Carroll University Women’s Basketball Program
Summer Conditioning Workouts
Nicole Salvesen, CSCS
Brian Edlbeck, MS, CSCS, NSCA-CPT
On behalf of the coaches, I would like to welcome to Carroll University Women’s Basketball! Summer conditioning is something that is done on your own and it is up to you to make sure that it gets done. Remember, players are made in the off-season. I believe that the variety will give you, as athletes, a little more variety and change of pace. However, it will do you no good to pick the easiest workouts to do every day. Challenge yourselves. If one workout was hard, then the next day, feel free to choose some “slightly easier” options. There will most likely be things that some of you may not have access to, so just make do with what you have. If you would like supplemental exercises or have any questions, feel free to email me at nsalvese@carrollu.edu.

The following pages are a compilation of different conditioning drills for your summer workouts. This packet will also be made available online by going to http://faculty.carrollu.edu/bedlbeck/home.htm, clicking on “Programs” and then Basketball. This website also offers video demonstrations of different lifts that I have selected.

After talking with upperclassmen and Brian Edlbeck, the strength and conditioning coach, I have put together a variety of different drills in different categories. I have set up a table which describes the categories from which you are to choose the exercises from everyday. Below the listed conditioning exercises, is a list of lifting exercises by which you may or may not choose to follow. (I know some of you have your own lifting schedules that you like to follow, so this is just a guide.) I would recommend doing approximately 3 sets of 10 per lift. To increase intensity of activities in the weight room, increase weight if you can do the same amount of weight 2 days in a row. The last 2 reps of each set should be challenging, if they are not, you may want to try adding more weight. You can also increase reps to make workouts more challenging. When in doubt, don’t hesitate to ask questions.

I will try to diagram some exercises (or attach links) as best I can, but if you have questions, you can ask me or a teammate. Returners, almost all of these exercises are things we did in off-season conditioning. Incoming freshman, please feel free to use your resources. I am sure that the returning players will have no problems helping you out.

Furthermore, I have also attached the workouts that were done in off-season conditioning if you would like to take a look at those. The last page of this handout is the “ACL Prevention Program.” However, as you will notice, many of those activities are incorporated into the every workout. The main keys to preventing ACL tears are: proper landing mechanics (knees over toes, hips over heels, shoulders over hips); good body awareness; muscular strength. There are many articles that go into these specifics in great depth. Simply search for “ACL Prevention” or something along those lines for further details.

Again, feel free to contact me with any questions or concerns that you may have at nsalvese@carrollu.edu or (715) 297–5233. Good luck next season! Go Lady Pios!

--Nicole Salvesen, CSCS

--Brian Edlbeck, MS, CSCS, NSCA-CPT
<table>
<thead>
<tr>
<th>Sprints</th>
<th>Jump Rope</th>
<th>Tues/Thurs Cardio</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 yds x 6</td>
<td>2 Feet</td>
<td>Jog - 45 min - 1 hr</td>
</tr>
<tr>
<td>30 yds x 9</td>
<td>1 Foot</td>
<td>Staged Bike - 1 hr</td>
</tr>
<tr>
<td>50 yds x 5</td>
<td>Alternate Feet</td>
<td>Pool - 45 min</td>
</tr>
<tr>
<td>Shuttle Run x 6</td>
<td>Jumping Jacks</td>
<td>Interval Running - 45 min</td>
</tr>
<tr>
<td>Bleacher Sprints</td>
<td>Double Jump</td>
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<table>
<thead>
<tr>
<th>Defensive Drills</th>
<th>Plyometric Jumps 3 x 10 Jumps</th>
<th>Mon/Wed/Fri Cardio</th>
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<tbody>
<tr>
<td>Lane Slides - 30 sec x 6</td>
<td>Box (Stair) Jumps</td>
<td>Jog - 20 min</td>
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<tr>
<td>Z drill - 30 sec x 3 (Each Direction)</td>
<td>Tuck Jumps</td>
<td>Pool - 20 min</td>
</tr>
<tr>
<td>Quick Feet - 45 sec x 4</td>
<td>Scissor Jumps</td>
<td>Staged Bike - 30 min</td>
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<tr>
<td>Breakdowns - 30 sec x 3 (Each Direction)</td>
<td>Hops for Distance</td>
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<table>
<thead>
<tr>
<th>Line Drills - 30 sec each</th>
<th>8 Minute Abs 30 sec/exercise</th>
<th>Ladder x 2</th>
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<tbody>
<tr>
<td>2 Legs - Side to Side</td>
<td>Plank</td>
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<tr>
<td>2 Legs - Forward/Backward</td>
<td>Left Side Plank</td>
<td>2 Feet</td>
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<tr>
<td>L Leg - Side to Side</td>
<td>Right Side Plank</td>
<td>Ali Shuffle</td>
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<tr>
<td>L Leg - Forward/Backward</td>
<td>Crunches</td>
<td>Icky Shuffle</td>
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<tr>
<td>R Leg - Side to Side</td>
<td>Bicycles</td>
<td>2 In - 2 Out</td>
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<td>R Leg - Forward/Backward</td>
<td>Left Side Crunches</td>
<td>2 In - 2 Out Lateral</td>
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<td>Right Side Crunches</td>
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<td>Straight Leg Crunches</td>
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<td></td>
<td>Leg Holds</td>
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<td></td>
<td>Leg Flutter</td>
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<td></td>
<td>Leg Criss-Cross</td>
<td>3 Lat - 1 Back</td>
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<td></td>
<td>Accordians</td>
<td>(1 Facing Each Way)</td>
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<td>Chops</td>
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<td>V-Ups</td>
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<td>Sprints and Defense</td>
<td>Cardio</td>
<td>Plyometric Jumps</td>
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<td>Warm-Up</td>
<td>Warm-Up</td>
<td>Warm-Up</td>
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<td>Jump Rope – 2 Items</td>
<td>Jump Rope – 1 Item</td>
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<tr>
<td>Sprints - 1 Item</td>
<td>Ladder (If Accessible)</td>
<td>Plyo Jumps – 4 Items</td>
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<tr>
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<td>Squats</td>
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<td>Squats</td>
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<td>Tricep Kickbacks</td>
<td>Leg Press</td>
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<td>Lunges</td>
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<td>Rear Fly</td>
<td>Calf Raises</td>
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<td>RDL</td>
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<td>RDL</td>
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<tr>
<td>Shrug</td>
<td>4-Way Hip</td>
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<td>Shrug</td>
<td>4-Way Hip</td>
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**Shuttle Run** - Most likely, this was completed in high school, but here is a refresher on how it is performed: [http://sportsmedicine.about.com/od/sampleworkouts/a/shuttlerun.htm](http://sportsmedicine.about.com/od/sampleworkouts/a/shuttlerun.htm)

**Z-Drill** – Shuffle in the directions according to the arrows

![Z-Drill Diagram]

**Quick Feet** – aka Pitter-Patter – Done in a defensive stance

**Breakdowns** – Player sprints up a side of the lane to the elbow; Breaks down into a defensive position (prepared to push player towards baseline); Shuffles to baseline near 3-point line

![Breakdowns Diagram]

**Dot Drills** – Tape 5 marks on the floor about shoulder width apart (as seen in the attached video). The exercises are described in the following link: [http://www.bukisa.com/videos/2461_dot-drills](http://www.bukisa.com/videos/2461_dot-drills)

**Box Jumps** – It is important to remember proper landing technique. The video shows the exercise, weights are not necessary; Pick a stair or box that is appropriate for your level. The exercise may then be advanced by increasing height, reps, or adding weight. [http://www.youtube.com/watch?v=YLEX3Kh9uE](http://www.youtube.com/watch?v=YLEX3Kh9uE)

**Tuck Jumps** - [http://www.youtube.com/watch?v=Q2yH1vixV4g&feature=related](http://www.youtube.com/watch?v=Q2yH1vixV4g&feature=related)

**Scissor Jump** - [http://www.youtube.com/watch?v=0MhElJ779AU](http://www.youtube.com/watch?v=0MhElJ779AU)
## Basketball Conditioning - Workout # 1

### Dynamic Warmup
- Jog
- High Knees
- Butt Kicks
- Skips
- Karaoke
- Walking Hamstrings
- Lunges

### Agility Ladder x 2
- 1 Foot
- 2 Feet
- Ali Shuffle
- Icky Shuffle
- 2 In - 2 Out
- 2 In - 2 Out Lateral
- 1 Foot Lateral
- Bunny Hops
- 3 Fwd - 1 Back
- 2 Little - 1 Big
- 3 Lat - 1 Back
  (1 Facing Each Way)

### Conditioning
- Sprint - Shuffle Around Court
- Shuffle with Bands
- Z - Drill
- Change of Direction

### Build Ups
- Crunches
  - 1
- Toe Touches
  - 2
- Bicycles
  - 3
- Squirms
  - 4
- Leg Holds
  - 5
- Plank
  - 4
- Side Plank
  - 3
- Side Plank
  - 2
- Chops
  - 1
- Back Extensions

### Supplemental Exercises
- Indian Run
- Tennis Ball Catch

### Stretch
## Basketball Conditioning - Workout # 2

### Dynamic Warmup
- Jog
- High Knees
- Butt Kicks
- Skips
- Karaoke
- Walking Hamstrings
- Lunges

### Conditioning
- 2-Man Passing
- Shuffle with Bands
- Shadowing
- Tennis Ball Catch

### Build Ups
- 10 Tuck Jumps
  - 1
  - Quick Feet
  - 2
  - 20 Scissors Jumps
  - 3
  - Quick Feet
  - 4
  - 2 Feet Lateral Jumps
  - 5
  - Quick Feet
  - 4
  - 2 Feet Vertical Jumps
  - 3
  - Quick Feet
  - 2
  - Speed Skaters
  - 1
  - Quick Feet

### Abs
- Plank
- Side Plank
- Side Plank
- Crunches
- Bicycles
- SL Crunches
- Leg Holds
- Leg Flutter
- Toe Touches
- Back Extensions

### Agility Ladder x 2
- 1 Foot
- 2 Feet
- Ali Shuffle
- Icky Shuffle
- 2 In - 2 Out
- 2 In - 2 Out Lateral
- 1 Foot Lateral
- Bunny Hops
- 3 Fwd - 1 Back
- 2 Little - 1 Big
- 3 Lat - 1 Big
  (1 Facing Each Way)

### Supplemental Exercises
- 1-on-1 Full Court
- Tennis Ball Catch

### Stretch
### Basketball Conditioning - Workout # 3

#### Dynamic Warmup
- Jog
- High Knees
- Butt Kicks
- Skips
- Karaoke
- Walking Hamstrings
- Lunges

#### Defense/Agility
- Shuffle with Bands
- Tennis Ball Catch
- Quick Feet
- Speed Skaters

#### Build Ups
- Crunches
  - 1
- Toe Touches
  - 2
- Bicycles
  - 3
- Squirms
  - 4
- Leg Holds
  - 5
- Plank
  - 4
- Side Plank
  - 3
- Side Plank
  - 2
- Chops
  - 1
- Back Extensions

#### Agility Ladder x 2
- 1 Foot
- 2 Feet
- Ali Shuffle
- Icky Shuffle
- 2 In - 2 Out
- 2 In - 2 Out Lateral
  - 1 Foot Lateral
  - Bunny Hops
  - 3 Fwd - 1 Back
  - 2 Little - 1 Big
  - 3 Lat - 1 Back
  - (1 Facing Each Way)

#### Basketball Drills
- Box Outs
- Tipping w/ Med Ball
- Rebounding with Med Ball
- Med Ball Tosses

#### Supplemental Exercises
- Indian Run
- Plyo Box Jumps

#### Stretch
<table>
<thead>
<tr>
<th>Dynamic Warmup</th>
<th>Defense/Agility</th>
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<tbody>
<tr>
<td>Jog</td>
<td>Shuffle with Bands</td>
</tr>
<tr>
<td>High Knees</td>
<td>Shuffle</td>
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<tr>
<td>Butt Kicks</td>
<td>Sprint 10- Bkpdl 5</td>
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<tr>
<td>Skips</td>
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<tr>
<td>Karaoke</td>
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<tr>
<td>Walking Hamstrings</td>
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<td>Lunges</td>
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<td>Agility Ladder x 2</td>
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<td>Ali Shuffle</td>
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<td>Icky Shuffle</td>
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<td>2 In - 2 Out</td>
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<td>2 In - 2 Out Lateral</td>
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<td>1 Foot Lateral</td>
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<td>Bunny Hops</td>
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<td>3 Fwd - 1 Back</td>
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<td>3 Lat - 1 Big (1 Facing</td>
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<tr>
<td>Basketball Drills</td>
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<td>Box Outs - 3 Whistles</td>
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<td>Sprint 10- Bkpdl 5</td>
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<td>Build Ups</td>
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<td>Crunches</td>
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<td>20 Yards</td>
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<td>Squirms</td>
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<td>Agility Ladder x 2</td>
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<td>2 Little - 1 Big</td>
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<td>3 Lat - 1 Big (1 Facing</td>
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| Cardio                  |                     |
| Sprint 40 - Bkpdl 20    |                     |

| Supplemental Exercises   |                     |
| Indian Run               |                     |
| Plyo Box Jumps           |                     |
| Med Ball Tosses          |                     |
|                        |                     |
| Fun                     |                     |
| Tug-of-War               |                     |

| Stretch                 |                     |
## Basketball Conditioning - Workout # 5

<table>
<thead>
<tr>
<th>Dynamic Warmup</th>
<th>Defense/Agility</th>
<th>Fun</th>
<th>Stretch</th>
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<tbody>
<tr>
<td>Jog</td>
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<td>Tug-of-War</td>
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<td>Skips</td>
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<td>Karaoke</td>
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<tr>
<td>R Side Plank</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Back Extensions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warm-Up</td>
<td>Swim</td>
<td></td>
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<tr>
<td>Swim - 5 min.</td>
<td>Kickboard</td>
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<tr>
<td></td>
<td>No Legs</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Strength</th>
<th>Build Ups</th>
</tr>
</thead>
<tbody>
<tr>
<td>L SL Hop</td>
<td>50 Crunches</td>
</tr>
<tr>
<td>R SL Hop</td>
<td>25 Meters (1)</td>
</tr>
<tr>
<td>Lateral Hop</td>
<td>25 Toe Touches</td>
</tr>
<tr>
<td>Vertical Hop</td>
<td>50 Meters (2)</td>
</tr>
<tr>
<td>R Elbow to L Knee</td>
<td>50 Bicycles</td>
</tr>
<tr>
<td>L Elbow to R Knee</td>
<td>75 Meters (3)</td>
</tr>
<tr>
<td>Bicep Curls/Tricep Ext.</td>
<td>50 Squirms</td>
</tr>
<tr>
<td>Lat. Raises</td>
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<tr>
<td>High Knees</td>
<td></td>
</tr>
<tr>
<td>R Hip ABD</td>
<td>100 Meters (4)</td>
</tr>
<tr>
<td>L Hip ABD</td>
<td></td>
</tr>
<tr>
<td>R Knee Ext</td>
<td>25 Accordians</td>
</tr>
<tr>
<td>L Knee Ext</td>
<td>75 Meters (3)</td>
</tr>
<tr>
<td>Flutter Kick</td>
<td>Chops</td>
</tr>
<tr>
<td></td>
<td>50 Meters (2)</td>
</tr>
<tr>
<td></td>
<td>25 Back Extensions</td>
</tr>
<tr>
<td></td>
<td>25 Meters (1)</td>
</tr>
<tr>
<td></td>
<td>10 Push-Ups</td>
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</table>

<table>
<thead>
<tr>
<th>Tread Water</th>
<th>Fun</th>
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</thead>
<tbody>
<tr>
<td>No Arms - 3 min.</td>
<td>Ultimate Tennis Ball</td>
</tr>
<tr>
<td>No Legs - 3 min.</td>
<td>Keep Away</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplemental Exercises</th>
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</thead>
<tbody>
<tr>
<td>Indian Run</td>
</tr>
<tr>
<td>Plyo Box Jumps</td>
</tr>
<tr>
<td>Med Ball Tosses</td>
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<tr>
<td>Tug-of-War</td>
</tr>
</tbody>
</table>
ACL Prevention for Women’s Basketball

1. Warm-Up
   a. Jog: 6 x
      i. Length of basketball court
   b. Backwards Running: 2 x
      i. Length of basketball court

2. Dynamic Warm-Up
   a. High Knees
   b. Butt Kicks
   c. Skips
   d. Karakoe
   e. Walking Hamstrings
   f. Lunges

3. Plyometrics
   a. Lateral Hops over 2” – 6” Cone
      i. 2 x 30 sec.
   b. Forward/Backward Hops over 2” – 6” Cone
      i. 2 x 30 sec.
   c. SL Hops over 2” – 6” Cone
      i. 2 x 30 sec.
   d. SL Vertical Jumps
      i. 2 x 20 jumps
   e. Scissors Jump
      i. 2 x 20 jumps

4. Strengthening
   a. Walking Lunges
      i. Width of basketball court x 2
   b. Side Lunges
      i. 3 x 10 each Side
   c. Single Leg RDLs (Figure Skaters)
      i. 2 x 10
   d. SL Calf Raises
      i. 2 x 30

5. Agility
   a. Shuttle Run with Forward and Backward Running
      i. Sprint to Half Court, Backpedal to Baseline x 6
   b. Diagonal Sprints (W – Drill)
      i. 3 x 1 min.
   c. Lane Slides
      i. 3 x 30 sec.

6. Cool Down
   a. Pretzel Stretch
      i. Quadriceps
      ii. ITB
      iii. Hip Flexors
      iv. Hamstrings
      v. Glutes
      vi. Glute Medius
      vii. Calf Stretch
      viii. Figure 4 Piriformis