

## **Additional Weekly Techniques**

### **Static Flexibility and Balance Stabilization Weekly Techniques**

#### Static Flexibility Techniques:

- Static Gastrocnemius Stretch
- Static Kneeling Hip Flexor Stretch
- Static Standing Adductor Stretch
- Standing Pectoral Stretch
- Static Latissimus Dorsi Stretch
- Lying Biceps Femoris Stretch

#### Balance Stabilization Techniques:

- Single Leg Balance Reach
- Single Leg Squat
- Single Leg Squat Touchdown
- Multiplanar Hop with Stabilization
- Heisman's with Stabilization

### **Dynamic Flexibility and Core Stabilization Weekly Techniques**

#### Dynamic Flexibility Techniques:

- Multiplanar Lunge
- Lateral Tube Walking
- Single Leg Squat Touchdown
- Iron Cross
- Scorpion
- Walking Lunge with Twist

#### Core Stabilization Techniques:

- Two Leg Floor Bridge
- Floor Prone Cobra
- Prone Iso Ab
- Side Iso Ab

### **Reactive Stabilization Weekly Techniques**

#### Reactive Stabilization Techniques:

- Squat Jump with Stabilization
- Box Jump with Stabilization
- Single Leg Squat Jump with Stabilization
- Horizontal Jump with Stabilization