Entire Team Exercise List

1. Self Myofascial Release (Once a day)
	1. ATI Handout attached
2. Static Stretching (3 x 30s, twice a day)
	1. Hip Flexor (standing or kneeling)
	2. Standing Quad Stretch
	3. Hamstring Stretch
	4. Piriformis Stretch
	5. Calf Stretching (knees straight and bent)
	6. Standing Peroneal Stretch
3. Strength/Stability: 3 x 10 (1-2 times a day)
	1. Clams
	2. Reverse Clams
	3. Bridges
	4. Quad Hip Extension

Name: Ryan S.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Hamstring Curl
	3. TA Bracing ( 30 x 3s hold)

Name: Eddie D.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Hamstring Curl
	2. TA Bracing (30 x 3s hold)

Name: Nathan H.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Doorway Stretch
	3. Adductor Stretch
	4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Pelvic Tilts
	6. Scapular Retractions
	7. Wall Angels

Name: Josh L.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Pelvic Tilts
	4. Hamstring Curl
	5. TA Bracing (30 x 3s hold)

Name: Erich S.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Adductor Stretch
	3. Child’s Pose
	4. Yoga Stretch
	5. Doorway Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)
	4. Pelvic Tilts
	5. Scapular Retractions
	6. Wall Angels

Name: Ned W.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
	3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Pelvic Tilts

Name: Drew B.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
	3. Adductor Stretch
	4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)
	4. Pelvic Tilts

Name: Peter F.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Doorway Stretch
	3. Adductor Stretch
	4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Pelvic Tilts
	6. Scapular Retractions
	7. Wall Angels

Name: Leo N.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Doorway
	3. Adductor
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Scapular Retractions
	6. Wall Angels

Name: Joey S.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
	3. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)

Name: Sam M.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
	3. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)

Name: Ethan S.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)

Name: Ben S.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Adductor Stretch
	3. Child’s Pose
	4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Pelvic Tilts

Name: Antonio H.

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
	2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Pelvic Tilts

Name: Leor W.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
	3. Yoga Stretch
	4. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)
	4. Pelvic Tilts

Name: Luke B.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Adductor Stretch
	3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)
	4. Pelvic Tilts

Name: Eric H.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)

Name: Sebastian B.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Adductor Stretch
	3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Hamstring Curl
	2. TA Bracing (30 x 3s hold)

Name: Jack R.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Adductor Stretch
	3. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)

Name: Mike J.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
	3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)
	4. Pelvic Tilts

Name: Liam

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)

Name: Jaquion

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Hamstring Curl
	2. TA Bracing (30 x 3s hold)

Name: Colin G.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Child’s Pose
	3. Yoga Stretch
	4. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)
	4. Pelvic Tilts

Name: Alex X.

1. Stretching (3 x 30s, twice a day)
	1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Pelvic Tilts

Name: Michael S.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Yoga Stretch
	3. Doorway Stretch
	4. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Calf Raises (toes in and out)
	3. Swiss Ball Hamstring Curl
	4. Wall Angels
	5. Scapular Retractions

Name: Nikola B

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl

Name: Michael R

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
	2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Swiss Ball Hamstring Curl
	4. TA Bracing (30 x 3s hold)
	5. Pelvic Tilts

Name: Jeremy Y.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
	2. Adductor Stretch
	3. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Swiss Ball Hamstring Curl

Name: Gabriel K.

1. Stretching (3 x 30s, twice a day)
	1. Yoga
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Pelvic Tilts

Name: Matthew L

1. Stretching (3 x 30s, twice a day)
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Hamstring curl

Name: Ronan G

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
	2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30x3s)
	5. Pelvic Tilts

Name: Ian B.

1. Stretching (3 x 30s, twice a day)
	1. Child’s Pose
	2. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Hamstring Curl

Name: Ryan D.

1. Stretching (3 x 30s, twice a day)
	1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. TA bracing (30x3s)
	3. Pelvic tilts

Name: Alexis P.

1. Stretching (3 x 30s, twice a day)
	1. Child’s Pose
	2. Lat Stretch
	3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. TA Bracing (30x3s)
	3. Pelvic Tilts

Name: Anthony M.

1. Stretching (3 x 30s, twice a day)
	1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. TA Bracing (30x3s)
	3. Pelvic Tilts

Name: Baito

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
	2. Lat Stretch
	3. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl

 Name:

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl

Name: Joshua R

1. Stretching (3 x 30s, twice a day)
	1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. TA Bracing (30x3s)
	4. Pelvic Tilts
	5. Hamstring Curl

Name: Andrew S.

1. Stretching (3 x 30s, twice a day)
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Hamstring Curl

Name: Alexander P.

1. Stretching (3 x 30s, twice a day)
	1. Child’s Pose
	2. Lat Stretch
	3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. TA Bracing (30x3s)
	4. Pelvic Tilts

Name: Jacob D.

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
	2. Yoga Stretch
	3. Lat Stretch
	4. Doorway Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30x3s)
	5. Wall Angels
	6. Scapular Retractions

Name: Baxter

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
	2. Yoga Stretch
	3. Lat Stretch
	4. Doorway Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Toe Raises
	2. Hamstring Curl
	3. Wall Angels
	4. Scapular Retractions

Name: Jon G

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
	2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl
	4. TA Bracing (30x3s)
	5. Pelvic Tilts

Name: Alan M

1. Stretching (3 x 30s, twice a day)
	1. Child’s Pose
	2. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Hamstring Curl

Name: Noah F

1. Stretching (3 x 30s, twice a day)
	1. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Hamstring Curl

Name: Noah F.

1. Stretching (3 x 30s, twice a day)
	1. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Hamstring Curl
	3. TA Bracing (30 x 3s hold)

Name: Nick L.

1. Stretching (3 x 30s, twice a day)
	1. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
	1. Calf Raises (toes in and out)
	2. Toe Raises
	3. Hamstring Curl