

Client Name: Football Official	Date: Off/In Season
Session Type: Stretch & Warm Up	Session: Daily & Pre/Post game

Warm-Up Exercise:				
Type: Walk, bike, etc		Time: 5 to 10 minutes		
Intensity: Low to moderate		Notes: Purpose is to warm up the body		
Pre Workout Stretch/Prep:				
Static (hold) and Dynamic Stretch (short and repetitive)				
Type: Lunge, Knee to chest		Type: Kickstand Ham/Heel to rear		
Time: 15 to 60 sec		Sets: 2 to 3		
Workout Program (2 to 3 sets of each)				
Exercise	Set 1	Set 2	Set 3	
(1) Standing Lunge (static)	time: 15-60 sec	time: 15-60 sec	time: 15-60 sec	
	reps: 2 to 3	reps: 2 to 3	reps: 2 to 3	
Notes: Stand in a single leg straddle; Keep torso upright. Weight on lead heel. Straighten trail leg.				
(2) Standing Rot Lunge (Static)	time: 15-60 sec	time: 15-60 sec	time: 15-60 sec	
	reps: 2 to 3	reps: 2 to 3	reps: 2 to 3	
Notes: Same as standing lunge; Keep torso upright. Weight on lead heel. Rotate to lead leg side.				
(3) Kickstand/Lying Ham (Static)	time: 15-60 sec	time: 15-60 sec	time: 15-60 sec	
	reps: 2 to 3	reps: 2 to 3	reps: 2 to 3	
Notes: One leg in front of body. Weight on trail leg heel. Lean forward towards straight leg. Back straight.				
(4) Heel to Rear (Static)	time: 15-60 sec	time: 15-60 sec	time: 15-60 sec	
	reps: 2 to 3	reps: 2 to 3	reps: 2 to 3	
Notes: Stand tall, balance on one leg, gain balance and slowly lift opposite leg, heel toward rear.				
(1) Heel -Toe raises (dynamic)	time: 1-3 sec	time: 1-3 sec	time: 1-3 sec	
	reps: 5 to 10	reps: 5 to 10	reps: 5 to 10	
Notes: Stand tall, lift feet off ground. Weight and balance on heels, reverse to toe raises. Heel to toe.				
(2) Ankle Circles (dynamic)	time: 1-3 sec	time: 1-3 sec	time: 1-3 sec	
	reps: 5 to 10	reps: 5 to 10	reps: 5 to 10	
Notes: Dig toes into ground and slowly draw circles with foot. Maintain toe/ground contact. Stretch ankle.				
(3) Knee to Chest (dynamic)	time: 1-3 sec	time: 1-3 sec	time: 1-3 sec	
	reps: 5 to 10	reps: 5 to 10	reps: 5 to 10	
Notes: Stand tall, slowly lift one leg using hip flexor, balancing on opposite leg, bring knee towards chest.				
(4) Standing X toe Touch (dynamic)	time: 1-3 sec	time: 1-3 sec	time: 1-3 sec	
	reps: 5 to 10	reps: 5 to 10	reps: 5 to 10	
Notes: Stand tall, cross legs, reach the lead arm to the ground toward trail leg direction. Think 2 X's.				

Core Exercises: 3-4 x week		
Type: Modified/Elbow Plank	Rep/Set: 30-60- seconds - 1-3 sets per	KEY:
Intensity: Moderate	Notes: Elbow or modified.	Rep: Single movement.
		Set: Series (rounds) of total movement
Type: BiLat Bridge (Static)	Rep/Set: 30-60- seconds - 1-3 sets per	BW = Bodyweight; DB=Dumbell
Intensity: Moderate	Notes: Legs bent; feet remain flat to floor.	BD = Band