

# STUDENT ATHLETE at Home Performance Program

## WEEK 5: 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 5 DAY 1	KRTE33NT
WEEK 5 DAY 2	46LHHXDP
WEEK 5 DAY 3	DTRAKYR2
WEEK 5 DAY 4	MPMYGDJT
WEEK 5 DAY 5	ELK2DH2W

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

## WEEK 5

### DAY 1

	<u>SETS</u>	<u>REPS /TIME</u>	<u>REST</u>
<b><u>Movement Prep</u></b>			
Bridge on heels	1	10	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
Standing quad stretch	1	5/side	n/a
<b><u>Strength Circuit 1</u></b>			
Push-up, kneeling only if needed	3	20 sec	20 sec
2-inch run in place	3	20 sec	20 sec
Single leg RDL to knee drive	3/side	20 sec	20 sec
Pillar skip in place	3	20 sec	20 sec
<b><u>Strength Circuit 2</u></b>			
Downward dog reps	3	20 sec	20 sec
Marching bridge	3	20 sec	20 sec
Rocking plank	3	20 sec	20 sec
<b><u>Regeneration</u></b>			
Half kneel hip flexor stretch w/ SB	1	8/side	n/a
Hook-lying hamstring stretch	1	8/side	n/a
<b><u>Performance Fitness: Sports Skills</u></b>			
Easy sports skills 4 to 5 RPE	1	30 min	n/a

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## WEEK 5

### DAY 2

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<b><u>Movement Prep</u></b>			
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
<b><u>Dynamic Warm up</u></b>			
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
<b><u>Plyos</u></b>			
Drop squat 2 legs	2	4	30 sec
Non-countermovement broad jump	2	4	45 sec
<b><u>Performance Skills</u></b>			
Linear march	2	10 yards	30 sec
Linear skip	2	10 yards	30 sec
Straight leg skip	2	10 yards	30 sec
Straight leg shuffles	2	10 yards	30 sec
Base pogos	2	6 sec	30 sec
2-inch runs	2	6 sec	30 sec
2-inch runs into acceleration	2	10 yards	60 sec
<b><u>Performance Fitness: Intensive</u></b>			
Tempo runs RPE 7	8	15 sec	45 sec
<b><u>Regeneration</u></b>			
Half kneeling hip flexor stretch	1/side	20 sec hold	n/a
Hook-lying hamstring stretch	1	8 / side	n/a

## WEEK 5

### DAY 3

	<u>SETS</u>	<u>REPS/TIME</u>	<u>REST</u>
<b><u>Movement Prep</u></b>			
Quarter squat into knee hug	1	5	n/a
Half kneel hip flexor stretch with SB	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
<b><u>Strength Circuit 1</u></b>			
Reverse lunge into knee drive	3/side	20 sec	20 sec
Pillar skip in place	3	20 sec	20 sec
Ts bent over	3	20 sec	20 sec
Squat	3	20 sec	20 sec
<b><u>Strength Circuit 2</u></b>			
Plank with hip extension	3	20 sec	20 sec
Ys bent over	3	20 sec	20 sec
Full plank with shoulder taps	3	20 sec	20 sec
<b><u>Regeneration</u></b>			
Hook-lying hamstring stretch	1	8/ side	n/a
Half kneel hip flexor stretch with SB	1	8/ side	n/a
<b><u>Performance Fitness: Sports Skills</u></b>			
Easy sports skills 4 to 5 RPE	1	30 min	n/a

## WEEK 5

### DAY 4

	<u>SETS</u>	<u>REPS /TIME</u>	<u>REST</u>
<b><u>Movement Prep</u></b>			
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
<b><u>Dynamic Warm up</u></b>			
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
<b><u>Plyos</u></b>			
Drop squat 1 leg	2/side	4	30 sec
Non-countermovement broad jump	2	4	45 sec
<b><u>Performance Skills</u></b>			
Lateral march	2	10 yards	30 sec
Lateral skip	2	10 yards	30 sec
Base position 1 leg over line	2	6 sec	30 sec
Base position 45-degree rot.	2	6 sec	30 sec
Lateral shuffle push to base	2/side	5 yards	30 sec
Lateral free shuffle over & back	2/side	10 yds tot	30 sec
<b><u>Performance Fitness: Intensive</u></b>			
Continuous side shuffles back & forth 5 yards RPE 6	5	10 sec	30 sec
<b><u>Regeneration</u></b>			
Half kneeling hip flexor stretch	1	20 sec/ side	n/a
Hook-lying hamstring stretch	1	8/ side	n/a

## WEEK 5

### DAY 5

	<u>SETS</u>	<u>REPS /TIME</u>	<u>REST</u>
<b><u>Movement Prep</u></b>			
Standing foot touch w/ ext. rot.	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
<b><u>Strength Circuit 1</u></b>			
Push up (Kneeling only if needed)	3	20 sec	20 sec
Pillar skip in place	3	20 sec	20 sec
Lateral lunge	3	20 sec	20 sec
Ts bent over	3	20 sec	20 sec
<b><u>Strength Circuit 2</u></b>			
Side plank on knees w/ hip & arm ABD	3	20 sec	20 sec
Bridge on heels	3	20 sec	20 sec
Quadruped crawling	3	20 sec	20 sec
<b><u>Regeneration</u></b>			
Half knee hip flexor stretch w/SB	1	8/side	n/a
Hook-lying hamstring stretch	1	8/side	n/a
<b><u>Performance Fitness: Sports Skills</u></b>			
Easy sports skills 4 to 5 RPE	1	30 mins	n/a

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## WEEK 5

### DAY 6 or 7

	<u>SETS</u>	<u>REPS/ TIME</u>	<u>REST</u>
<b><u>Performance Fitness: Sports Skills</u></b>			
Easy sports skills 4 to 5 RPE	1	30 mins	n/a