

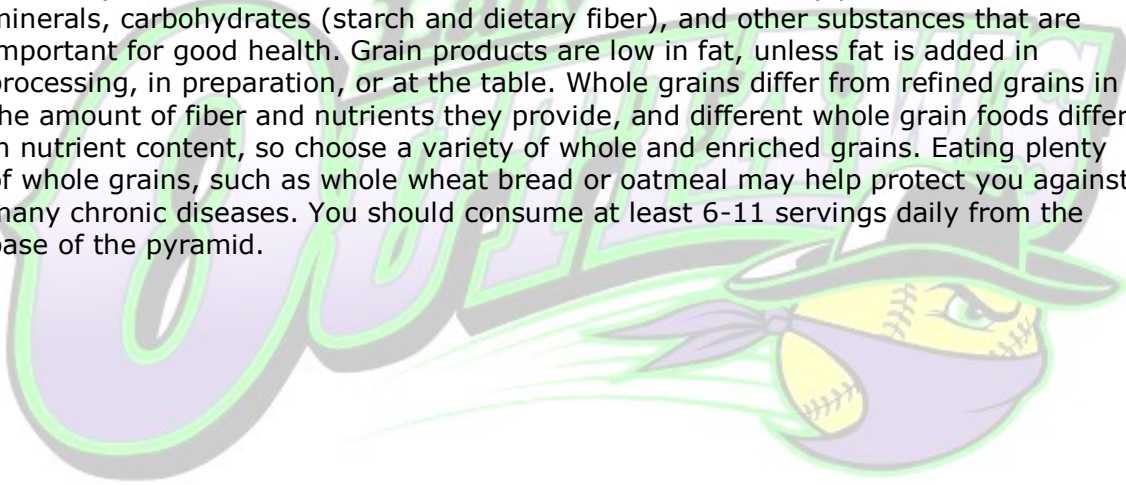


Outlaws' Strength and Conditioning Program

People always want to know if a particular food is good or bad for them. No single food choice is necessarily a bad choice. Too many bad choices over time can accumulate into a poor diet. Poor choices like a lunch of soda, chips, and a hamburger once in a while will be balanced out by a better choice like a turkey sandwich with low-fat dressing on whole wheat bread and fruit on a regular basis. Eating for performance and health doesn't mean that you have to give up all of your favorite foods.

Build a healthy base by eating a variety of foods. Different foods contain different nutrients and other healthful substances. No single food can supply all the nutrients in the amounts you need. To make sure you get all the nutrients and other substances you need for health, build a healthy base by using the Food Guide Pyramid as a starting point. Choose the recommended number of daily servings from each of the five major food groups.

Breads, Cereals, Rice, and Pasta Group: Foods made from grains (wheat, rice, and oats) should form the foundation of a nutritious diet. They provide vitamins, minerals, carbohydrates (starch and dietary fiber), and other substances that are important for good health. Grain products are low in fat, unless fat is added in processing, in preparation, or at the table. Whole grains differ from refined grains in the amount of fiber and nutrients they provide, and different whole grain foods differ in nutrient content, so choose a variety of whole and enriched grains. Eating plenty of whole grains, such as whole wheat bread or oatmeal may help protect you against many chronic diseases. You should consume at least 6-11 servings daily from the base of the pyramid.





Fats, Oils & Sweets
USE SPARINGLY

KEY

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt &
Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice & Pasta
Group
**6-11
SERVINGS**

Consuming the recommended daily intake is not difficult if you understand serving sizes. A ½ cup of cooked rice, cereal, or pasta is about the same size as your fist. The best choices from this food group are bran cereals, oat bran, low fat bagels (pumpernickel, rye, and whole wheat), whole grain muffins (bran, corn and oat bran), whole grain breads and rice, and stoned wheat and whole grain crackers.

Vegetable Group: The vegetable group is one area where many people regularly fail to consume enough. Vegetables are nature's vitamins. To ensure that you get essential vitamins and minerals, you should strive for 3-5 servings per day from this group. A serving size of raw or cooked vegetables is only ½ cup, and most people eat more. One cup of leafy raw vegetables is also a serving size, which is much smaller than the regular salad served with a restaurant dinner. A ½ cup of vegetables is about the size of a tennis ball. To maximize the vitamin and mineral content of your vegetables, don't overcook. Cook in a microwave, steamer, or wok only until tender crisp. The lighter colored vegetables, such as cucumbers, iceberg lettuce, and celery are mostly fiber and water with very little calories, vitamins, or minerals. Choose dark green, orange, and yellow vegetables. The darker the vegetable, the more likely it is to have large amounts of vitamins and minerals. A variety of different vegetables should be consumed to ensure that you receive a variety of nutrients. Broccoli, spinach, green peppers, tomatoes, cauliflower, Brussels sprouts, collards, carrots, or winter squash are the best choices. A ¾ cup of vegetable juice also constitutes a serving from this group.



Fruit Group: The fruit group, in addition to providing vitamins and minerals, also provides fiber. Two to four servings of fruits are recommended each day. Breakfast is a good opportunity to eat some fruit. Drinking a glass of fruit juice for breakfast is a convenient way to get half of the minimum daily servings. Other good choices are citrus fruits, bananas, cantaloupe, kiwi, strawberries, and dried fruit. A serving size for the fruit group is one piece of medium sized fruit or melon wedge, or a ½ cup of chopped, canned, or cooked fruit. A ½ cup of fruit is about the same size as a tennis ball. If you choose fruit juice, make sure that it is not mostly sugar and contains a good amount of vitamins and minerals. A ¾ cup of fruit juice equals one serving. Juice that you can see through (apple, grape, or cranberry juice) usually contains more processed sugar than one that you cannot see through (orange juice, peach nectar, or prune juice).

Milk, Yogurt, and Cheese Group: These dairy products are a great source of protein, vitamins, and minerals (fortified by law) especially calcium and riboflavin. The milk group, however, can also contain a large amount of fat. Many no-fat or low-fat dairy products are available, including cheese, milk, sour cream, and yogurt. Top choices are 1% or skim milk, low-fat cheese, and yogurt. The recommended number of servings per day for this group is 2-3, and is easily attainable for most soldiers. One cup of milk or yogurt, a ½ cup of natural cheese (Cheddar or Swiss), or 2 ounces of processed cheese (American) is considered a serving size. 1 ounce of cheese is about the size of four dice.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group: The Meat and Beans Group is very important for obtaining protein, vitamins, and minerals. Like the milk group, this group can contain large amounts of fat as well. Quick and easy choices include canned tuna, chicken, peanut butter, lentil soup, and beans. Two to three servings from this group are required each day. Most people are at one extreme or the other by consuming too much or not enough from this group.

The serving sizes typically consumed greatly exceed the nutritional requirement. For example, a typical chicken breast (8 oz) equals 2 servings (and about 50 grams of protein) while the 16-ounce steak at your favorite restaurant equals 4 servings (and about 120 grams of protein) from this group. A serving size of cooked fish, poultry, or red meat is 2 to 3 ounces (the size of a regular deck of playing cards), a ½ cup of cooked dry beans, a 2 ½ ounce soy burger, 1 egg, 2 tablespoons of peanut butter, or 1/3 cup of nuts.

Fats, Oils, and Sweets Group: At the top of the food pyramid are the items that should be eaten in moderation. However, it does not mean that you should never eat these items. Most fats and sugars are nutrient poor. Foods from this group should be chosen in moderation because they often replace nutrient dense foods, so you may not get your daily requirement for the essential nutrients. For this reason, they are referred to as "empty" calories. This means that they provide nothing to the body except calories; no vitamins, minerals, fiber, water, or protein. Foods from this group are still an important part of a performance diet. Sweets add taste and flavor, while fat provides essential fatty acids like linoleic acid (part of every cell membrane), which can't be made by the body. A better food preparation choice is baking, roasting, or grilling, however, frying food in fat (cooking oil) once in a while is all right. Top choices from this group include olive oil, walnuts, molasses, berry jams, or a favorite dessert.



There are no suggested servings for the top of the pyramid because you always have plenty of opportunity to add these to their diet without even trying.

Choose natural or less processed foods whenever possible. An apple is a better choice than applesauce, which is a better choice than apple juice, which is a better choice than apple pie. A baked potato is a better choice than mashed potatoes, which is a better choice than potato chips. Whole grain (wheat) bread is usually a better choice nutritionally than white bread. Food processing tends to remove vitamins, minerals, and fiber and add undesirable or questionable additives.

Your pattern of eating is also important. Snacks and meals eaten away from home provide a large part of daily calories for many people. Choose them wisely. Try fruits, vegetables, whole grain foods, or a cup of low-fat milk or yogurt for a snack. When eating out, choose small portions of foods. If you choose fish, poultry, or lean meat, ask that it be grilled rather than fried. Also, notice that many of the meals and snacks you eat contain items from several food groups. For example, a sandwich may provide bread from the grains group, turkey from the meat and beans group, and cheese from the milk group.

CHOOSE SENSIBLY

The carbohydrates, fats, and proteins in food supply energy, which is measured in calories. High-fat foods contain more calories than the same amount of other foods, so they can make it difficult for you to avoid excess calories. However, low fat doesn't always mean low calorie. Sometimes extra sugars are added to low-fat muffins or desserts, for example, and they may be just as high in calories.

Fats supply energy and essential fatty acids, and they help absorb the fat-soluble vitamins A, D, E, and K, and carotenoids. You need some fat in the food you eat, but choose sensibly. Some kinds of fat, especially saturated fats, increase the risk for coronary heart disease by raising the blood cholesterol. In contrast, unsaturated fats (found mainly in vegetable oils) do not increase blood cholesterol. Fat intake in the United States as a proportion of total calories is lower than it was many years ago, but most people still eat too much saturated fat.

Eating lots of fat of any type can provide excess calories. The Nutrition Facts Label will state the number of grams of fat and sugar as well as protein, fiber, and sodium.

Saturated Fats: Foods high in saturated fats tend to raise blood cholesterol. These foods include high-fat dairy products (like cheese, whole milk, cream, butter, and regular ice cream), fatty fresh and processed meats, the skin and fat of poultry, lard, palm oil, and coconut oil. Keep your intake of these foods low.

Dietary Cholesterol: Foods that are high in cholesterol also tend to raise blood cholesterol. These foods include liver and other organ meats, egg yolks, and dairy fats.



Trans Fatty Acids: Foods high in trans fatty acids tend to raise blood cholesterol. These foods include those high in partially hydrogenated vegetable oils, such as many hard margarines and shortenings. Foods with a high amount of these ingredients include some commercially fried foods and some bakery goods.

Unsaturated Fats: Unsaturated fats (oils) do not raise blood cholesterol. Unsaturated fats occur in vegetable oils, most nuts, olives, avocados, and fatty fish like salmon. Unsaturated oils include both monounsaturated fats and polyunsaturated fats. Olive, canola, sunflower, and peanut oils are some of the oils high in monounsaturated fats. Vegetable oils such as soybean oil, corn oil, and cottonseed oil and many kinds of nuts are good sources of polyunsaturated fats. Some fish, such as salmon, tuna, and mackerel, contain omega-3 fatty acids that are being studied to determine if they offer protection against heart disease. Use moderate amounts of food high in unsaturated fats, taking care to avoid excess calories.

Following the tips listed below will help you keep your intake of saturated fat at less than 10 percent of your total calories:

Fats and Oils

- Choose vegetable oils rather than solid fats (meat and dairy fats, shortening).
- If you need fewer calories, decrease the amount of fat you use in cooking and at the table.

Meat, Poultry, Fish, Shellfish, Eggs, Beans, and Nuts

- Choose 2 to 3 servings of fish, shellfish, lean poultry, other lean meats, beans, or nuts daily. Trim fat from meat and take skin off poultry. Choose dry beans, peas, or lentils often.
- Limit your intake of high-fat processed meats such as bacon, sausages, salami, bologna, and other lunch meats. Try the lower fat varieties (check the Nutrition Facts Label).
- Limit your intake of liver and other organ meats.
- Use egg yolks and whole eggs in moderation. Use egg whites and egg substitutes freely when cooking since they contain no cholesterol and little or no fat.

Dairy Products

- Choose fat-free or low-fat milk, fat-free or low-fat yogurt, and low-fat cheese. Try switching from whole to fat-free or low-fat milk. This decreases the saturated fat and calories but keeps all other nutrients the same.

Prepared Foods

- Check the Nutrition Facts Label to see how much saturated fat and cholesterol are in a serving of prepared food. Choose foods lower in saturated fat and cholesterol.



Foods at Restaurants or Other Eating Establishments

- Choose fish or lean meats as suggested above. Limit ground meat and fatty processed meats, marbled steaks, and cheese.
- Limit your intake of foods with creamy sauces, and add little or no butter to your food.
- Choose fruits as desserts.

CHOOSE BEVERAGES AND FOODS THAT MODERATE YOUR INTAKE OF SUGARS

Sugars are carbohydrates and a source of energy (calories). Dietary carbohydrates also include the complex carbohydrates starch and dietary fiber. During digestion all carbohydrates except fiber break down into sugars. Sugars and starches occur naturally in many foods that also supply other nutrients. Examples of these foods include milk, fruits, some vegetables, breads, cereals, and grains.

Added sugars

Added sugars are sugars and syrups added to foods in processing or preparation, not the naturally occurring sugars in foods like fruit or milk. The body cannot tell the difference between naturally occurring and added sugars because they are identical chemically. Foods containing added sugars provide calories, but may have few vitamins and minerals. In the United States, the number one source of added sugars is non-diet soft drinks. Sweets and candies, cakes and cookies, and fruit drinks are also major sources of added sugars. Intake of a lot of foods high in added sugars, like soft drinks, is of concern. Consuming excess calories from these foods may contribute to weight gain or lower consumption of more nutritious foods. Some foods with added sugars, like chocolate milk, presweetened cereals, and sweetened canned fruits, also are high in vitamins and minerals. These foods may provide extra calories along with the nutrients and are fine if you need the extra calories.

Choose and prepare foods with less salt.

You may be able to reduce your chances of developing high blood pressure by consuming less salt. There is no way to tell who might develop high blood pressure from eating too much salt. However, consuming less salt or sodium is not harmful and can be recommended for the healthy, normal person. At present, the firmest link between salt intake and health relates to blood pressure. High salt intake also increases the amount of calcium excreted in the urine. Eating less salt may decrease the loss of calcium from bone. Loss of too much calcium from bone increases the risk of osteoporosis and bone fractures. Salt is found mainly in processed and prepared foods. Salt (sodium chloride) is the main source of sodium in foods. Only small amounts of salt occur naturally in foods. Most of the salt you eat comes from foods that have salt added during food processing or during preparation in a restaurant or at home. Some recipes include table salt or a salty broth or sauce, and some cooking styles call for adding a very salty seasoning such as soy sauce. Not all foods with added salt taste salty.



Some people add salt or a salty seasoning to their food at the table. Your preference for salt may decrease if you gradually add smaller amounts of salt or salty seasonings to your food over a period of time.



Exercises You Can Do At Home

Ab Exercise?



Plank Pose

Start- Start in an upper push-up position. Your hands are directly under your shoulders and your feet are together. Keep your back as flat as possible. Your head and neck are in line with your spine (you should be looking at the ground).

Go For It- Stay in this position as long as possible. Just count those seconds!

Tips and Techniques-

- Remember to breathe!
- Pull your belly button into your spine.
- If you feel this ab exercise in your lower back, lift your derriere up into the air a bit.
- When you cannot hold on for another second, come down to all fours (hands and knees). Then recline back so you are sitting on your heels. Then bend from your hips so that your head is resting on the ground. This is called Child's Pose.
- Plank Pose and Child's Pose are two of many yoga poses that I use in my trainings.
- This is my favorite ab exercise of all time. It works the inner most ab muscle called your transverse abdominus. That muscle is responsible for holding in our stomach (giving the appearance of a flat stomach), and supporting our spine.



Leg Lowering

Start- Begin by laying on your back. Place your hands wherever they are comfortable. Lift your legs straight into the air.

Go For It- Very slowly begin to lower your legs so that they are almost touching the ground. Pause for one second and begin to lift back to start.

Tips and Techniques-

- Inhale as you lower your legs to the ground. Exhale as you lift them back to the sky.
- Pull your belly button into your spine.
- If you feel you need some lower back support, place your hands in the small of your lower back.
- You should feel this ab exercise in your lower abs.



Reverse Crunch

Start- Begin by laying on your back. Place your hands wherever they are comfortable. Bend your knees and bring your feet off the floor. Push the small of your lower back into the ground.

Go For It- Lift your bottom off the floor by bringing your knees back towards your chest. Once they reach your chest, go back to the starting position in a controlled manor.

Tips and Techniques-

- Exhale as your lift knees back towards chest. Inhale as you lower back to start.
- Pull your belly button into your spine.
- Try to only use your lower abs to lift your bottom off the floor. Using momentum or your arms is not going to give you the stomach results you are looking for.
- You should feel this ab exercise in your lower abs.



Bicycle

Start - Begin by lying on your back. Place your hands wherever they are comfortable. Bend your knees to a 90 degree angle.

Go For It- Very slowly straighten your right leg up to the sky and lower it almost to the ground. Bring it back to start. Now slowly take your left leg straight up and slowly lower it to the floor. Take it back in to start.

Tips and Techniques-

- Inhale and Exhale as you feel most comfortable. Just breathe in this ab exercise.
- Pull your belly button into your spine.
- If you feel you need some lower back support, place your hands in the small of your lower back.
- You should feel this ab exercise in your lower abs.
- It is extremely important to do this exercise slow and controlled. Many people move through it faster than the speed of light. If you want results, go slow and controlled.
- Only take the right leg up, down, and back in. The left leg stays bent in a 90 degree position. Then do your left leg. Take it up, down, and back in as your right leg stays in place.



Conditioning Drill

The Bent-leg Body Twist

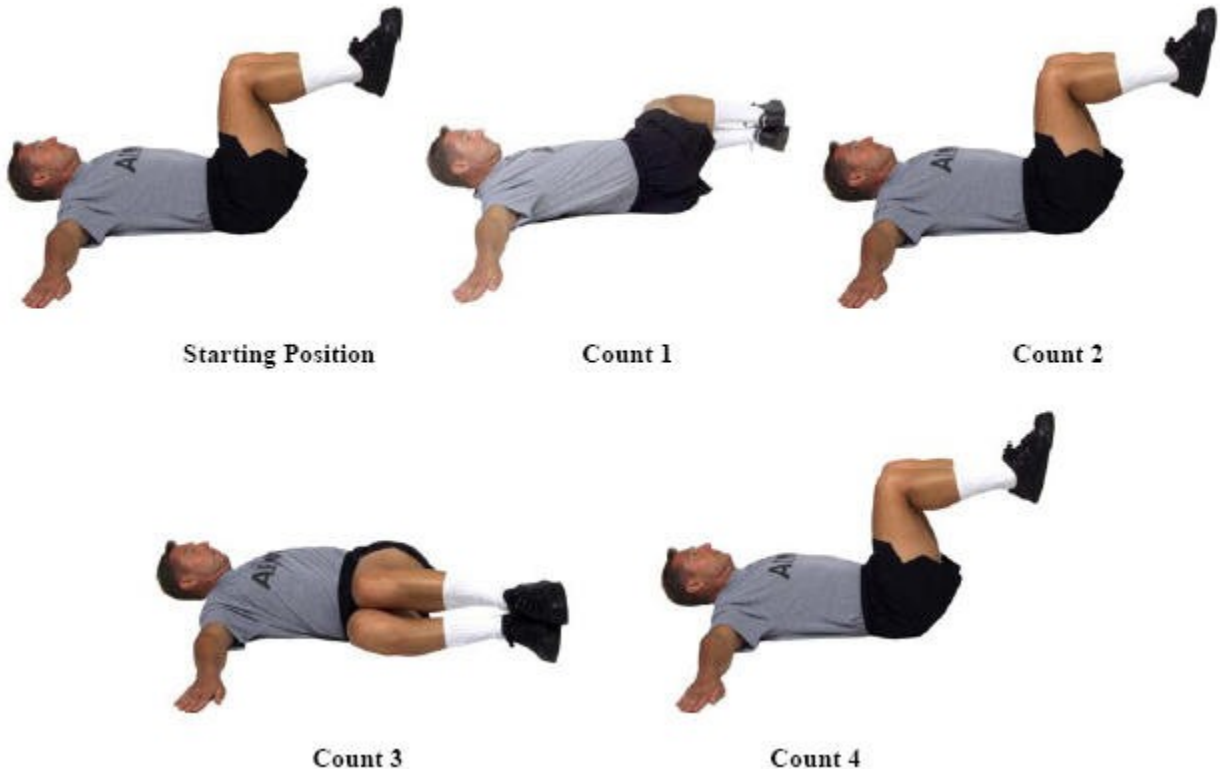
Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

Cadence: SLOW.

Count:

1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.

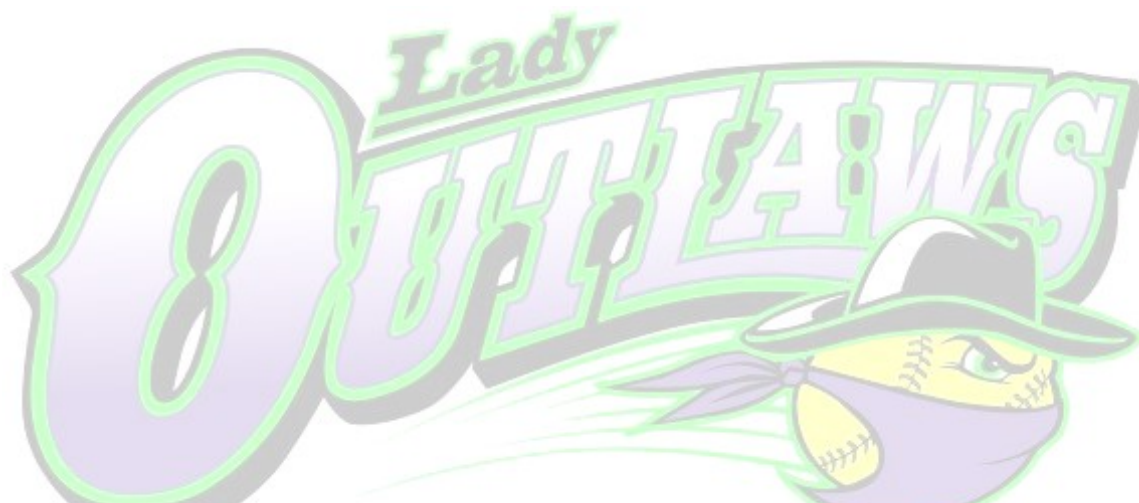




Check Points:

- Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- The head should be off the ground with the chin slightly tucked.
- Ensure that the hips and knees maintain 90-degree angles.
- Keep the feet and knees together throughout the exercise.
- Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: This exercise is always performed at a slow cadence. Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.





Ball Crunch

Start- Have a seat on the stability ball. Place your knees over your ankles, and separate your knees so that they are hip width apart.

Go For It- Begin to lean the upper body back. Stop at a 45 degree angle. Pause for a second and return to start.

Tips and Techniques-

- Inhale as you lower back. Exhale as you move back to start.
- Putting your tongue on the roof of your mouth will help with any neck strain.
- The closer your feet are to one another the harder this exercise is.
- You can do this ab exercise many ways. Try leaning back and holding there for 10 seconds.



Ball Oblique Crunch

Start- Begin by sitting on a stability ball and leaning back until your lower back is supported by the ball. Your knees should be hip width apart and directly over your ankles. Hands can be where you feel most comfortable.

Go For It- Begin to lift the upper body. However, instead of lifting straight up, we want to lift up and to the right. Pause here for a second and return back to start.

Tips and Techniques-

- Exhale as your lift up. Inhale as you lower back to start.
- Pull your belly button into your spine.
- Putting your tongue on the roof of your mouth will help with any neck strain.
- Remember to do an equal amount of sets and reps on the opposite side.



180 Ball Crunch

Start- Begin by sitting on a stability ball and leaning back until your entire body is supported by the ball. Let the head relax too. Hands can be where you feel most comfortable.

Go For It- Begin to lift the upper body to an almost-sitting position. Pause here for a second and return back to start.

Tips and Techniques-

- Exhale as your lift up. Inhale as you lower back to start.
- Pull your belly button into your spine.
- Putting your tongue on the roof of your mouth will help with any neck strain.
- The further your feet are apart from one another, the easier this ab exercise becomes.



Ball Rock

Start - Begin by lying on your back. Place a stability ball between your palms and the tops of your feet.

Go For It- Begin to rock back and forward.

Tips and Techniques-

- BREATHE.
- Putting your tongue on the roof of your mouth will help with any neck strain.
- This is **NOT** an ab exercise for beginners.





Back Exercise



Shrugs

Start- Stand with your feet under your hips and knees slightly bent. Hold a free weight in each hand, palms facing your sides.

Go For It- Keep your arms relaxed and elbows extended. Pull your shoulders up to your ears. Pause for one second and lower back to start.

Tips and Techniques-

- Exhale as you bring shoulders to the ears. Inhale as you lower back to start.
- You should feel this back exercise in the trapezius. That muscle is located at the bottom of the neck.
- The actual motion is sort of like you are shrugging to someone as you say, "I dunno!"



Bent Over Row

Start- Stand with your feet under your hips and knees slightly bent. Hold a free weight in each hand, palms facing each other, arms relaxed. Bend forward from your hips and keep your back as flat as possible. Your head and neck are in line with your spine.

Go For It- As you pull the free weights up, bend your elbows and keep them close to your sides. Lift the elbows up to the sky. Pause for one second and lower back to start.

Tips and Techniques-

- Exhale as you bend the elbows and lift them to the sky. Inhale as you lower back to start.
- You should feel this back exercise in the lats. The lats are located along both sides of the spine.
- It is very important to keep your elbows close to your sides.
- Sometimes this exercise is easier to execute when you use a straight bar.



Deadlift

Start- Stand with your feet under your hips and knees slightly bent. Hold a free weight in each hand, palms facing your shins. Bend forward from your hips and keep your back as flat as possible. Look directly at the floor so your neck is in aligned with your spine.

Go For It- Keep your arms relaxed and elbows extended. Very slowly lift your upper body to a standing position. Pause for one second and lower back down to start.

Tips and Techniques-

- Exhale as your lift the upper body to standing. Inhale as you lower back to start.
- You should feel this back exercise in the lower back and possibly the back of the thighs.
- It is important to keep your back flat and lift and lower slowly.
- You are only moving and pivoting from your hips. Everything else is stabilized.



Back Extensions

Start- Begin by leaning on either a bench or a stability ball. Allow your upper body to relax over the top part of the bench or ball. Your feet are at the 4 and 8 o'clock position.

Go For It- Place your hands where they are most comfortable. Slowly begin to lift your upper body by extending from your lower back and hips. Pause for one second at the top (as shown in the above picture) and then relax back to start.

Tips and Techniques-

- Exhale as you lift the upper body. Inhale as you lower back to start.
- Try to keep your back as flat or straight as possible.
- Imagine your lower back muscles pulling your entire upper body up.



Reverse Fly

Start- Allow the upper body to lay on a stability ball. Place your feet at the 4 and 8 o'clock position. Hold a dumbbell in each hand, palms facing each other.

Go For It- Begin to pull the arms out and up. You want to squeeze your shoulder blades together. Try to pause slightly at the top before lowering back to start.

Tips and Techniques-

- Exhale as you bring the arms up. Inhale as you lower back to start.
- You should feel this back exercise in the middle to upper back. If you are squeezing those shoulder blades together, you should feel it in that general area.
- The motion is sort of like a reverse bear hug. It's the exact opposite of the ball chest fly.





Bicep Exercise



Bicep Preacher Curl

Start- Kneel down behind a stability ball. Place your elbows on top of the ball. Move around until you feel the most comfortable. Start with arms almost straightened out. We never want to lock out our elbows or knees in any exercise.

Go For It- Slowly begin to lift the weight towards your shoulders. Pause for a second and slowly lower down to the start position.

Tips and Techniques-

- Do not arch your back or use momentum to lift the weights up. Only use your bicep muscle!
- Inhale as you lower the weights down and exhale as you lift the weights.



Hammer Curl

Start Dumbbell Bicep Exercise - Begin with free weights by your side, palms facing your sides. Your feet are directly under your hips and your knees are slightly bent.

Go For It- Start to lift the weight up towards your shoulders. Once there, pause for one second and slowly lower the weight back to your starting position.

Tips and Techniques-

- Keep your elbows by your sides at all times during this bicep exercise.
- Do not arch your back or use momentum to lift the weights up. Only use your bicep muscle!
- Inhale as you lower the weights down and exhale as you lift the weights.



Curl

Start Dumbbell Bicep Exercise - Begin with free weights by your side, palms facing away from you. Your feet are directly under your hips and your knees are slightly bent.

Go For It- Start to lift the weight up towards your shoulders. Once there, pause for one second and slowly lower the weight back to your starting position.

Tips and Techniques-

- Keep your elbows by your sides at all times during this bicep exercise.
- Do not arch your back or use momentum to lift the weights up. Only use your bicep muscle!
- Inhale as you lower the weights down and exhale as you lift the weights.



Concentration Curl

Start Dumbbell Bicep Exercise - Begin by sitting on a stability ball. Place your right elbow on the inside of your right knee. Your arm is lengthened with a free weight facing away from your right leg.

Go For It- Start to lift the weight up towards your shoulders. Once there, pause for one second and slowly lower the weight back to your starting position.

Tips and Techniques-

- Keep your elbow on the inside of your knee at all times during this bicep exercise.
- Do not arch your back or use momentum to lift the weight up. Only use your bicep muscle! No momentum. Just muscle.
- Inhale as you lower the weights down and exhale as you lift the weights.
- Since we are only doing on arm at a time, don't forget to do the left side!



Calf Exercise



Standing Calf Raise

Start - Begin with your feet directly under your hips.

Go For It- Simply lift up onto your tip toes. Pause for a second and lower back to start.

Tips and Techniques-

- You can hold onto dumbbells for increased oomph.
- You can turn your toes outward and lift. This focuses more on the outside of the calf muscle (soleus).
- You can turn your toes inward and lift. This focuses on the inside of your calf muscle (gastrocnemius).
- You can lift and lower on a 1-2-3-4 rhythm or lift up and hold for 5 seconds then lower- lift up for 5 seconds and lower, etc.
- Lots of ways to do this simple calf exercise. Just be sure you can feel your calf muscles working.
- Using a step or calf machine will help develop stronger muscles.

Calf muscles are small, but important. We want to create balance in the body. Implementing this simple, but good, calf exercise is a great way to improve overall balance and strength in the legs.



Chest Exercise



Incline Press

Start - Begin by lying on an incline bench. Place your feet and knees so that you are most comfortable. Allow your head to lay back on the bench. This will support your spine and neck. Hold a dumbbell in each hand. Palms facing away from you.

Go For It- Lift the dumbbells up to the sky by extending your arms up. Don't lock your elbows. Pause here for one second and slowly lower the weight back to start.

Tips and Techniques-

- Exhale as you lift the weights to the sky. Inhale as you lower back to the start of this chest exercise.
- Use only your chest and arm muscles to lift the weight. No momentum.
- Try to keep your lower back pressed against the bench.
- This chest exercise can be done on a stability ball as well. Lay so that your upper back is on the top of the ball. Separate your knees until they are hip width apart. Place your feet directly under your knees. Now allow your hips to drop close to the floor. Your upper body should be in an incline position. Follow the instructions above the complete the incline press on the stability ball.



Decline Chest Press

Start - Begin by lying on a decline bench. Place your feet and knees so that you are most comfortable. Allow your head to lay back on the bench. This will support your spine and neck. Hold a dumbbell in each hand. Palms facing away from you.

Go For It- Lift the dumbbells up to the sky by extending your arms up. Don't lock your elbows. Pause here for one second and slowly lower the weight back to the start of the chest exercise.

Tips and Techniques-

- Exhale as you lift the weights to the sky. Inhale as you lower back to start.
- Use only your chest and arm muscles to lift the weight. No momentum.
- Try to keep your lower back pressed against the bench.
- This chest exercise can be done on a stability ball as well. Lay so that your upper back is on the top of the ball. Separate your knees until they are hip width apart. Place your feet directly under your knees. Now roll slightly back until you are in a slight decline position. Follow the instructions above to complete the decline press on the stability ball.



Incline Chest Fly

Start - Begin by lying on an incline bench. Place your feet and knees so that you are most comfortable. Allow your head to lay back on the bench. This will support your spine and neck. Hold a dumbbell in each hand. Palms are facing each other.

Go For It- Lift the dumbbells up to the sky by extending your arms up. Don't lock your elbows. Pause here for one second and slowly lower the weight back to start.

Tips and Techniques-

- Exhale as you lift the weights to the sky. Inhale as you lower back to the start of this chest exercise.
- Use only your chest and arm muscles to lift the weight. No momentum.
- Try to keep your lower back pressed against the bench.
- This chest exercise can be done on a stability ball as well. Lay so that your upper back is on the top of the ball. Separate your knees until they are hip width apart. Place your feet directly under your knees. Now allow your hips to drop close to the floor. Your upper body should be in an incline position. Follow the instructions above to complete the incline fly on the stability ball.



Decline Chest Fly

Start - Begin by lying on a decline bench. Place your feet and knees so that you are most comfortable. Allow your head to lay back on the bench. This will support your spine and neck. Hold a dumbbell in each hand. Palms are facing each other.

Go For It- Lift the dumbbells up to the sky by extending your arms up. Don't lock your elbows. Pause here for one second and slowly lower the weight back to the start of the chest exercise.

Tips and Techniques-

- Exhale as you lift the weights to the sky. Inhale as you lower back to the start of the chest exercise.
- Use only your chest and arm muscles to lift the weight. No momentum.
- Try to keep your lower back pressed against the bench throughout this chest exercise.



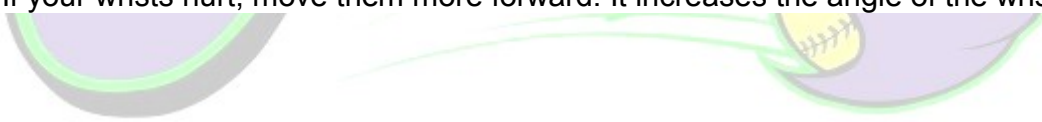
Push Up

Start - Begin in the upper push up position. Your feet are together and your hands are directly under your shoulders. Your back is flat and you are looking at the ground.

Go For It- Slowly begin lowering yourself to the ground. Allow your elbows to bend, but keep your back flat and strong. Pause just above the ground and then begin lifting yourself back to start.

Tips and Techniques-

- Inhale as your lower your body weight to the floor. Exhale as your lift back up to start.
- Be sure to keep your back flat at all times.
- If your wrists hurt, move them more forward. It increases the angle of the wrist.





Hams And Glutes Exercise



Bridge Pose

Start- Start by lying on your back. Hands are wherever they are most comfortable. Bend your knees and separate them hip width apart. Your feet are flat on the ground.

Go For It- Lift your hips to the sky. Press your feet into the floor. Pause for one second and lower back to start.

Tips and Techniques-

- Exhale as you lift hips up to the sky. Inhale as you lower to the ground.
- Keep your knees separated throughout this hams and glutes exercise.
- You can do this hams and glutes exercise various ways. You can lift up, pause for one second and lower down. You can lift up and hold for 15 or 30 seconds, then lower back to start. You can place your right foot on your left knee and lift up and down... don't forget to do the opposite side too (left foot on right knee).
- You should feel this exercise in your bottom and back of the thigh.



Bridge Pose On The Ball

Start - Start by lying on your back. Hands are wherever they are most comfortable. Bend your knees and place them directly over your hips. Your feet are against the side of the stability ball.

Go For It- Lift your hips to the sky as you press your feet into the ball. Pause for one second and lower back to start.

Tips and Techniques-

- Exhale as you lift hips up to the sky. Inhale as you lower to the ground.
- Keep your knees separated throughout this hams and glutes exercise.
- You can do this exercise various ways. You can lift up, pause for one second and lower down. You can lift up and hold for 15 or 30 seconds, then lower back to start. You can place your right foot on your left knee and lift up and down... don't forget to do the opposite side too (left foot on right knee).
- You should feel this exercise in your bottom and back of the thigh or back of the knee.



Leg Curl

Start- Begin as shown above. Forearms are on the ground, knees under your hips and right leg elongated. Your head and neck are in line with your spine (look at the ground).

Go For It- Take your right leg and bend it at the knee. Pause for one second and then elongate it back to start.

Tips and Techniques-

- Exhale as you bend the knee. Inhale as you elongate it back to start.
- To increase the intensity of this hams and glutes exercise, you can do a few things. Try adding a free weight in the crux of your bent knee. Lift as usual and lower back to start keeping your knee bent. Or try this, elongate your right leg and make it parallel to the ground. Keeping it elongated, lift it to the sky, pause for one second and lower it back to start.
- Remember to do the left leg as well!



One Legged Bridge

Start- Start by lying on your back. Hands are wherever they are most comfortable. Bend your knees and place them directly over your hips. Your feet are against the side of the stability ball. Place your right foot on your left knee.

Go For It- Lift your hips to the sky. Press your foot into the ball as you lift. Pause for one second and lower back to start.

Tips and Techniques-

- Exhale as you lift hips up to the sky. Inhale as you lower to the ground.
- Remember to do the other side. Balance is good!
- You can do this hams and glutes exercise various ways. You can lift up, pause for one second and lower down. You can lift up and hold for 15 or 30 seconds, then lower back to start.
- You should feel this hams and glutes exercise in your bottom and back of the thigh.



Ball Rollout

Start- Start by lying on your back. Hands are wherever they are most comfortable. Bend your knees and place them directly over your hips. Your feet are against the side of the stability ball.

Go For It- Lift your hips to the sky as you press your feet into the ball. Keep those hips lifted as you begin to roll the ball away from you. Once you cannot roll it out further, pull the ball back towards you.

Tips and Techniques-

- Keep your knees slightly bent throughout the hams and glutes exercise. Even in the rolled out position, don't lock your knees.
- Feel free to re-adjust your feet as many times as you would like.
- This hams and glutes exercise takes balance as well as strength. I wouldn't recommend it for beginners.
- You should feel this hams and glutes exercise in your bottom and back of the thigh or back of the knee.



Quad Exercise



Start- Begin with your feet directly under your hips and hands by your sides.

Go For It- Keeping the majority of your body weight on the heels, begin to sit down as though sitting on a chair. Keep your back as upright as possible. Go as low as you feel comfortable, pause, and return to start.

Tips and Techniques-

- Inhale as you squat down. Exhale as you lift back to start.
- Don't allow your knees to extend past your toes. If it does, move your body weight back on your heels more.
- Only allow the knees to bend to a 90 degree angle. No lower.
- Pause slightly at the bottom of your squat. This makes the quad exercise more intense.
- You can add free weights to increase the intensity.
- Go for the quad busting Goddess Pose! Squat down as described above, but hold the squat for 10-30 seconds. Just remember to breathe!
- Try a one-legged quad squat. Place your left foot on your right knee. Squat down as described above. Keep your balance! This quad exercise is **NOT** for beginners.



Jump Squat

Start- Begin with your feet separated and hands where you feel most comfortable.

Go For It- Keeping the majority of your body weight on the heels, begin to sit down as though sitting on a chair. Go as low as you feel comfortable, pause, and then jump up into the air.

Tips and Techniques-

- Inhale as you squat down. Exhale as you jump into the air.
- Don't allow your knees to extend past your toes. If it does, move your body weight back on your heels more.
- Only allow the knees to bend to a 90 degree angle. No lower.
- Pause slightly at the bottom of your squat. This makes the quad exercise more intense.
- This is not a good quad exercise for anyone that is new to exercising.



Lunge

Start- Begin with your feet directly under your hips and hands by your sides. Take one step forward with your left leg.

Go For It- Take your back knee down so it almost touches the floor. Pause for a second and lift back to start.

Tips and Techniques-

- Inhale as you lower your back knee. Exhale as you lift back to start.
- Don't allow your front knee to extend past your toes. If it does, separate your legs a bit more.
- Only allow the front knee to bend to a 90 degree angle. No lower.
- You can add free weights to increase the intensity.
- Remember to do the other leg as well! If we did 12 reps with our right leg in front... we need to do 12 reps with our left leg in front.



Lying Side Leg Raise

Start- Begin by lying on one side. Keep your body as straight as possible. Place your hands where they feel most comfortable.

Go For It- Begin to lift your top leg into the air. Pause at the top for a second and slowly lower back to start.

Tips and Techniques-

- Exhale as you lift your leg into the air. Inhale as you lower it back to start.
- This will work the outside of your thigh. This muscle is called the abductor muscle.
- This quad exercise typically needs to be done for a longer rep range than most exercises. Don't be afraid to experiment.
- To increase the intensity, hold for a 10 second pause at the top of the lift.
- You can also place a stability ball or a medicine ball on the side of your top thigh. Just having this additional weight to lift over the rep range can tire you out. Another simple way to rev up the intensity level.



Shoulder Exercise



Front Raise

Start- Stand so that your feet are directly under your hips and knees are slightly bent. Hold a dumbbell in each hand, palms facing your thighs.

Go For It- Keeping your arms straight, lift the dumbbells up until they are shoulder level. The only joint moving is your shoulder. Pause for a second and slowly lower back to start.

Tips and Techniques-

- Exhale as you lift the weights to shoulder height, inhale as you lower them back to the starting position of this shoulder exercise.
- Do not arch your back or use momentum to lift the weights. Only use your shoulder muscles. If you find this is not possible, move to a lower weight.
- This shoulder exercise is typically not recommended for beginners. I would only use this exercise after speaking with a trainer about its exact specs.



Shoulder Press

Start- Stand so that your feet are directly under your hips and knees are slightly bent. Your elbows are bent and shoulder level. Hold a dumbbell in each hand, palms facing away from you.

Go For It- Lift both dumbbells up to the sky and allow them to meet in the center (above your head). Pause for one second and lower back to the start position of the shoulder exercise.

Tips and Techniques-

- Exhale as you lift the weights above your head, inhale as you lower them back down.
- Do not arch your back or use momentum to lift the weights.
- To hit your anterior deltoids and trapezius (back of shoulder joints and back of the neck), lift the weights up and a bit behind the head. Always have control over the weights in this and any other shoulder exercise.



Lateral Raise

Start- Stand so that your feet are directly under your hips and knees are slightly bent. Your elbows are bent and by your sides. Hold a dumbbell in each hand, palms facing your sides.

Go For It- Lift both elbows and weights up to shoulder level. The only joint that is moving is your shoulder joint. Pause for one second at the top and slowly lower back to start of the shoulder exercise.

Tips and Techniques-

- Exhale as you lift the weights and elbows to shoulder level. Inhale as you lower down.
- Do not arch your back or use momentum to lift the weights.
- This is typically not a beginner shoulder exercise. I advise using this only when you have talked with a trainer.



Upright Row

Start- Stand so that your feet are directly under your hips and knees are slightly bent. Your arms are relaxed in front of you and your palms are facing your thighs.

Go For It- Lift both dumbbells up to your chin. As you lift up, your elbows bend. Pause for one second at the top of this exercise. Slowly lower the weight back down to the start of the shoulder exercise.

Tips and Techniques-

- Exhale as you lift the weights up to your chin, inhale as you lower them back down.
- Do not arch your back or use momentum to lift the weights.
- Leaning a bit forward can sometimes help you feel more stable.



Bent Over Lateral Raise

Start- Stand so that your feet are directly under your hips and knees are slightly bent. Bend forward from your hips until your back is flat. Hold a dumbbell in each hand. Your palms face each other. Elbows are slightly bent.

Go For It- Lift elbows to shoulder level by ONLY moving the shoulder muscle. As you lift the elbows up the dumbbells will follow. Turn wrists so that at the top of this exercise, your palms face the ground. Pause for one second and lower back to the starting position.

Tips and Techniques-

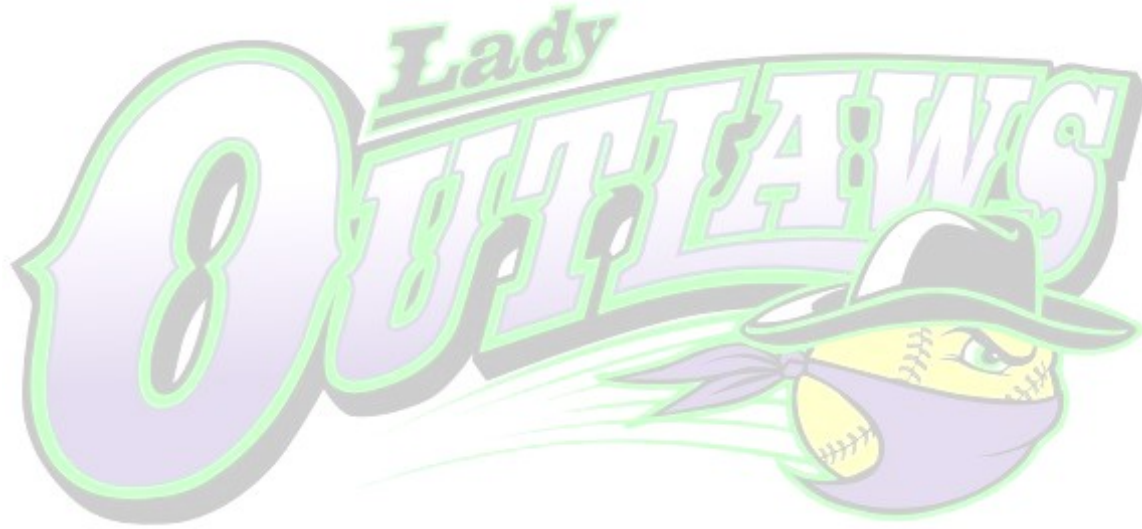
- Exhale as you lift the elbows and weights up shoulder level. Inhale as you lower them back to start.
- Do not arch your back or use momentum to lift the weights.
- You can do this shoulder exercise by sitting on a stability ball or a bench. Have a seat, bend forward from your hips until your stomach and chest are relaxing on your thighs. Proceed with the exercise from there.
- As you lift your elbows up to shoulder level, squeeze your shoulder blades together. This creates an extra oomph.



L-Lifts

Start- Stand so that your feet are directly under your hips and knees are slightly bent. Hold a dumbbell in each hand. Bend your arms at the elbow, and lift arms until your elbow is directly in front of your shoulder.

Go For It- Begin to lift the arms up to the sky. Pause for a second. Lower back to start.





Tricep Exercise



Overhead Extensions

Start- Hold a free weight between your right thumb and pointer finger. Cup your opposite hand under your right hand. Lift the weight so that your elbows are bent and it is behind your head.

Go For It- Begin to straighten out your arms by lifting the weight up to the sky. Pause for one second, and begin lowering the free weight back to your starting position.

Tips and Techniques-

- Exhale as you push the weight up and inhale as you lower the weight to the start position of this tricep exercise.
- Keep your elbows very close to your head. We don't want any chicken wings!
- Want to add some oomph to this tricep exercise? When you reach the top, kick the bottom part of the dumbbell up to the sky. This is called a kick-up.
- Remember that you are only concentrating on the muscle of your top hand. Switch hands half way through the set OR do another set with the opposite hand. We want balanced body parts.



Tricep Dips

Start- Using a flat bench, sit down and place your hands by your sides. Your knees are bent.

Go For It- Lift your bottom off of the bench and slowly lower to the ground by bending your elbows. Lift back up by straightening out the elbows.

Tips and Techniques-

- Exhale as you push back up to the start and inhale as you lower your bottom to the ground.
- Keep your elbows very close to your sides throughout this tricep exercise.
- More oomph? The further your feet are from the bench, the more difficult this exercise becomes. You can even go real extreme by placing your feet on a chair or stability ball.
- Don't allow the legs to do any of the work. We want to work those tricep muscles!



Tricep Kickbacks

Start- Begin by standing, feet under your hips and knees slightly bent. Bend at the hips until your back is parallel with the ground. Keep your gaze on the ground. You are holding a dumbbell in each hand, palms facing your sides and elbows bent to a 90 degree angle.

Go For It- Begin to straighten out your arms by lifting the weight up to the sky. Pause for one second, and begin lowering the free weight back to your starting position.

Tips and Techniques-

- Exhale as you push the weight up and inhale as you lower the weight to the start position.
- Keep your elbows very close to your side.
- Try to keep your back as flat as possible and your eyes looking at the ground. This keeps your spine in a neutral position.
- When you have finished the set, slowly lift back up to standing as you inhale.



Tricep Skullcrushers

Start- Begin by laying your upper body on the stability ball. Hold one dumbbell between your right thumb and pointer finger, palms facing up. Slide your left hand under the right hand for support. The dumbbell is behind your head and elbows are bent at a 90 degree angle. Your knees are hip width apart and your hips are lifted up to the sky.

Go For It- Begin to straighten out your arms by lifting the weight up to the sky. Pause for one second, and begin lowering the free weight back to your starting position.

Tips and Techniques-

- Exhale as you push the weight up and inhale as you lower the weight to the start position.
- Keep your elbows close together.
- Try to keep your hips lifted throughout the tricep exercise. This will help support you and work the glutes/hamstrings.
- Remember to use the opposite hand as your guiding hand as well. So if you do 12 reps with your right hand on top, be sure to do 12 reps with your left hand on top!
- Try to not move your shoulder joints at all. The only joint that should be moving is your elbow. This makes sure the triceps are working and not your chest muscles.



Plyometrics ("Jump Training")

Plyometric training helps develop strength and power and hopefully balance and agility, all at the same time. There really isn't any other training technique that addresses so many levels of athletic performance.

For the 3 groin specific plyometric drills listed below, perform 1-5 sets of 4-8 repetitions. Individuals with no plyometric experience should perform fewer repetitions and sets and rest for longer intervals. Advanced athletes may be able to rest as little as 15 seconds between sets. Some plyometrics that target the groin area include:

- Wide-stance long jump
- Split-squat (lunge) jump
- Alternate-leg diagonal bounding

Speed Ladder

The speed ladder is an excellent training tool for helping an athlete increase foot speed, quickness, and agility. If you don't want to buy a speed ladder, you can simply draw out the squares on a baseball diamond. To purchase the ladders and find more information on speed ladder drills, check out the Ryan and Mike's websites. You can be creative and create many drills to improve your speed, agility, and balance. Remember to stay on your toes throughout the drills, keep your knees bent, and pop up every time you land. Here's just one of many possible drills:

Lateral 2-touch (fwd & bkwd) -

Start in the "athlete" ("ready") position on the left side of the first square of the ladder. Step your right foot into the first square and land on the ball of your foot. Now step your left foot in and land on the ball of your foot. Then immediately step your right foot outside to the right side of the first square and land on the ball of your foot.

Now step your left foot out and land on the ball of your foot. Next, diagonally step forward and left with the left foot into the second square of the ladder and then bring the right foot in. Continue to move along the speed ladder in this fashion. The drill should last about 5 seconds with an emphasis on moving as fast and as correctly as possible.

Lateral Agility

Agility is a measure of acceleration, deceleration, and change of direction. These are demands placed on almost all athletes, regardless of the surface they play on. These agility drills can be done on any playing surface as well (ice, grass, court). Agility drills should last about 5 seconds with an emphasis on moving as fast and as correctly as possible. Choose 2-5 variations and do 1-5 sets of each, depending on your training experience and fitness level. Rest as necessary between sets.

- Small box runs (shuffle; forward; backward; crossovers)
- Star runs (from kneeling position; from push-up position)
- Lateral shuffles or crossovers (5-yd each way)
- Shuffle or (5-yd) and then turn into a 10-yd sprint

Box runs (Set up a 3m x 3m box) -

Start at the back left corner and sprint forward to the top left corner. Touch the ground and then shuffle to the right, touching the ground and then backpedal to the back right corner. Touch the



ground and shuffle left to the starting position.

Star runs (Set up a 3m x 3m box) -

Start in middle of the box and sprint to each corner in a specific order using a pre-set movement pattern. Return to the center position after you touch each corner. Try to incorporate lateral movements such as shuffling and crossovers as much as possible. For variety, you can perform a very quick and simple sport-specific drill at each corner (i.e. vertical jump, shot, throw, etc.). You can also add another dimension of difficulty by having the athlete start from the kneeling or push-up position.

Groin Conditioning

Metabolic conditioning (intervals) should always remain at the end of a training session that incorporates "explosiveness". If you fatigue the athlete with conditioning, you can't expect the athlete to perform explosively and you may even compromise safety. Like all other aspects of the program, in order to develop "groin-specific" adaptations, you must incorporate lateral movement into the conditioning drills.

This means short, high-intensity intervals that include lateral shuffling, crossovers, and sprints into and out of lateral movement. Intervals can range from 10 to 60 seconds (or more). Rest intervals will vary, but one option is to rest an equal amount of time to the work interval.

- 5-10-5 yard shuttle using lateral movement for a set period of time
- 5 yard shuffle for a set period of time

