



Lower Cape May Regional High School Athletic Training



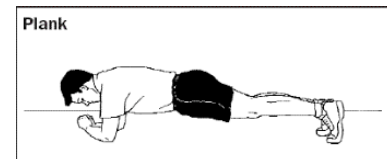
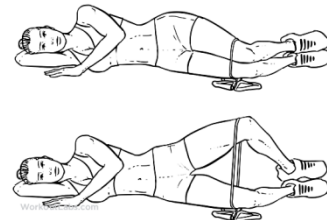
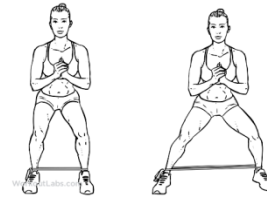
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ACL Prevention Program

10-15 minute sessions - 3 days per week

1. Side Steps
20 repetitions per side with resistance band around mid calf
2. Double Leg Bridge
20 repetitions with resistance band at mid calf
3. Clamshells
20 repetitions each side with resistance band at mid calf
4. Prone Plank
30 sec.
5. Squats
20 repetitions with resistance band at mid calf





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6. Squat Jumps
20 repetitions with resistance band at mid calf



7. Side to Side Single Leg Leap over cone
15 repetitions each side



8. Single Leg Vertical Hop
15 repetitions each side



9. Forward Lunge
15 repetitions each side,
alternating sides throughout



10. Side Lunge
15 repetitions each side,
alternating sides throughout

