 2: INTRODUCTION & INSTRUCTION

Visit this link to download the MedBridge Go app to access the exercise videos with a brief description of each exercise: <https://www.medbridgeeducation.com/medbridge-go/>. For each day, enter the corresponding ACCESS CODE to see the videos in order:

DAY	ACCESS CODE
WEEK 2 DAY 1	JFQVZ2HT
WEEK 2 DAY 2	NLV69K32
WEEK 2 DAY 3	6PEQXDGW
WEEK 2 DAY 4	EWTXMYBE
WEEK 2 DAY 5	9WR32ATM

Follow the program below for all information regarding, sets, reps, and rest. For each exercise, if you are to HOLD a specific static position, you will see the word "hold" next to the prescribed amount of time. If you don't see the word "hold", then perform reps of the exercise continuously or the prescribed amount of time. Otherwise, simply perform the amount of repetitions prescribed for one of both sides of your body.

PERFORMANCE FITNESS: USE RPE TO GUIDE YOU

Follow the scale below to select the correct Rate of Perceived Exertion (RPE) working intensity for your activity. Implementing an RPE (Rate of Perceived Exertion) scale can offer great subjective feedback on how you perceive how hard you are working. The RPE scale we are using is rated from 0 to 9 as outlined below. You will see parts of the performance program that prescribe you to work hard enough to match a specific number on the scale. Over the course of the program, we have assigned to you a very specific progression of the intensity of the work you perform. Give your best effort to match the prescribed RPE for the work you do and stick to the prescribed number each week for the specific activity. This can help you not only optimize your performance over the course of the program, but it can also help you reduce your risk of injuries.

There are explanations to the scale below to give you a better understanding of what the RPE rating should feel like. For example, an RPE of "zero" means you aren't working at all, you are just standing still at rest. On the opposite end of the RPE scale at level "9" is like maximal sprinting for as far as you can go; if you rate something as a "9" it's because you feel like this is the hardest level of work you can possibly perform.

RPE RATING	PERCEIVED EXERTION	EXPLANATION
0	Total Rest	Standing still
1	Very Easy	Very slow walking
2	Easy	Easy walking
3	Moderate	Comfortable jogging pace, easy dribbling, throwing, catching, shooting
4	Moderate	Comfortable jogging pace, but you notice breathing harder
5	Difficult	An advanced jogging, dribbling or brisk passing speed but you can maintain for a while
6	Hard	An advanced jogging pace, dribbling or brisk passing, you are tired but can continue
7	Really Hard	A challenging run or game pace, you can hear your breathing, it's a hard task to keep up
8	Really Hard	A challenging run, you can only use 1 word answers in conversation, game level pace
9	Incredibly Hard	Breathing is vigorous, you can't sustain the pace for long, fast breaks, etc

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DAY 1

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<u>Movement Prep</u>			
Bridge on heels	1	10	n/a
Standing quadriceps stretch	1	5/side	n/a
Single leg RDL to knee drive	1	5/side	n/a
Reverse lunge into knee drive	1	5/side	n/a
Quarter squat into knee hug	1	5/side	n/a
<u>Strength 1</u>			
Push up - kneeling	3	30 sec	60 sec
Bridge on heels	3	30 sec	60 sec
Side plank with arm abduction	3/side	30 sec hold	60 sec
<u>Strength 2</u>			
Wall sit posture: arm slides	2	30 sec	60 sec
Single leg RDL to knee drive	2	30 sec	60 sec
Standard plank	2	30 sec hold	60 sec
<u>Regeneration</u>			
Side lying thoracic rotations	1	8/side	n/a
Hook-lying hamstring stretch	1	8/side	n/a
<u>Performance Fitness: Foundations</u>			
Brisk Walk 4 to 5 RPE	1	30 min	n/a

DAY 2

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<u>Movement Prep</u>			
Quadruped rocking backward	1	6/side	n/a
Supine bridge with knee to chest	1	10	n/a
Active straight leg raise advanced	1	6/side	n/a
Forward fall out lunge	1	6/side	n/a
Side plank with arm abduction	2/side	10 sec hold	n/a
Standard plank	2	20 sec hold	n/a
<u>Dynamic Warm up</u>			
Quarter squat into knee hug	2	10 yards	30 sec
Inchworm walkout	2	10 yards	30 sec
Standing foot touch with ER	2	10/side	30 sec
Reverse lunge into knee drive	2	10/side	30 sec
Single leg RDL to knee drive	2	5/side	30 sec
Walking butt kicks	2	10 yards	30 sec
Greatest stretch in the world	2	5/side	30 sec
<u>Plyos</u>			
Drop squat 2 legs	2	4	30 sec
<u>Performance Fitness: Extensive</u>			
Fast jog/stride RPE 6	3	30 sec	90-120 sec
<u>Regeneration</u>			
Half kneeling hip flexor stretch	1	20 sec hold	n/a
Hook-lying hamstring stretch	1	8/side	n/a

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DAY 3

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<u>Movement Prep</u>			
Greatest stretch in the world	1	3	n/a
Overhead Y squat	1	5	n/a
Standing foot touch w/ ext. rot.	1	5	n/a
Lateral lunge	1	5	n/a
Crossover lunge	1	5	n/a
<u>Strength 1</u>			
Ts - Bent over	3	30 sec	60 sec
Squat	3	30 sec	60 sec
Single leg balance alphabet	3/side	30 sec hold	60 sec
<u>Strength 2</u>			
Ys - Bent over	2	30 sec	60 sec
Reverse lunge into knee drive	2/side	30 sec	60 sec
Kneeling plank w/ scap AROM	2	30 sec hold	60 sec
<u>Regeneration</u>			
Hook-lying hamstring stretch	1	8/side	n/a
Side lying thoracic rotations	1	8/side	n/a
<u>Performance Fitness: Foundations</u>			
Brisk Walk 4 to 5 RPE	1	30 min	n/a

DAY 4

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<u>Movement Prep</u>			
Supine piriformis stretch	1	10/side	n/a
Posterior chain stretch	1	10/side	n/a
Frogger stretch w/ int. rot.	1	10/side	n/a
Half kneeling hip stretch	1	20 sec/side	n/a
Bird dog	1	10/side	n/a
<u>Dynamic Warm up</u>			
Overhead Y squat	3	10/side	30 sec
Standing foot touch w/ ext. rot.	3	10/side	30 sec
Inchworm walkout	3	10 yards	30 sec
Reverse lunge into knee drive	3	10/side	30 sec
Single leg RDL to knee drive	3	5/side	30 sec
Greatest stretch in the world	3	5/side	30 sec
Crossover lunge	3	10/side	30 sec
<u>Plyos</u>			
Drop squat 1 leg	2	4	30 sec
<u>Performance Fitness: Extensive</u>			
Continuous side shuffles back & forth 10 yards RPE 5	3	20 sec	60 sec
<u>Regeneration</u>			
Half kneeling hip flexor stretch	1	20 sec/side	n/a
Hook-lying hamstring stretch	1	8/side	n/a

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DAY 5

Movement Prep

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
Bridge on heels	1	5	n/a
Lateral lunge	1	5	n/a
Reverse lunge w/rotation	1	5	n/a
Quarter squat into knee hug	1	5	n/a
Standing quadriceps stretch	1	5	n/a

Strength 1

Push up - kneeling	3	30 sec	60 sec
Overhead Y squat	3	30 sec	60 sec
Ts - bent over	3	30 sec	60 sec

Strength 2

Side plank w/ arm abduction	2/side	30 sec hold	60 sec
Standard plank	2	30 sec hold	60 sec
Bridge on heels	2	30 sec	60 sec

Regeneration

Side lying thoracic rotations	1	8/side	n/a
Hook-lying hamstring stretch	1	8/side	n/a

Performance Fitness: Foundations

Brisk walk 4 to 5 RPE	1	30 min	n/a
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DAY 6 or 7

Performance Fitness: Foundations

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
Brisk Walk 4 to 5 RPE	1	30 min	n/a