

## SB DRYLAND PROGRAM

### GOALS

1. Prevent Injury
2. Improve flexibility and agility
3. Improve core power and speed

### WARM UP

1. 5 minute run
2. up down field goals
3. in out field goals
4. streamlines
5. chicken clucks
6. reverse chicken clucks

### STRETCHING

1. partner Stretch
2. touch your spine and push your hand up
3. metronomes
4. flamingo
5. front split
6. side split
7. calf stretch
8. butterfly
9. angry cat
10. child pose front/left/right
11. armpit
12. ear to shoulder
13. Tubing side raises
14. Poll pull ins

### INJURY PREVENTION

1. Tube discos
2. Tube back 45degree back raises
3. Tube pole - laying straight arm pull downs
4. Tubing front raises
5. Pole pull aways
6. Medball scapular dips (elbows)

### FLEXIBILITY AND AGILITY

1. Plyometric Push ups
2. TV Plank
3. Vup no feet rest
4. Standing hip internal rotation
5. Hollow hold feet on the ground
6. Flutter kicks in streamline
7. Standing leg raises
8. Tube Inversion ankle band
9. Physioball prayer roll
10. Physioball back extension
11. Single leg physioball bridge
12. Plyometric jumps
13. step-ups (maintain a tall up-right position)
14. lunge
15. Standing hip external rotation
16. Hollow hold feet up
17. Russian twists
18. Tube eversion ankle band
19. Physioball crunch
20. Physioball jackknife
21. Physioball superman progression
22. Physioball hamstring curl
23. Plank
24. Vup rest feet
25. Side lunge
26. Circle pushups
27. Flutter kicks
28. Seated leg raises
29. Physioball upper trunk rotation
30. Physioball 45 degree 1 arm hold
31. Physioball jackknife twist
32. Physioball bridge

### SPEED AND POWER

1. Medball squat thrusts
2. Medball single pushup
3. Tubing poll fly finishes
4. streamlined back squats
5. burpees
6. medball double push ups
7. back squats
8. Diagonal cable column lift with medball
9. push ups
10. squat thrusts
11. close grip – push ups
12. pistons
13. Single leg squats
14. Elevated push ups

