



SFT QUAD ACTIVATION CIRCUIT

**You will need to warm-up before performing this circuit. We suggest warming up by going through our “SFT BASICS” routine.

You will need the following equipment:

a 12-18” box or step, a wedge or block to lift your heel, 5 pound dumbbells, 10 pound dumbbells, and a 10 pound medicine ball.

**The weights and heights given are estimates and should be tailored to your functional level.

SINGLE LEG WALL SQUATS IN PLANTAR FLEXION (stand on wedge on top of box, hold 10 pound weight overhead)

12x each leg Bend standing knee as you reach your other heel forward past the box, towards the floor

SINGLE LEG STEP UPS WITH MEDICINE BALL OVERHEAD (standing on top of 12-18” box)

12x each leg Squat deeply & reach your other toe down to touch the floor behind you

3 WAY SINGLE LEG SQUAT & REACH IN PLANTAR FLEXION WITH MEDICINE BALL OVERHEAD (standing on wedge)

5x each leg Squat & tap your other heel forward, to the side, and then turning out to the back diagonal

LATERAL SLIDER LUNGES WITH FORWARD REACH (wear socks or use a glider pad, and hold a set of 10 pound dumbbells)

12x each leg Traveling across the floor, lunge out to the side & slide the other foot back in. Arms extend forward on the lunge.

3 WAY LUNGES WITH FLYING BALANCE & PASSE RELEVÉ (holding 5 pound dumbbells)

10x each leg Lunge forward, lift back leg into warrior 3 with arms reaching forward, return to lunge & spring back into passe releve

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