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 hastring 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