

# WORKOUT



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# Our Athlete

*Soccer Player*

## GOALS

- *Improve lateral agility*
  - *Improve cardiovascular fitness and endurance*
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# Terms

**Lateral agility:** coordination when moving side to side

**Cardiovascular fitness:** how efficiently the heart, lungs, and blood work together to power the muscles

**Endurance:** how long the body can continue to exert itself

## Goal: lateral agility

**Muscles:** transverse abdominus, gluteus, hip abductors, quads, hamstrings, adductors, calf, shin

**Equipment:** bosu balls, agility ladder, aerobic steps, cones

**Exercises:** lateral bosu squat jumps, agility ladder jumps and shuffles, aerobic step jump-overs, defensive shuffle

# Goal: cardiovascular endurance

Muscles: heart, lungs/circulatory system

Equipment: jump rope, agility ladder, cones

Exercises: jump rope “run”, agility ladder jumps and shuffles, defensive shuffle

# Our athlete's goals and our circuit

Our athlete, a soccer player, wants to improve cardiovascular endurance and lateral agility. To meet these goals, our circuit uses a format and focuses on exercises that require a considerable level of both.

We are using a tabata format, otherwise known as 20/10 (work 20 seconds, rest for 10). Studies have shown that this format increases both anaerobic and aerobic capacity, implying increase in cardiovascular fitness.

As for the exercises themselves, we chose ones that capitalize on our athlete's goals. The bosu jumps, shuffle, agility ladder, and aerobic step jumps are all sideways movement, while jump roping is pure cardio.

# THE CIRCUIT



# Warm Up (10 reps each)

<i>warm up</i>	<i># per rep</i>	<i>area of body</i>
jumping jacks	3	heart, arms, legs
high knees	3	heart, legs
high knee squats	1	legs
180° jumps	1	legs
mountain climbers	3	core



# Equipment

- Agility Ladder
  - Hurdles
  - Jump Ropes
  - Aerobic Steps
  - Bosu Balls
  - Cones
  - Dumbbells
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# Agility Ladder: Side Straddle hops and Ickey steps

# *details*

**Side Straddle Hops Description:** Start at one end of the agility ladder. Jump into the first square with your feet together. Then jump on the outside of the next square with your feet in a straddle. Repeat this process. When you reach a hurdle, jump over it with your feet together.

**Ickey Steps Description:** Once you jump over the second hurdle, begin the ickey steps. Do two steps in one square, and then one step out. Then two steps in the next square and one step out on the other side. Repeat this process until you get to the end of the ladder and sprint back to the beginning.

**Muscles:** Quadriceps and hamstrings

**Fitness component:** Cardiovascular

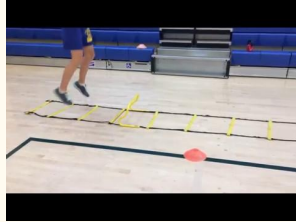
**Skill component:** fast and precise footwork and lateral agility



# *progression and modification*

## **Side Straddle hops:**

If it's too easy: add a mini squat to every jump like in and out squat jumps.



If it's too difficult: Just jump into each square with two feet and still jump over the hurdles.

## **Key Steps:**

If it's too easy: Speed up your feet and try to stay on your toes.

If it's too difficult: Do one high knee in each square.



# Aerobic Step Jump-Overs

# *details*

Description: Start on one side of the platform with both feet planted on the ground. Then jump with both feet at the same time over the platform trying to make it over. Then, proceed by jumping back to the first side you began. Repeat this process as many times on. Continuously alternate in this pattern as many times as possible.

Muscles: Quadriceps, Hamstrings

Fitness component: Cardiovascular and  
Agility

Skill component: Constant pace, lateral agility



## *progression and modification*

If it's too easy: Add a second platform over your original one. Pick up the pace and maintain stance on your toes.



If it's too difficult: Take a big step behind the platform and jump from side to side without having to go over the platform.





# Lateral Bosu Squat Jumps

## *details*

Description: start on one side of bosu with one leg on top. Keeping core tight (so that upper body remains stable), “bounce” to the other side so that the other leg is now on top. Touch the ground, then repeat.

Muscles: core (abdominal, lower back, waist), hip flexors, quadriceps

Fitness component: muscular endurance

Skill component: lateral agility



## *progression and modification*

If it's too easy: hold a dumbbell in each hand and touch that to the ground on each pass

If it's too difficult: step away from the bosu ball and do the exercise on flat ground, making sure that the width of your jumps are consistent with the bosu

Shuffle

## *details*

Description: Start at the first cone and get low into a squat position. You then move sideways shuffling to the next cone. Make sure you do not cross your feet while shuffling and that you remain down and low. Once you reach the top you then run backwards back to the starting cone.

Muscles: Quadriceps

Fitness component: Agility

Skill component: Lateral Agility



# *Progression and Modification*

If it's too easy: Hold a medicine with you throughout the shuffles to add weight and intensify exercise.

If it's too difficult: Sprint normally around the cones instead of shuffle.



# Bleacher Step-ups

## *details*

**Description:** Put one foot on the bleacher with the other foot following. Once both feet are on the bleacher put one foot down with the other following. Repeat the same process going at a normal pace.

**Muscles:** Gluteus Maximus, Hamstrings, Quadriceps,

**Fitness component:** cardio vascular and agility

**Skill component:** consistent coordination, consistent pacing





# *progression and modification*

If it's too easy: Do toe taps on the bleacher while doing high knees. Just slightly tap your toes on the bleachers.

If it's too difficult: Jump up on the bleachers and jump back down. Repeat the process as many times as possible.

If it is too easy:(video)



If it is too difficult: (video)



# Cool Down

<i>cool down</i>	<i>reps</i>	<i>area of body</i>
jog perimeter of gym	1	heart, legs
side lunge stretch	10	legs (adductor)
toe touch	10	legs (hamstring)
“flamingo” stretch	10	legs (quads)

# Sources

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