



### PACNW Post Training Sequence Level 1

The following 5 movements have been prescribed as a build-in prescription for fatigue resistance (injury prevention) and increased resilience (strength). Most injuries occur when the athlete is in a fatigued state. This is often associated with deficits in strength, endurance and movement qualities. As simple as these movements may be, athletes should “master” level 1 before moving on to level 2, etc.

Perform two sets of each movement in order as shown:

**1. Front Plank on Forearms x 30 seconds**

**Purpose:** Core strength and stability

**Cues:** Core tight, stiff as a board

**Key:** Perform with quality for time prescribed. Hips and head should not drop.

**2. Hip Bridge x 5 with 3 seconds hold**

**Purpose:** Hip extension and glute strength

**Cues:** Elbows to the floor, hips to the sky

**Key:** Perform movement with control. Hold for a full three (3) seconds at top, push through heels.

**3. Push Up x 5-10 controlled**

**Purpose:** Upper body strength and core control

**Cues:** Hands under shoulders, stiff as a board

**Key:** Perform with same quality as a front plank. Entire body should move through movement. Perform 5-10 repetitions with control. If athlete is unable to complete full range of movement, complete half range with control. Once strength and confidence is developed, complete full range of movement pattern. Athlete must be able to complete at least 5 repetitions before moving to level 2.

**4. Nordic Curl x4 2 seconds down controlled**

**Purpose:** Hamstring health

**Cues:** Hands behind, hips tight (glutes)

**Key:** Perform with same quality as Hip Bridge. Glutes tight, hands behind back or at side, controlled downward movement. Partner “locks” athlete with knees behind feet and hands gripped on lower leg. Partner must apply downward pressure to help athlete feel locked in place. The athlete should take two (2) complete seconds to reach floor or half way, minimally.

**5. Half Moon 1 Leg Stability x5 each**

**Purpose:** Balance and control

**Cues:** Soft at hip, controlled knee

**Key:** Perform with shoes off, ideally. Complete repetitions one leg at a time. Hands on the hip, good posture. Athlete should be soft at the hips and knees while keeping full foot on the floor. There should be no rotation or “dropping” of the hip, knee, or shoulders. Remain stable as free leg moves around stable leg. Imagine a line from the nose to the floor. Do not move away from this line.