

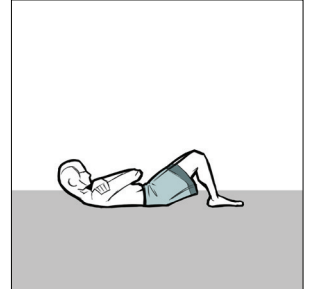
# MAKE YOUR MOVE

## INJURY PREVENTION WORKSHOP

### Core Strengthening, Agility, and Plyometrics (CAP) Program

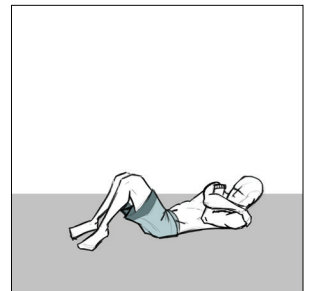
#### 1. ABDOMINAL CRUNCHES

Slowly raise your upper back and shoulder blades off the ground. Hold this position for a full second before lowering yourself slowly back on to the ground. Perform 20 crunches.



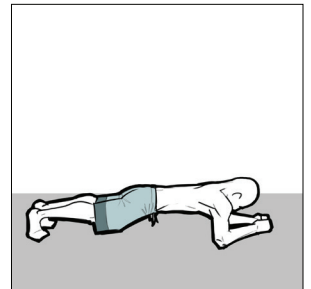
#### 2. CROSS CRUNCHES

Slowly raise your upper back and shoulder blades off the ground and reach your right shoulder toward your left knee. Slowly lower yourself back to the ground and repeat, this time raising your left shoulder towards your right knee. Perform 20 total cross crunches.



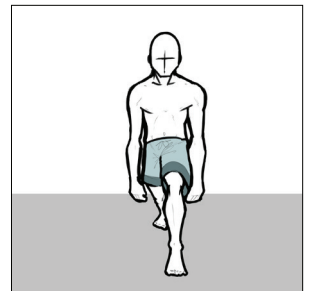
#### 3. PLANK

Place your elbows at a 90 degree angle with your forearms resting on the ground. Support your lower body with your toes and maintain this position, concentrating on form, for 60 seconds.



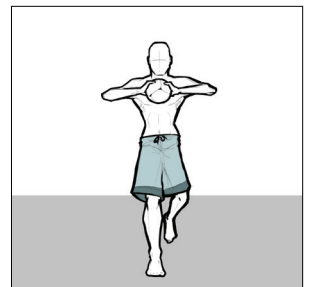
#### 4. LUNGES

Stand upright and place your right leg out in front of your body, bending the front knee between 45 and 90 degrees. Emphasis should be placed on maintaining the front knee over the toes and keeping your trunk aligned. Do not let your bent knee drift inward. Continue the exercise by placing your left leg in front and repeating the same bending motion while maintaining proper form. Perform 20 total lunges.



#### 5. SINGLE LEG CHEST PASS

Stand on your right leg with a ball in your hands and your left knee bent 45 degrees. Maintain your right knee alignment over your toes while in this position. Concentrate on maintaining your trunk upright, while trying not to lean over to the side on which you are standing. Throw a chest pass to a person across from you. Perform 20 passes on each leg.



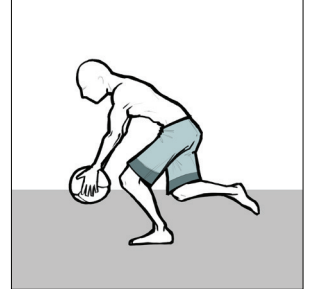
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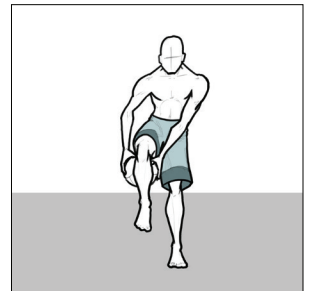
#### 6. SINGLE LEG FORWARD BEND PASS

Stand on your left leg with a ball in your hands and your right knee bent 45 degrees. Maintain your left knee alignment over your toes while bending. Lean over slightly while maintaining your balance with the ball in front of you. Throw the ball from this position to a person standing across from you. Perform 20 passes on each leg.



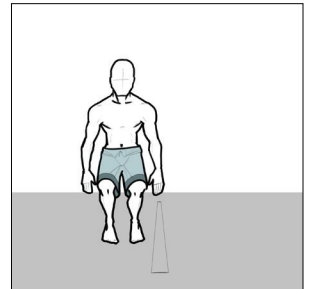
#### 7. SINGLE LEG FIGURE OF 8

Stand on your left leg with a ball in your hands and your right knee bent to 45 degrees. Maintain your left knee alignment over your toes while bending. Pass the ball under your right thigh, then around your left leg. Concentrate on performing this exercise slowly and maintaining your balance with a straight trunk position. Perform 20 repetitions for each leg.



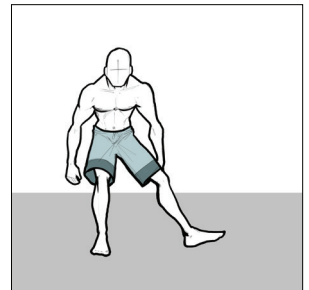
#### 8. LINE JUMPS

Stand on one side of the line and bend your knees between 45 and 90 degrees. Jump explosively to the other side of the line. Concentrate on a balanced landing with your feet spread apart and in a crouched position. Do not let your knees drift inward. Perform 20 jumps over the line.



#### 9. LATERAL SHUFFLE

Stand with your knees bent between 45 and 90 degrees and your back in a straight position. Start by pointing your right foot toward the right side and slide to your right while maintaining a broad stance. Slide to the right 5 times and then to the left 5 times. Perform 20 total slides for each side.



#### 10. BOUNDING

Stand with your right leg forward and perform an explosive jump off of your right leg. While in the air, bring your left knee up toward your chest and land on your left leg. Next, step with your right leg and transfer your weight to your left leg and perform an explosive jump off of the left leg. Bring your right knee toward your chest while in the air and land on your right leg. Perform 20 total jumps.

