



SUGARFOOT THERAPY

ADVANCED ACL INJURY PREVENTION

DYNAMIC WARM-UP (perform each exercise traveling across the floor)

- Quad Stretch with Releve
- Traveling Deadlifts
- Dynamic Battements with Toe Touch
- Traveling Plank
- Traveling Hip Stretch
- Traveling Fan Kicks
- Traveling Inside Fan Kicks
- Dynamic Side Battements
- Traveling Forward Lunge with Twist Towards Stepping Foot
- Traveling Forward Lunge with Twist Towards Trailing Foot
- Lunge with Double Twist
- Spider Walks

STANDING CLAMS 3 WAYS (with elastic band secured above the knees)

- 10x right leg Feet parallel and shoulder width apart
- 10x left leg Feet parallel and shoulder width apart
- 10x right leg Feet parallel and shoulder width apart, with right foot one step forward
- 10x left leg Feet parallel and shoulder width apart, with left foot one step forward
- 10x right leg Feet parallel and shoulder width apart, with weight shifted over into right foot
- 10x left leg Feet parallel and shoulder width apart, with weight shifted over into left foot

3 WAY 2-TO-1 HOP WITH SAME HAND REACH (holding 5 pound dumbbells)

- 5x hop forward onto left foot & reach left hand to the inside of left foot
- 5x hop forward onto right foot & reach right hand to the inside of right foot
- 5x hop out to the left onto left foot & reach left hand to the inside of left foot
- 5x hop out to the right onto right foot & reach right hand to the inside of right foot
- 5x hop to back left corner onto left foot & reach left hand to the inside of left foot
- 5x hop to back right corner onto right foot & reach right hand to the inside of right foot

3 WAY 2-TO-1 HOP WITH OPPOSITE HAND REACH (holding 5 pound dumbbells)

- 5x hop forward onto left foot & reach right hand to the outside of left foot
- 5x hop forward onto right foot & reach left hand to the outside of right foot
- 5x hop out to the left onto left foot & reach right hand to the outside of left foot
- 5x hop out to the right onto right foot & reach left hand to the outside of right foot
- 5x hop to back left corner onto left foot & reach right hand to the outside of left foot
- 5x hop to back right corner onto right foot & reach left hand to the outside of right foot

5 WAY DYNAMIC TRIPLE JUMPS

- 3x on each leg Jump forward on one leg 3 times, landing in a solid single leg squat each time
- 3x on each leg Jump sideways on downstage leg 3 times, landing in a solid single leg squat each time
- 3x on each leg Jump sideways on upstage leg 3 times, landing in a solid single leg squat each time
- 3x on each leg Do a quarter tour en de hors on one leg 3 times, traveling across the floor, landing in a solid single leg squat each time
- 3x on each leg Do a quarter tour en de dans on one leg 3 times, traveling across the floor, landing in a solid single leg squat each time

3 WAY SINGLE LEG BOX JUMPS (using 12-18" plyometric box)

- 10x standing behind the box, jumping up with right leg on box
- 10x standing behind the box, jumping up with left leg on box
- 10x standing to the left of the box, jumping up with right leg on box, with toes pointing downstage
- 10x standing to the right of the box, jumping up with left leg on box, with toes pointing downstage
- 10x standing to the left of the box, jumping up with right leg on box, doing a quarter tour to the right
- 10x standing to the right of the box, jumping up with left leg on box, doing a quarter tour to the left

LUNGE WITH ROW - OPPOSITE HAND TO FOOT (using pulley machine, with weight set to controllable resistance)

- 12x lunge forward with left foot, row back with right arm
- 12x lunge forward with right foot, row back with left arm

LUNGE WITH ROW - SAME HAND TO FOOT (using pulley machine, with weight set to controllable resistance)

- 12x lunge forward with right foot, row back with right arm
- 12x lunge forward with left foot, row back with left arm

3 WAY SQUAT & ANTERIOR PRESS (with barbell weight...demonstrator used 35 lbs.)

- 12x alternate twisting to each hip Feet parallel and shoulder width apart
- 12x alternate twisting to each hip Feet parallel and shoulder width apart, with right foot one step forward
- 12x alternate twisting to each hip Feet parallel and shoulder width apart, with left foot one step forward