

## Participant Reference Guide

Side Straddle Hop	50 reps
Lateral Runs	20 yards X 10
Backward Runs	20 yards X 10
<b>Flexibility Activities</b>	<b>Duration</b>
Bend and Reach	1 hour daily*
Deep Knee Bends	1 hour daily*
Hurdler Stretch	1 hour daily*
Wrist Twists	1 hour daily*
Arm Rotations	10 minutes
Lateral Stretch	1 hour daily*
Toe Touch Stretch	1 hour daily*
Biceps/Triceps Stretch	1 hour daily*
Step Lunging	10 X 10 reps

\*A combination of these exercises will be performed 1 hour daily.

<b>Strength Activities</b>	<b>Duration</b>
Push-Ups	25-50
Sit-Ups	25-50
Push/Pull Drills	45 minutes
Subject Control	2.5 hours daily
Squats	50-100 daily
High Knee Raises	20 minutes
Leg Lifts	15 minutes
<b>Endurance Activities</b>	<b>Duration</b>
Group Runs	1-3 miles
Falls Forward	25 daily
Patterns of Movement	45 minutes
Counter Strikes with Hands	50-100 daily
Crunches	10 minutes
Falls Backward	25 daily
Pivot Steps	200 daily
Counter Strikes with Knees	50-100 daily
Tactical Recovery	100 daily
Falls to Both Sides	100 daily
Knee Pivots	200 daily
Counter Strikes with Feet	50-100 daily