

STUDENT ATHLETE at Home Performance Program

WEEK 4: 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 4 DAY 1	JTVLHDPF
WEEK 4 DAY 2	NX2N47KW
WEEK 4 DAY 3	M32B7TXB
WEEK 4 DAY 4	4JTBV9PP
WEEK 4 DAY 5	CWZ2PKJM

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 10 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 "10" is like maximal sprinting for as far as you can go; if you rate something as a "10" 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	Brisk walking pace, easy dribbling, throwing, catching, shooting
4	Moderate	Comfortable jogging pace, but you notice breathing harder
5	Difficult	An advanced jogging pace, but you can maintain for a while
6	Hard	An advanced jogging pace, you are tired but can continue
7	Really Hard	A challenging run, you can hear your breathing
8	Really Hard	A challenging run, you can only use 1-word answers in conversation
9	Incredibly Hard	Breathing is vigorous, you can't sustain the pace for long
10	Maximal effort	The hardest you can possibly go, in short bursts only

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WEEK 4

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
Lateral lunge	1	5/side	n/a
Reverse lunge with rotation	1	5/side	n/a
Quarter squat into knee hug	1	5/side	n/a

Strength 1

Push up (kneeling only if needed)	3	40 sec	60 sec
Single leg RDL to knee drive	3/side	40 sec	60 sec
Downward dog to overhead press	3/side	40 sec	60 sec

Strength 2

Wall sit posture: arm slides	3	40 sec	60 sec
Marching bridge	3	40 sec	60 sec
Plank with hip extension	3	40 sec hold	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, cycling, or easy sports skills, 3 to 4 RPE	1	30 min	n/a
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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

Dyanamic Warm up

Quarter squat into knee hug	3	10 yards	30 sec
Inchworm walkout	3	10 yards	30 sec
Standing foot touch w/ ext. rot.	3	10/side	30 sec
Reverse Lunge into knee drive	3	10/side	30 sec
Single leg RDL to knee drive	3	5/side	30 sec
Walking butt kicks	3	10 yards	30 sec
Greatest stretch in the world	3	5/side	30 sec

Plyos

Drop squat 2 legs	2	4	30 sec
Non-countermovement vert jump	2	4	45 sec

Performance Skills

Linear march	3	10 yards	30 sec
Base pogos	3	6 sec	30 sec
2 inch runs	3	6 sec	30 sec
2 inch runs into acceleration	3	10 yards	60 sec

Performance Fitness: Extensive

Tempo runs RPE 7	4	15 sec	60 sec
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Regeneration

Half kneeling hip flexor stretch	1/side	20 sec hold	n/a
Hooklying 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>			
Single leg RDL to knee drive	1	5	n/a
Half kneel hip flexor stretch w/side bend	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	40 sec	60 sec
Reverse lunge into knee drive	3	40 sec	60 sec
Side plank on knees with hip & arm ABD	3/side	40 sec hold	60 sec
<u>Strength 2</u>			
Ys - bent over	3	40 sec	60 sec
Squat	3	40 sec	60 sec
Full plank with shoulder taps	3	40 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, cycling, or easy sports skills 3 to 4 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>Dyanamic 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/side	4	30 sec
Non-counter mvmt vertical jump	2	4	45 sec
<u>Performance Skills</u>			
Lateral march	3	10 yards	30 sec
Lateral skip	3	10 yards	30 sec
Base position 1 leg over line	3	6 sec	30 sec
Base position 45 degree rotations	3	6 sec	30 sec
<u>Performance Fitness: Extensive</u>			
Continuous side shuffles back & forth 10 yards RPE 5 to 6	4	10 sec	30-45 sec
<u>Regeneration</u>			
Half kneeling hip flexor stretch	1	20 sec/side	n/a
Hooklying hamstring stretch	1	8/side	n/a

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DAY 5

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<u>Movement Prep</u>			
Inchworm walkout	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 only if needed)	3	40 sec	60 sec
Supine bridge with knee to chest	3/side	40 sec	60 sec
Plank with hip extension	3	40 sec	60 sec

Strength 2

Overhead Y squat	3	40 sec	60 sec
Ts bent over	3	40 sec	60 sec
Side plank on knees with hip & arm ABD	3/side	40 sec hold	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 walkm cycling, or easy sports skills 3 to 4 RPE	1	30 min	n/a
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DAY 6 or 7

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<u>Performance Fitness: Foundations</u>			
Brisk walkm cycling, or easy sports skills 3 to 4 RPE	1	30 min	n/a