

## ACL PREVENTION EXERCISES

Add these exercises to the beginning or end of a workout, or as a workout all their own. Complete 2 to 3 times a week.

Photos from Google searches.

Various exercises from the following Youtube video:

<https://www.youtube.com/watch?v=xWBSf4BfKR>

## Basic Squat

3 sets of 10 reps

Keys: Knees don't go forward they stay behind toes and they don't cave in, drop back like sitting in a chair and drop hips back, drive back up through your heels



## Jump Squats

3 sets of 10 reps

Keys: Same as squat, explode up to jump, should be a soft landing



## Lateral Bound

3 sets of 10 reps

Keys: Same alignment as squat. Squat on left leg, explode over to right leg, land softly.



## Step Up

3 sets of 10 reps, each leg

Keys: Toe, Knee and Hip stay in alignment, drive up with opposite arm, opposite leg, hold top pose for 2 seconds. Once toe hits at bottom drive back up.



## Hamstring Curl

3 sets of 10 reps

Keys: Bridge, tighten gluts, curl feet into body



## Single Leg Hamstring Curl (advance if two leg hamstring curl is too easy)

3 sets of 10 reps

Keys: raise one leg, bridge, tighten gluts, curl foot into body



### Ball Walk Outs

5 reps

Keys: Start with ball at stomach, walk out under control with core tight, spine is flat, at end, raise one leg, return, raise other leg, walk back to starting position



### Single Leg Roman Deadlift

3 sets of 10 reps

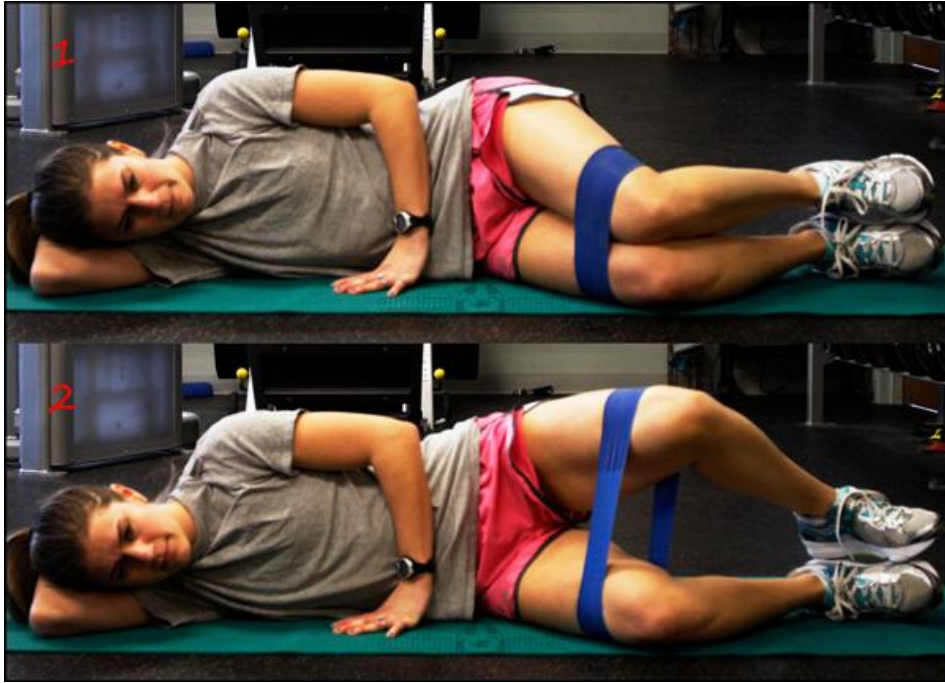
Keys: slight knee bend, use light weight, stand on left leg and hold weight in right hand, touch right hand to floor by bending at hips



## Clam Shells

3 sets of 10 reps, each side

Keys: Need theraband



## Lateral Theraband Walks

3 sets of 10 steps each direction

Keys: Good athletic position



## Plank

10 reps as long as you can hold a good position

Keys: Flat back, tight core, tight glutes



## Plank with Exercise Ball (advanced)

10 reps as long as you can hold a good position

Keys: Flat back, tight core, tight glutes





Plank with Exercise and BOSU (advanced)  
10 Reps as long as you can hold a good position  
Keys: Flat back, tight core and tight glutes



Bird Dogs  
3 sets of 10 reps  
Keys: Flat back, hips shouldn't tilt. Opposite arm/opposite leg, hold for 3-5 seconds

