

# AAI TRACKFIT PREHAB PROGRAM

STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

## LEVEL 1

### 1 GLUTES THERABAND CLAM



Side lying with knees bent  
Miniband around your knees  
Neutral spine  
Raise top knee through full range & then lower  
Keep feet together  
x 10 reps x 2 sets

### 2 THE PLANK STATIC



**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your uppermost leg up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets.

### 3 THE SIDE PLANK STATIC



**Starting position:** Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.  
**Exercise:** Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side.

### 4 HAMSTRINGS BEGINNER



**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles down firmly.  
**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. 1 set.

### 5 SQUATS FULL DEPTH GOBLET



Stand holding light weight to chest  
Feet straight & shoulder width apart  
Squat to thighs parallel to floor & return  
x 10 reps

### 6 LUNGES SPLIT SQUAT



Step one leg back into split squat position  
Keep feet parallel to each other & perform lunge from this position  
At bottom of lunge maintain good alignment of shoulder, hip & knee of rear leg  
x 10 reps each leg.

### 7 CALFS 1 LEG CALF RAISE



Single leg stance  
Use a wheelchair for balance  
Slight bend in knee  
Raise up on toes through full range  
x 10 reps

### 8 JUMPS COUNTER MOVEMENT JUMP



From semi squat position jump high in the air  
Keep feet hip width apart  
Prevent knees coming together when jumping and landing  
x 10 reps

### 9 HOPS FORWARD HOP & HOLD



Hop forwards landing on a slightly flexed knee with weight on forefoot  
Pause on landing and hold x 2 sec  
Upper body & hip should remain aligned

### 10 MINI-PLYOS POGOS - DOUBLE LEG



Stand tall with your feet hip-width apart  
Quickly bounce up and down on the balls of your feet  
Keep legs straight and pull toes up during jump phase  
Small jump heights & minimise ground contact time  
x 10 reps forwards and backwards

## LEVEL 2

### 1 GLUTES THERABAND ABDUCTION



Side lying with legs straight  
Miniband around your knees  
Neutral spine  
Raise top leg through full range & then lower  
x 10 reps x 2 sets

### 2 THE PLANK ALTERNATE LEGS



**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets.

### 3 THE SIDE PLANK RAISE & LOWER HIP



**Starting position:** Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.  
**Exercise:** Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side.

### 4 HAMSTRINGS INTERMEDIATE



**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles down firmly.  
**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 7-10 repetitions and/or 60 sec. 1 set.

### 5 SQUATS FULL DEPTH PRISONER



Stand with hands on head  
Feet straight & shoulder width apart  
Squat to thighs parallel to floor & return  
x 10 reps

### 6 LUNGES WALKING LUNGE



Step forward into the lunge position  
Keep feet parallel to each other & maintain good alignment  
Step forward and repeat with other leg  
x 10 reps each leg.

### 7 CALFS 1 LEG CALF RAISE



Single leg stance  
Use a wheelchair for balance  
Slight bend in knee  
Raise up on toes through full range  
x 15 reps

### 8 JUMPS LANE JUMPS



From semi squat position jump high in the air landing in next lane  
Keep feet hip width apart  
Prevent knees coming together when jumping and landing  
x 10 reps

### 9 HOPS LATERAL HOP & HOLD



Hop sideways landing on a slightly flexed knee with weight on forefoot  
Pause on landing and hold x 2 sec  
Upper body & hip should remain aligned

### 10 MINI-PLYOS POGOS - SINGLE LEG



Stand tall with your feet hip-width apart  
Quickly bounce up and down on the balls of your feet  
Keep legs straight and pull toes up during jump phase  
Small jump heights & minimise ground contact times  
x 10 reps forwards and sideways

## LEVEL 3

### 1 GLUTES THERABAND CRAB WALKS



1/2 Squat position  
Miniband around your knees  
Lateral steps maintaining good positioning  
Avoid knee valgus  
x 10 reps x 2 sets

### 2 THE PLANK ONE LEG LIFT AND HOLD



**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. 3 sets.

### 3 THE SIDE PLANK WITH LEG LIFT



**Starting position:** Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.  
**Exercise:** Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side.

### 4 HAMSTRINGS ADVANCED



**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles down firmly.  
**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 12-15 repetitions and/or 60 sec. 1 set.

### 5 SQUATS FULL DEPTH OVERHEAD



Stand holding stick or med ball overhead  
Feet straight & shoulder width apart  
Squat to thighs parallel to floor & return  
x 10 reps

### 6 LUNGES 3 POINT LUNGE



Stand with feet shoulder width apart  
Step forward into forward lunge & then return  
Step side ways into side lunge & then return  
Step backwards into reverse lunge & then return  
Maintain good alignment throughout  
x 4 reps each leg

### 7 CALFS 1 LEG CALF RAISE



Single leg stance  
Use a wheelchair for balance  
Slight bend in knee  
Raise up on toes through full range  
x 20 reps

### 8 JUMPS LANE JUMPS WITH MINI HURDLES



From semi squat position jump high in the air landing in next lane  
Keep feet hip width apart  
Prevent knees coming together when jumping and landing  
x 10 reps

### 9 HOPS DIAGONAL HOP & HOLD



Hop diagonally landing on a slightly flexed knee with weight on forefoot  
Pause on landing and hold x 2 sec  
Upper body & hip should remain aligned

### 10 MINI-PLYOS POGOS - LEFT, LEFT, RIGHT, RIGHT COMBOS



Stand tall with your feet hip-width apart  
Quickly bounce up and down on the balls of your feet  
Keep legs straight and pull toes up during jump phase  
Small jump heights & minimise ground contact times  
x 10 reps forwards and sideways