

## *Section 1*

### Instructions for Performing Exercises 1, 2 and 3

**IMPORTANT NOTICE.** Consult with your physician before beginning this exercise program.

## Exercise #1: Hip Flexors Workout Summary

The final holding position for the right leg is shown in Figure 1a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 1b.



Figure 1a. Final holding position for right leg.



Figure 1b. Final holding position for left leg.

Repeat this process two more times giving you a total of three reps for the right leg and three for the left as shown in the table below:

### Exercise #1

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Progress Chart and Weekly Training Schedule:** see Section 2.

**Training Tips:** 1) The exercises demonstrated in this program are meant to be physically challenging so if you find that your initial attempt with an exercise is too easy, you can either take an extra step away from the pole to further stretch the band, use a band with a higher resistance level, or use two or more bands at the same time. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.

## Exercise #2: External Hip Rotators Workout Summary

The final holding position for the left leg is shown in Figure 2a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right leg as shown in Figure 2b.

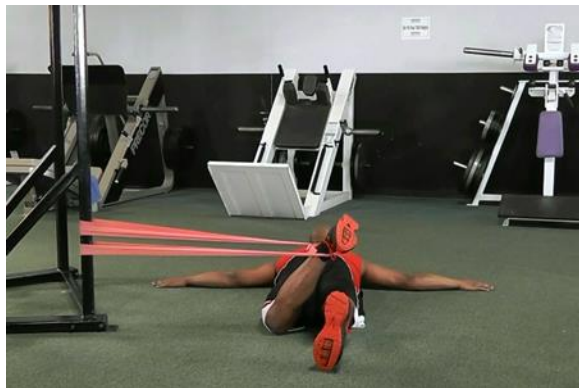


Figure 2a. Final holding position for left leg.

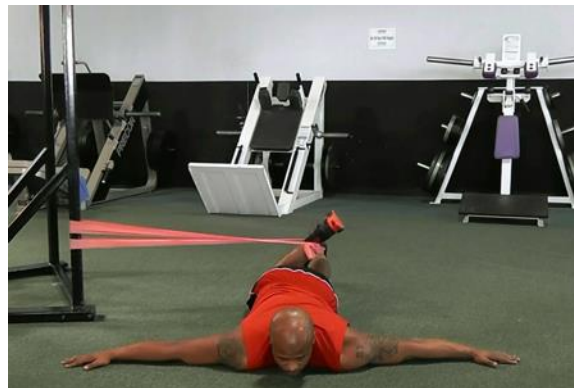


Figure 2b. Final holding position for right leg.

Repeat this process two more times giving you a total of three reps for the left leg and three for the right as shown in the table below:

### Exercise #2

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Progress Chart and Weekly Training Schedule:** see Section 2.

**Training Tips:** 1) The reference point for this exercise is the front of the thigh that is seen touching the ground. As the foot crosses over the midline of the body, the front of the thigh is turned outward, or externally, away from the midline. This action is external rotation of the hip/thigh and is caused by the external hip rotator muscles. 2) Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises because this may cause a sudden increase in blood pressure and/or light-headedness. 3) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises. 4) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.

### Exercise #3: Internal Hip Rotators Workout Summary

The final holding position for the right leg is shown in Figure 3a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 3b.



Figure 3b. Final holding position for left leg.



Figure 3b. Final holding position for left leg.

Repeat this process two more times giving you a total of three reps for the left leg and three for the right as shown in the table below:

#### Exercise #3

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

**TOTAL EXERCISE TIME: 3 Minutes Maximum**

**Progress Chart and Weekly Training Schedule:** see Section 2.

**Training Tips:** 1) The reference point for this exercise is the front of the thigh that is seen touching the ground. As the foot moves away from the midline of the body, the front of the thigh is turned inward, or internally, toward the midline. This action is internal rotation of the hip/thigh and is caused by the internal hip rotator muscles. 2) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises.

## *Section 2*

Progress Chart  
Weekly Training Schedule

## PROGRESS CHART

Name \_\_\_\_\_ Date Started \_\_\_\_\_

**STEP 1a.** Record your five longest soccer kicks, football punts, kickoffs, and/or field goals before starting this program. Add the yards for each individual kick together and divide by 5 to get the average. Use the chart below:

Number	Soccer kicks	Punting	Kickoffs	Field Goals (FG)
1.	Yards	Yards	Yards	Yards
2.	Yards	Yards	Yards	Yards
3.	Yards	Yards	Yards	Yards
4.	Yards	Yards	Yards	Yards
5.	Yards	Yards	Yards	Yards
Add the yards for each individual kick together and divide by 5 to get the average:				
<b>Average Yards</b>	Soccer: Yds.	Punting: Yds.	Kickoff: Yds.	FG: Yds.

**STEP 1b.** Record your fastest time in one or more of the following races before starting this program in the spaces below:

40 yards \_\_\_\_\_ seconds  
 60 meters \_\_\_\_\_ seconds  
 100 meters \_\_\_\_\_ seconds  
 200 meters \_\_\_\_\_ seconds  
 400 meters \_\_\_\_\_ seconds  
 Other \_\_\_\_\_ seconds

**STEP 2.** Complete the Weekly Training Schedule located below for at least two weeks.

<b>WEEKLY TRAINING SCHEDULE</b>			
Day of Week	Exercises		
1	Exercise #1	Exercise #2	Exercise #3
2	Rest Day	Rest Day	Rest Day
3	Exercise #1	Exercise #2	Exercise #3
4	Rest Day	Rest Day	Rest Day
5	Exercise #1	Exercise #2	Exercise #3
6	Rest Day	Rest Day	Rest Day
7	Rest Day	Rest Day	Rest Day

**How to use the Weekly Training Schedule:** each exercise found in Section 1 contains a table stating to perform it three times with each leg. Therefore, using Exercise #1 (page 2) as an example, you are to do this exercise 3 times with each leg, alternating between them as you go. When finished, do the same for Exercise #2 and then to Exercise #3. That is it for the day. With each exercise taking around 3 minutes to complete, it should take you about 9 minutes to perform all three exercises for any given day.

**STEP 3a.** Rest for 2 complete days after your last day of exercise from this two week period. Now record your five longest soccer kicks, football punts, kickoffs and/or field goals after you have completed the exercises for at least two weeks. Add the yards for each individual kick together and divide by 5 to get the new average and note the improvement. Use the chart below:

Number	Soccer kicks	Punting	Kickoffs	Field Goals (FG)
1.	Yards	Yards	Yards	Yards
2.	Yards	Yards	Yards	Yards
3.	Yards	Yards	Yards	Yards
4.	Yards	Yards	Yards	Yards
5.	Yards	Yards	Yards	Yards
Add the yards for each individual kick together and divide by 5 to get the new average:				
<b>Average Yards</b>	Soccer: Yds.	Punting: Yds.	Kickoff: Yds.	FG: Yds.

**STEP 3b.** Now record your fastest time in one or more of the following races after you have completed the exercises for at least two weeks.

40 yards \_\_\_\_\_ seconds

60 meters \_\_\_\_\_ seconds

100 meters \_\_\_\_\_ seconds

200 meters \_\_\_\_\_ seconds

400 meters \_\_\_\_\_ seconds

Other \_\_\_\_\_ seconds

**STEP 4.** After you have completed this program for at least two weeks, it is recommended that you continue on with this same schedule for as long as you plan to stay competitive in your sport. This means you should be doing these exercises right along with any other training routine you may be involved in over the coming weeks, months and years.

### TRAINING TIP REMINDERS

*Tip #1.* The exercises demonstrated in this program are meant to be physically challenging. If you find that your initial attempt with an exercise is too easy then you will need to increase the resistance by either adding in another resistance band, using a stronger band and/or repositioning yourself further away from where your band is attached to stretch it further.

*Tip #2.* Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness.

*Tip #3.* All of the exercises recommend using between 70-80% of your maximum strength over a 10-15 second period of time. This is a significant amount of effort and the best way to gauge this is you should feel like you need to take a rest from the exercise around the 10 second mark. So when it's your turn to do an exercise, if you can easily hold the final position for a lot longer than the recommended 10-15 seconds, such as 20 seconds or more, then you do not have enough resistance and will need to increase it.