MBSC Adult Intro Program: Strength Training w/ Knee Pain		
Weeks 1-3		
Foam Rolling		
Mobiltiy Circuit		
Spiderman (go standing with front leg on a	low box if the	ground is to diffic
Box Hip Flexor with Breathing		
Hip Rotator (do on a high table if up and do	wn is difficult	)
Kneeling T-Spine	Calf Stretch 8	t Ankle mobility D
Yoga Table (pick another shoulder stretch if	up and down	is difficult)
90/90 Breathing on Wall: 2 Rounds of 5 Bre	eathes	
Bi-lateral Hip Lift 3 x 10 seconds & Single Lo	eg hip Lift 3 x	10 ea. side
Toe Touch Squat x 10	Mini-Band Cire	cuit (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 seco	onds medium inte
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	<del>2 x :20</del>	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
Durch Ha	2 0	2 9
Push-Up	2 x 8	3 x 8
Farmer Carry	2 x Turf	3 x Turf
TK Anti-Rotation Hold	2 x :15 ea	3 x :15 ea
(Unless kneeling hurts, go standing)	Week 1	Week 2
Conditoning		
Tempo Runs	<del>x 8</del>	<del>×10</del>
(DEPENDING ON SPACE)		
Turf: Down and Back x 1 Minute Rest		
<del>or</del>		
Treadmill	Backwards Sled Drag	
15/45 off, 5 Incline	x4	x5

	Foam Roll
	Mobiltiy Circuit
	Spiderman (go standing with front leg on a
	Box Hip Flexor with Breathing
	Hip Rotator (do on a high table if up and o
	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
	Shuffle and Stick Cross Behind
Core Act. Deadbug 2 x 10 ea.	Shuffle and Stick Cross Behind In-In/Out-Out
Core Act. Deadbug 2 x 10 ea.	Shuffle and Stick Cross Behind In-In/Out-Out Low Lateral Bound & Stick: 3 x 5 ea
Core Act. Deadbug 2 x 10 ea.	Shuffle and Stick Cross Behind In-In/Out-Out Low Lateral Bound & Stick: 3 x 5 ea 1/2 Kneeling Side Toss: 3 x 10 ea
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.	Shuffle and Stick Cross Behind In-In/Out-Out Low Lateral Bound & Stick: 3 x 5 ea
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3	Shuffle and Stick 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
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.	Shuffle and Stick 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  Goblet Squat to Box
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3	Shuffle and Stick 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
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10	Shuffle and Stick  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  Goblet Squat to Box  w/mini-band and keeping a vertical tibia
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10	Shuffle and Stick  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  Goblet Squat to Box  w/mini-band and keeping a vertical tibia  Inline Lift (If kneeling hurts, go standing)
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10  3x12  3 x :20	Shuffle and Stick  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  Goblet Squat to Box  w/mini-band and keeping a vertical tibia  Inline Lift (If kneeling hurts, go standing)  Toe Touch Squat
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10  3x12  3x12	Shuffle and Stick  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  Goblet Squat to Box  w/mini-band and keeping a vertical tibia  Inline Lift (If kneeling hurts, go standing)  Toe Touch Squat  Leg Curl 5 sec. Eccentrics
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10  3x12  3 x :20	Shuffle and Stick  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  Goblet Squat to Box  w/mini-band and keeping a vertical tibia  Inline Lift (If kneeling hurts, go standing)  Toe Touch Squat

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	Conditoning
<del>x 12</del>	Sled Push
	Down and Back = 1
	(most people don't get knee pain pushing
(think mini leg extensions)	
X6	

le mobility Drill	
(squats, lateral wa	ılks, single leg hol
Cross In Front	
Cross In Front Lateral In-In/Out	-Out
	-Out
Lateral In-In/Out	
Lateral In-In/Out Scissors KB Swing x 10 rep	DS .
Lateral In-In/Out- Scissors KB Swing x 10 rep Week 2	Week 3
Lateral In-In/Out- Scissors KB Swing x 10 rep Week 2	Week 3
Lateral In-In/Out- Scissors KB Swing x 10 rep Week 2	Week 3
Lateral In-In/Out- Scissors  KB Swing x 10 rep  Week 2 3 x 8	Week 3 3 x 10
Lateral In-In/Out- Scissors  KB Swing x 10 rep  Week 2 3 x 8	Week 3 3 x 10  3x12
Lateral In-In/Out- Scissors  KB Swing x 10 rep  Week 2 3 x 8  3x10  3 x 8	Week 3 3 x 10  3x12 3 x 10
	le mobility Drill (squats, lateral wa

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
week i	Week Z	week 3
x4	x5	x6
if the weight isn't	too heavy and the	steps are small)

Foam Roll		
Mobiltiy Circuit		
Spiderman (go standing with front leg on a	low box if the gr	ound is to difficult)
Box Hip Flexor with Breathing		
Hip Rotator (do on a high table if up and d	own is difficult)	
Kneeling T-Spine	Calf Stretch & Ar	nkle mobility Drill
Yoga Table (pick another shoulder stretch	if up and down is	difficult)
90/90 Breathing on Wall: 2 Rounds of 5 Bi	reathes	
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	t (squats, lateral wa
Split Squat Hold + 5 Reps		
<del>Lateral Squat x 5 ea</del>		
SLDL x 10 ea		
Bear Crawl (If kneeling hurts, double up or	i 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 x10 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
<del>6 Point Bear Crawl</del>	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
(go standing with front leg on a low box	c if the ground is	to difficult)
1/2 Kneeling OH Press	2 x 8 ea	3 x 8 ea
(Unless kneeling hurts, go seated or sto	anding)	
Foot Elevated SL Hip Lift	2 x 8	3 x 8
Farmer Carry	2 x Turf	3 x Turf
Conditoning	Week 1	Week 2
Airdyne	1 mile	1.5 mile
Record Times		

Lying Hip Flexion Holds 2x 15 sec.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10  3x12  3 x 20 yards
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10  3x12  3 x 20 yards  3 x 10
Core Act. Deadbug 2 x 10 ea.  Quad Hip Ext. (on elbows) 2 x 10 ea.  Week 3  3x10  3x12  3 x 20 yards

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