



Heritage HSC Program (SAMPLE EXERCISES)

A. WARM-UP (Refer to www.aafa.org/3ce/ACL/BerMan.htm and www.smsmf.org for ACL Prevention information)

Basic Body Mechanics for ACL tear prevention:

- Athletic position when landing or changing direction = On balls of feet, knees bent, push hips back/bend at waist, chest up, absorb load when landing/changing direction
 - Running = Hip, knee, ankle should be aligned
1. Light jog 4 x 20yds—Hip, knee, and ankle are in line
 2. Side Shuffle 4 x 20 yds (hug)—Balls of feet, knees bent, push hips back/bend at waist
 3. Backward Run 4 x 20 yds—Balls of feet, knees bent, push hips back/bend at waist(don't lock knees)
 4. Good mornings (10 each)—On heels, push hips back, bend at waist
 5. Body weight squats (10 each)—VERY IMPORTANT: weight on the heels, feet slightly angled out, knees track in line with toes , full squat, chest up
 6. Riptoe squat stretch (5 each x 3sec)—Feet at angle, full squat, push knees out with elbows
 7. Inverted toe touch (5 each side x 3sec)—Opposite hand to opposite toe
 8. Elbow to instep (5 each side x 3sec)—Back leg straight, front leg at 90 degrees to ground, same elbow to same instep
 9. Knee hug (5 each side x 3sec)—Chest up, toes up
 10. 50% run 4 x 20 yds
 11. Walking Figure 4 (5 each side x 3sec)—Pull on ankle and knee
 12. Quad stretch (5 each side x 3sec)—Grab opposite ankle, tighten butt
 13. Calf stretch (5 each side x 3sec)—V position
 14. Lunges (10 each side)—Front leg at 90 degrees to ground, knees track in line with toes pointed forward
 15. Toe raises, front and back (10 each)
 16. 75% Run 4x20 yds
 17. Russian hamstrings (5 each)
 18. Forward/backward hop (10 each)—Land on balls of feet, knees bent, push hips back/bend at waist
 19. Side hop (10 each)— Land on balls of feet, knees bent, push hips back/bend at waist
 20. Headers (10 each)— Land on balls of feet, knees bent, push hips back/bend at waist
 21. Skip for height (4x20 yds)
 22. Skip for distance (4x20 yds)
 23. Sprint full speed 4x20 yds, touch ground
 24. Jump ropes—single and double unders

B. Work out of the Day (WOD)—See next page. Keep track of time/# reps

C. Ab Work

- L-overs
- Front, rear and side planks—Time
- Knees to elbows
- Sit-ups—Use arms
- V-ups
- Russian twists

D. Warm-down/Stretching (20 sec per stretch)

- Elbow to instep stretch
- Riptoe squat stretch
- Calf stretch
- Quad stretch
- Figure 4 stretch
- Hamstring stretch
- Pectorals, Biceps stretch



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WOD'S

Refer to www.crossfitsweatshop.com , www.crossfitkids.com or www.crossfit.com for information

“TEAM NAME”

2 sets x 6 minutes, 3 min rest in between (Record # of rounds completed)

- 5 Burpees
- 30 yd sprint
- 10 body weight squats

“HERITAGE”

4 Rounds (Record time)

- 200 yd run
- 24 body weight squats
- 16 sit ups (8 knees to elbows if pull-up bar is available)
- Forward sprint, side shuffle right, backward run, side shuffle left (10 yd x 10 yd square)
- 8 pushups

“ALL LEAGUE”

2 sets x 6 minutes, 3 min rest in between (Record # of rounds completed)

- Shuttle runs—sprint to/jog back 10,20,30,40 yds
- 24 body weight squats
- 16 sit ups (8 knees to elbows if pull-up bar is available)
- 8 pushups
- 10 hurdle jumps
- 10 burpees

“BLACK” (“GOLD”= 2 rounds x 8 min, 3 min rest in between)

1 set x 12 minutes (Record # of rounds completed in time)

- 400 yd run
- 10 push-ups
- 15 body weight squats
- 20 sit ups