

# IN-SEASON TRAINING PROGRAM

PERFORM EXERCISES 2 TIMES/WEEK

DO NOT PERFORM EXERCISES THE DAY BEFORE OR THE DAY OF A COMPETITION

Warm Up 5 minutes

Loads should be moderate or 65% of max.

## STRETCH

INCLINE BENCH PRESS 2 X 15

SQUATS or LEG PRESS 2 X 15

## SHOULDER ROUTINE

INTERNAL/EXTERNAL ROTATION 2 X 15

ABDUCTION/FLEXION 2 X 15

HAMSTRING CURLS 2 X 15

ROWS or LAT PULLDOWNS 2 X 15

CALF RAISES 2 X 15

BICEP/TRICEP CURLS 2 X 15

HIP ABDUCTION 2 X 15

AB CRUNCHES 2 X 15

## COOL DOWN/STRETCH

ICE ANY SORE AREAS



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