

MBSC Adult Intro Program: Strength Training w/ Knee Pain		
Weeks 1-3		
Foam Rolling		
Mobility Circuit		
Spiderman (go standing with front leg on a low box if the ground is too difficult)		
Box Hip Flexor with Breathing		
Hip Rotator (do on a high table if up and down is difficult)		
Kneeling T-Spine	Calf Stretch & Ankle mobility D	
Yoga Table (pick another shoulder stretch if up and down is difficult)		
90/90 Breathing on Wall: 2 Rounds of 5 Breaths		
Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side		
Toe Touch Squat x 10	Mini-Band Circuit (squats, later	
Split Squat Hold + 5 Reps		
Lateral Squat x 5 ea		
SLDL x 10 ea		
Bear Crawl (If kneeling hurts, double up on lateral crawl)	Inchworm	
Push Up Lateral Crawl		Forward Skip
High Knee Run		Shuffle
Carioca		
Box Jump: 3 x 5	Bike: :45 seconds medium inter	
Kneeling Chest Pass: 3 x 10		
Plank Circuit: 3 x :20/:25/:30 ea		
	Week 1	Week 2
KB Deadlift	2x8	3x8
Inline Chop (If kneeling hurts, go standing)	2x8	3x10
Sumo Hold	2 x :20	3 x :20
Stability Ball Rollouts	2x8	3x10
Split Squat Hold	2 x :15	3 x :15
w/ RNT pulling the knee in		

Chin-Up or X-Pulldown	2 x 5	3 x 5
Floorslide or Wallslide	2 x 8	3 x 10
Push-Up	2 x 8	3 x 8
Farmer Carry	2 x Turf	3 x Turf
TK Anti-Rotation Hold (Unless kneeling hurts, go standing)	2 x :15 ea	3 x :15 ea
Conditioning	Week 1	Week 2
Tempo Runs	x8	x10
(DEPENDING ON SPACE)		
Turf: Down and Back x 1 Minute Rest		
or		
Treadmill	Backwards Sled Drag	
15/45 off, 5 Incline	x4	x5

	Foam Roll
	<u>Mobility Circuit</u>
	Spiderman (go standing with front leg on a box)
	Box Hip Flexor with Breathing
	Hip Rotator (do on a high table if up and down)
	Kneeling T-Spine
	Yoga Table (pick another shoulder stretch)
	90/90 Breathing on Wall: 2 Rounds of 5 B
	Bi-lateral Hip Lift 3 x 10 seconds & Single
	Toe Touch Squat x 10
	Split Squat Hold + 5 Reps
	Lateral Squat x 5 ea
	SLDL x 10 ea
Core Act. Leg Lowers 2 x 10 ea.	<u>Ladder</u>
Core Act. Deadbug 2 x 10 ea.	Shuffle and Stick
Quad Hip Ext. (on elbows) 2 x 10 ea.	Cross Behind
	In-In/Out-Out
	Low Lateral Bound & Stick: 3 x 5 ea
	1/2 Kneeling Side Toss: 3 x 10 ea
	Plank Circuit: 3 x :20/:25/:30 ea
Week 3	
3x10	Goblet Squat to Box
	w/mini-band and keeping a vertical tibia
3x12	Inline Lift (If kneeling hurts, go standing)
3 x :20	Toe Touch Squat
3x12	Leg Curl 5 sec. Eccentrics
3 x :20	Alt DB
	Bench

3 x 5	TRX Row
3 x 12	Front Plank
3 x 10	Reaching or 1 KB SLDL
	w/ RNT pulling the knee in
3 x Turf	Suitcase Carry
3 x :20 ea	TK Push/Pull
	(Unless kneeling hurts, then go standing)
Week 3	<u>Conditoning</u>
x 12	Sled Push
	Down and Back = 1
	(most people don't get knee pain pushing
(think mini leg extensions)	
X6	

2 x 8	3 x 8	3 x 10
2 x :20	3 x :20	3 x :25
2 x 8 ea	3 x 8 ea	3 x 10 ea
2 x Turf	3 x Turf	3 x Turf
2 x 8 ea	3 x 8 ea	3 x 10 ea
Week 1	Week 2	Week 3
x4	x5	x6
if the weight isn't too heavy and the steps are small)		

Foam Roll		
Mobility Circuit		
Spiderman (go standing with front leg on a low box if the ground is too difficult)		
Box Hip Flexor with Breathing		
Hip Rotator (do on a high table if up and down is difficult)		
Kneeling T-Spine	Calf Stretch & Ankle mobility Drill	
Yoga Table (pick another shoulder stretch if up and down is difficult)		
90/90 Breathing on Wall: 2 Rounds of 5 Breaths		
Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side		
Toe Touch Squat x 10	Mini-Band Circuit (squats, lateral wa	
Split Squat Hold + 5 Reps		
Lateral Squat x 5 ea		
SLDL x 10 ea		
Bear Crawl (If kneeling hurts, double up on lateral crawl)	Inchworm	
Push Up Lateral Crawl		Forward Skip
High-Knee Run		Shuffle
Carioca		
Box Jump: 3 x 5		Light Battling Rope
Standing OH Throw: 3 x 10 ea side		
Plank Circuit: 3 x :20/:25/:30 ea		
	Week 1	Week 2
KB Deadlift	2x8	3x8
Inline Row (If kneeling hurts, go standing)	2x8	3x10
6 Point Bear Crawl	2 x 10 yards	3 x 10 yards
Leg Lowers w/ Core Act	2 x 8	3 x 8
Split Squat	2 x 8 ea	3 x 8 ea
w/ RNT pulling the knee in		

DB Row	2 x 8 ea	3 x 8 ea
Active Spiderman	2 x 5 ea	3 x 5 ea
<i>(go standing with front leg on a low box if the ground is too difficult)</i>		
1/2 Kneeling OH Press	2 x 8 ea	3 x 8 ea
<i>(Unless kneeling hurts, go seated or standing)</i>		
Foot Elevated SL Hip Lift	2 x 8	3 x 8
Farmer Carry	2 x Turf	3 x Turf
<u>Conditioning</u>	Week 1	Week 2
Airdyne	1 mile	1.5 mile
Record Times		

3 x 10 ea
3 x 5 ea
3 x 10 ea
3 x 10
3 x Turf
Week 3
2 mile