



<b>Phase II: Intermediate Exercise (continued)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
Single leg cord rotation						•	•	•	•			
Pilates skaters						•	•	•	•			
Side stepping						•	•	•	•			
Single knee bends (lateral step downs)						•	•	•	•			
Elliptical/stairclimber						•	•	•	•			
<b>Phase III: Advanced Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
Lunges								•	•			
Water bounding/plyometrics								•	•			
Side to side lateral agility								•	•			
Forward/backward running with cord								•	•			
Running progression								•	•			
Initial agility drills								•	•			
<b>Phase IV: Sports Specific Training</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
Z-Cuts/W-Cuts										•	•	•
Cariocas/Ghiardelli's										•	•	•
Sports specific drills										•	•	•
Functional testing										•	•	•