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An Annual Training Plan for Collegiate Dance

by

Ashley German

A Thesis Submitted in Partial Fulfillment

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School of Education

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ABSTRACT

An Annual Training Plan for Collegiate Dance

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The focus of this thesis is on developing an annual resistance training plan for collegiate dance with no test subjects. This project provides biomechanical, physiological, and injury analysis of collegiate dance. Based on the analysis, a research-based, linear resistance training program for the University of South Dakota Dance Team was created. The resistance training program follows basic strength and conditioning principles including specificity, overload, and periodization. Additionally, exercise selection, order, volume, and intensity were prescribed based on standards set forth by the National Strength and Conditioning Association. Generally, from off-season to in-season, exercises moved from general to specific, along with adjustments to volume and intensity. The off-season begins with high volume/low intensity and shifts to low volume/high intensity for in-season training. This project can provide guidance for strength and conditioning and dance coaches who want to implement a resistance training program with their dance team.

Keywords: dance, resistance training, strength and conditioning

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An Annual Training Plan for Collegiate Dance

Collegiate dance exists differently across institutions varying with division, styles of dance, and focus; competition, gameday and events, or mastery. Some institutions' dance teams compete at various competitions, whereas other institutions' dance teams may just perform at their school's games. The University of South Dakota (USD) Dance Team does both. USD is a Division I institution and the dance team performs in jazz, hip-hop, pom, and sideline throughout the regular season. The regular season consists of gameday performances during the football and basketball seasons with a week-long gameday tournament in March and a competitive dance performance season beginning in January.

Mastery of skills and technique simultaneously occur as the season progresses and the dancers train throughout the years. Strength and conditioning for collegiate dance is important to supplement the mastery of skills and techniques. Research shows that supplemental aerobic and strength training increases lower-body strength, maximizes oxygen uptake, and improves flexibility in dancers (Williams et al., 2016). Based on this research, the goal of this thesis is to develop an annual strength and conditioning plan for the USD Dance Team.

The Dance Team is unique in that hours required for practices and performances vary depending on the football and basketball schedules. When there are minimal events or games, the required time is around 6-10 hours per week, but when the seasons are in full swing, the athletes may be expected to be present 10-20 hours per week. A notable characteristic of the USD Dance Team is that it is housed under the department of Student Services at USD and not categorized under USD Athletics. This means the team

does not have to follow NCAA guidelines for practice and performance hours. Although gameday performances can highly influence the dance team's schedule and training, the competitive season from January to March will be the primary focus of this project.

Analysis of Collegiate Dance

Biomechanical Analysis

Prior to planning a resistance training program for any sport, it is pertinent to examine the prominent biomechanical movement patterns in the activity. By examining what planes of motion, parts of the body, and muscles are utilized during the sport, training plans will target those areas. For example, Williams et al. (2016) described a study done on fouetté turns to pinpoint what area of the body was most used to create the motion. Fouetté turns are performed on one supporting leg, while the other leg whips around to open and close. The turn is consistent in a series. The study revealed that the movement stems from the supported leg, strength in the torso, and overall muscular endurance and balance (Williams et al., 2016). Based on the findings, it is suggested that “exercises geared toward developing unilateral strength, endurance, and balance should be implemented to improve muscular endurance/strength in both legs to provide support independent of each other” (Williams et al., 2016). Additionally, dance is a complex sport since most motions are performed in all three planes and it is rare for a move to occur in just one plane. Turns and rotation occur in the transverse plane, leaping and running occur in the sagittal plane, and any motion with the lower and upper extremities branching off the body with simultaneous or isolated movement occur mostly in the frontal plane.

The main motions involved in the biomechanics of collegiate dance are leaping and jumping in the sagittal and frontal planes, unilateral movement in the lower extremities, and core strength and stability for sustained movement and balance. There are motions unique to specific dance styles, so the above examples of skills may only occur in a specific routine. Mentioned previously of the styles the USD Dance Team performs in, a pom routine may have powerful jumps and sharp arm motions, while a jazz routine may consist of more stability movements such as pirouette turns with unilateral leg support. Hip-hop utilizes more isolated and unilateral movements along with changes in height, meaning some parts of the routine may be performed on the floor. The importance of core stability is a common theme across all styles and for almost every movement pattern. For example, a strong core is needed for a rotational turn on one leg, maintenance of an upright position during a leap, and to provide a solid base from which to perform strong arm motions.

Programming the annual training plan will be based on the analysis of movement patterns utilized in the various dance styles. The posterior chain involving the back, spine, glutes, hamstrings, and calves will be one focus. Other focus areas will be core stability, general upper body strength, and hip rotator and quadricep strength to assist in knee stability. Williams et. al. (2016) stated that total body movement is a focus in specific dance areas with ballet or hip-hop along with having unilateral leg strength and stability in positions during a performance. Although the team does not have a focus on ballet, the style is similar with components in jazz and technique training. The team does have a focus in hip-hop, so total body movement is relevant to almost every style the team performs and competes in. A major focus area for dancers is core stability. Rickman

et al. (2012) suggest that core stability be emphasized to support surrounding musculature. A decreased in core stability in a dancer relates to a higher rate of lower extremity injuries (Rickman et. al., 2012). Due to the dynamic nature of dance, constantly moving in three planes of motion, the muscles will be worked accordingly. “Proper exercise selection must be based on movement patterns performed in different plans of motion” (Williams et. al., 2016, p.89). While it is important to understand the biomechanical patterns involved in dance to enhance performance, it is also pertinent to understand common injury sites so that the strength and conditioning program can work to prevent those injuries.

Injury Analysis

In dance, the lower extremity is the most common site for injury (Russell, 2013). According to Russell (2013),

In research reporting the percentage of dancers injured out of a studied sample, the range was 42%–97% across a variety of genres and skill proficiencies. The lower extremities have been shown repeatedly to be the most commonly injured region of the body in dancers (p.200).

Injuries in dance are more specific to what style is being done. The hip-hop genre has injuries specific to the ankle, shank, and knee because it is mainly performed in a lower, squat-like stance with powerful movements (Russell, 2013). In pom, the whole body is engaged, especially the core, and uses powerful and sharp movements in the arms.

Common injuries in pom can be from gripping too tightly on a pompom that leads to carpal tunnel or tendonitis (Smith, 2016). Also, in a pom routine, the shoulders and back have to be properly conditioned to execute one arm position sharply into the next. In a

jazz routine, the frequent injury sites are in the thigh or leg (Soares et al., 2011).

Additional factors such as frequency of movements with little rest or practices with minimal recovery time between practices increases the risk for injury. Dancers have a high pain tolerance and usually will brush off something wrong in their bodies for quite a while before getting checked out (Russell, 2013).

Common injuries seen in dancers include strains, sprains, and muscle tears often due to hypermobility and overstretching, over-exertion on a weakened or underdeveloped muscle, or from an inadequate warmup (Russell, 2013). With styles of dance, injuries can be narrowed down to specifics of the body. In a pom routine, the arms go through repeated flexion and extension, while also utilizing power in the low body for explosive jumps with a conditioned range of motion in the hips, hamstrings, or back. According to *Dance Spirit Magazine*, the preparation for pom is to focus on the ability to be sharp while articulating the stop of a movement (Berry, 2011). These muscles must first be strengthened in order to have explosive properties. According to Smith (2016), “Pom routines require a lot of endurance-keeping your shoulders down and arms strong for two to three minutes is harder than you’d think” (pp. 54-55). Coach Amanda Gaines of the University of Minnesota Dance Team explained the importance of arm strength to maintain the energy in the routine and that cardiovascular workouts are not good enough; strength workouts need to be incorporated too for this style (Smith, 2016).

Landing mechanics are also a potential cause of injury in dancers. To prevent injury during landing, it is important to have proper warmups and cool-downs, appropriate footwear, flooring, and restorative treatment (Russell, 2013). The most successful way to reduce injury is through training focused on muscular strength, power,

endurance, plyometrics, agility, balance, joint stability, and dance-specific technique (Russell, 2013). Dancers wear specific jazz shoes for dance routines and tennis shoes when they train or jump to help cushion their landings.

A tear of the anterior cruciate ligament (ACL) is the most reported injury in women's sports with gymnastics, basketball, and soccer (Hansberger et al., 2018). In the study conducted by Hansberger et al., (2018), it was discovered that ballet and modern dancers' risk for ACL injury was about the same as a male athlete with less valgus knee positioning. This study confirmed the decreased risk with the selected dancers, but further examination in a dancer's training needs to be looked into if the results of the training does reduce the risk of ACL injury during landing (Hansberger et. al, 2018). Turner et al. (2017) found that dancers have more neutral knee kinematics during landing when compared to non-dancers. Thus, dancers are at a decreased risk for an ACL injury compared to other female athletes and non-dancers.

With USD Dance, gameday is a category itself which focuses on crowd involvement and the pom and jazz genres. During "spiriting," a time when the dancers engage the crowd, tricks like jumps, leaps, and turns are incorporated. Common injuries in this category are in the hips, knees, ankles, and the posterior chain (Kelly, 2010). With more strain in jumping and leaping during a gameday event, an aged dancer is more susceptible to lower extremity damage if muscles are not up to performance level due to weakness or fatigue (Trent et. al., 2017). Fatigue may also lead to altered movement, unequal limb loading, and a lack of control in knee placement (Trent et. al., 2017). Trent et al. (2017) established an injury prevention program that involves plyometrics, neuromuscular training, and strength training to supplement dance training. Based on this

information, the resistance training program will focus on lower body strength to assist with injury prevention.

Physiological Analysis

It is also important to analyze the energy system and resistance training goals specific to the USD Dance Team. Dancers primarily utilize the immediate and rapid glycolytic systems, requiring anaerobic capacity and some aerobic capacity (Williams et. al., 2013). The team utilizes the immediate system by bursts of power in jumps and leaps that are less than 30 seconds and utilizes rapid glycolysis through 2 to 3-minute dance routines. Any performance lasting longer than 3 minutes would be aerobic, utilizing slow glycolysis. In rare cases, a long gameday or tournament would fall into this category. Based on the understanding of energy system utilization, the strength and conditioning program can work to enhance those systems and increase anaerobic capacity.

Movements in dance consist of the ability to exert a high rate of force called power, a sustaining force called balance and stability, a capacity to exert force for a long time before exhaustion called muscular endurance, to move quickly with ease called agility, and to have a developed range of motion with elongation of muscle called flexibility (Russell, 2013). Jumps and leaps, such as a toe touch jump or a straight legged leap, exhibit power movements. Controlled movements that require an extensive range of motion, like a leg hold, exhibit strength and flexibility, while unilateral or counterbalancing movements, such as an elevated single-leg standing tilt, showcase balance. Therefore, the resistance training goals for the team are to attain muscular endurance, strength, and power.

Athlete Profile

The USD Dance Team has around 16 to 18 dancers composed of four groups classified by their year in school and/or class; freshman, sophomore, junior, or senior. The freshmen are typically the largest group on the team and then the quantity of dancers tends to decrease by class. The dancers on the team typically have varying backgrounds in dance. Some dancers have only high school or competitive experiences, and some have both. They also have varying degrees of resistance training experience, if any at all. The dancer's personal history must be evaluated to determine resistance training status, experience with resistance training and how long. From an athlete's training history, their training status as a beginner, intermediate, or advanced can be determined. Beginners have minimal (less than 2 months) to no resistance training experience (Haff & Triplett, 2016). Intermediate athletes are currently training and have been participating in resistance training for 2 to 6 months (Haff & Triplett, 2016). Advanced athletes are well resistance trained and have been training consistently for one year or more (Haff & Triplett, 2016). With returners and rookies on the dance team, training levels are different, but the team will still experience the same training together. The difference in training age can make the USD Dance Team unique, as many underclassmen have never completed a formal resistance training program. Additionally, the upperclassmen might not have had the same quality of training over the years or are still developing in resistance training. For the purpose of this program the whole team will be treated as beginners.

Resistance Training Plan

Taking into consideration the USD Dance Team's biomechanical, physiological, and injury analysis, along with the athlete profile, a resistance training plan was

developed. A linear resistance training program will be used based on the team's season and will aim toward peaking for the competitive season that begins in January. The program will be based on the principles of periodization as it pertains to variation in training volume, intensity, frequency, and exercise selection (Haff & Triplett, 2016). The periodization calendar is shown in Appendix A. The training calendar also identifies the goals for each macrocycle and mesocycle. Generally, the program moves from general exercises in the off-season to specific exercises in-season.

The program will start by focusing on general physical preparation (GPP) by first establishing muscular endurance and strength, while focusing on technique. Other goals will include enhancing flexibility, balance, mobility, and stability. Some of these goals, such as flexibility and mobility, will be addressed during dance practice time, therefore, the resistance training program can focus on developing endurance, strength, and power. It is apparent that a dancer needs to be well rounded in multiple areas of fitness regarding balance, strength, flexibility, power, and muscular endurance. Incorporating multiple aspects of fitness with varying progressions will be based on what season the team is in.

Like any other athletic team, there is an off-season, pre-season, in-season, and post-season. The dancers have 4 months of off-season from May through August, a pre-season from September to November with December repeating back to off-season exercises when they are on a break, an in-season from January through March, and a post-season in April before the cycle repeats. The main focus of the USD Dance Team is on their competitive season, or "in-season," from January through March. The team competes at Universal Dance Association's Nationals in January and at The Summit League Tournament in March. In between the months there are a high volume of games

with performances. During the fall and winter, the team has a less volume of games. The National Strength and Conditioning Association puts the annual training plan into another term, the macrocycle. “The macrocycle, for our purposes, is the linking of the general physical preparation phase, the specific preparation phase, the pre-competitive phase, the competitive phase, and the peak phase” (Sands et al., 2013).

During the off-season the dancers will work on general physical preparedness (GPP) within the immediate and rapid glycolytic systems. The team will have multiple-effort fitness testing (a timed push-up, sit-up, and 1-mile test) at the beginning of the off-season and at the end of the season to evaluate fitness level. The time-based repetition scheme in the off-season will aid in establishing and improving a baseline of fitness for retesting and before the dancers start their season. Williams et al. (2016) states that “The primary goal of this phase is to get athletes used to the demands of a collegiate strength and conditioning program. The circuits within this phase alternate between the lower and upper body to allow adequate recovery” (p.92). The phase will become a foundation for movements to get become more specific and/or more explosive (Williams et al., 2016).

GPP in the off-season is split into two blocks, A and B. The focus of the GPP-A and GPP-B blocks have similar goals of establishing general fitness and competency in exercises, but exercise selection is different to provide a new stimulus. Flexibility is also a main goal during the off-season to establish the range of motion needed in dance choreography and to assist with injury prevention (Williams et al., 2013). Pre-season will focus on strength-endurance and exercises will be progressed strategically. There will be one transition cycle between pre-season and in-season, that will review the movements completed in GPP-B. The primary goal of in-season training is to maintain

and gain strength. The program will revolve around peaking for the competitive season in January. As is standard, the post-season will focus on recovery with minimal resistance training and dance-related activities (Haff & Triplett, 2016).

Exercise order will be based on National Strength and Conditioning Association (NSCA) guidelines, which is; power, multi-joint, and accessory exercises (Haff & Triplett, 2016). The order of the session is in the order from a warm-up, a power exercise paired with an activation exercise, a multi-joint paired with an upper pull, core or activation exercise, and four accessory exercises: posterior chain, upper pull, single-leg, and abdominal core, followed by a cool-down.

The warm-up is first because it is dynamic and programmed to raise heart rate and temperature to get the body ready for the exercises after. There is a core or posterior chain activation component paired with the warm-up to prepare the muscle groups for the following exercises in the session. The first exercise in the order is a power exercise. This is programmed first in lifting exercises because it requires a rate of force greater than used in the strength and accessory exercises. Olympic lifts like the muscle clean in the program will be first, or explosive plyometric movements in the off-season and forceful medicine ball exercises in the pre-season, in-season, and post-season are included in the power exercise category. The power exercise is paired with an activation exercise to supplement the power exercise and prepare for the multi-joint exercise. For example, cable pull throughs as an activation exercise are programmed before the deadlift in the program to practice the hinge motion and “turn on” the posterior chain without overloading muscle group.

Next is a multi-joint exercise, such as a deadlift or squat. The three multi-joint exercises programmed during pre-season, in-season, and post-season are both a dumbbell and barbell overhead press, a deadlift, and both a goblet and front squat. Progressions with dumbbell to barbell and goblet squat to front squat will be based on accomplishment of correct technique and positioning of the body during these exercises on an individual basis. The exercises paired with the multi-joint exercises throughout the program are an upper pull, core, or activation to complement the multi-joint lift. For example, paired with the overhead press, the activation exercise, cable latissimus dorsi pull downs, accomplishes the opposite pull from the vertical push.

The accessory exercises are composed of a posterior chain exercise, an upper pull exercise, a single-leg exercise, and an abdominal exercise. The accessory exercises are at the end of the session and will target smaller muscle group areas and/or just one muscle group area to supplement the multi-joint exercise, or to target a muscle group not worked on in during the session or week. For example, elbow flexors will target the biceps brachii specifically and not another muscle group. The cool-down will allow the body to return to homeostasis with reducing heart rate and temperature safely. Foam rolling and manual therapy with a massage gun may also be done for restorative purposes.

Exercises will be selected based on the principle of specificity, which explains that according Sands et al. (2013), “Training adaptations for an individual will occur specifically to the muscle groups trained, the intensity of the exercise, the metabolic demands of the exercise, and/or specific movements and activities (p. 9.). Examples of exercises specific to dance are the squat with loading the quadriceps and posterior chain similar to when a dancer loads for a jump; gluteus hamstring raises with leg extension

that targets the hamstrings for an eccentric stretch similar to an extended leg in a dance that showcases flexibility; and the TRX inverted row that aids the whole body in engagement with focus on an upper pull that is similar to engaging the whole body in a pom routine with arm motions pulling in and out from the body.

Exercises will move from general to specific throughout the annual plan. An example of one progress is going from bilateral to unilateral to isolate focus onto a more specific muscle group area. For example, in the program, the double-legged hamstring curls with a roller progresses to single-legged hamstring curls with a roller. Progressions are made from a strong base of movement done correctly and with consistency to attain comfortability. Load and adaptations to exercises are examples of how to progress to add stimulus and move forward in training. The program order is a progression itself from the start of off-season through post-season.

Volume and intensity will be prescribed with the overload principle in mind. The theory of overload states that the body must be stressed and provided a stimulus or load greater than what is already there (Sands et al., 2013). Overload may need to occur over a period of time until the team acclimates to the session and for proper recovery and ability to complete the current tasks at hand (Williams et al., 2016).

Volume is the amount of sets and repetitions performed or defined as the amount of work, while intensity is the resistance and load, or is defined as the difficulty of the work (Sands et al., 2013). Volume is visually shown in the program with the increase or decrease of sets and/or repetitions and the intensity is shown with an increase in load. Assumed with a decrease in the volume, the intensity of the exercise should increase and vice versa. Intensity can also be tweaked with tempo of exercise or adaptations to the

exercises. The prescription of volume and intensity will change each season in the annual program. With the start of GPP in the off-season, the goal for general fitness and establishing endurance with aerobic capacity has a high volume goal with also a high intensity goal. Moving into the pre-season and in-season, the focus changes to strength-endurance in the pre-season with a high volume and low intensity goal. Overtime this relationship opposes each other and in the in-season the goal with strength is to have low volume and to have high intensity. Finishing with post-season, the volume and intensity lower from in-season to “back off” from the competitive season.

The RPE, rate of perceived exertion, scale is a subjective scale similar to a Likert Scale and can be set up to what is most fit to the team and group that is worked with. The RPE scale with the dance team is numbered 1 to 5 with 1 being labeled “very light” to 5 being “very heavy.” Each number is given a description in terms of how comfortable the weight is on their perceived exertion with their repetitions. For example, a number 4 is “heavy” and the description is “uncomfortable weight; but could still do one more repetition.” This RPE scale is labeled for each session on how difficulty the session is along with every week and every cycle. Along with a number rating from the RPE scale, the week and the cycle are labeled: light, moderate, heavy, or light/deload. The dancers will be able to fill in their RPEs each session on their power exertion exercises and multi-joint exercises for each all seasons except for off-season. In the off-season, the athletes will record repetitions accomplished with a time-based session. The sessions in the off-season are training up to testing multiple-effort fitness tests based off of repetitions done in a certain time. This way the dancer themselves can see how they are managing the load

and the coach can evaluate the session or week to make changes for the individual or group. The scale can be found in Appendix D below.

Based on the season, the dance team will complete resistance training sessions on 2 or 3 days per week. The pre-season and in-season will be split into three total body days. Ideally, three days will be accomplished, but there may be variability due to sideline performances. Therefore, only two sessions may be completed on certain weeks.

There may still be continued performances here, so it will stay at 2 days a week to maintain or recover. For shortened time in the weight room, exercises will have little recovery time in between and follow the precise order from warm-up to cool-down to maintain productivity. The off-season is based off of circuit-style training with time intervals between work and rest of the exercises performed with focus still on quality repetitions, but also trying to achieve a great quantity of repetitions. This will make sure the team is productive in their off-season workouts, but also is conditioning an endurance component since the rest periods are short and they move on to the next exercise. Incorporating high-intensity interval training to increase aerobic capacity is a major component in dancing and ideally completing the session with a strength and conditioning professional with limited time makes the circuit training beneficial for training (Williams et al., 2016).

To note the work being done outside resistance training the dancers practice four-five times per week for two hours during the academic year. This is in addition to sideline performances at sporting events and any ancillary physical activity. USD's academic calendar also plays a vital role in planning the resistance training program as it is influenced by arrival and dismissal dates, holiday breaks, mid-terms, and finals. These are

all factors in each season's duration and focus. Additionally, the resistance training plan is tentative, meaning that it may easily be adjusted based on the amount of performances during the week, travel for events, and other outside factors.

The full resistance training plan is included in Appendix B.

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Appendix A

Periodization Calendar



Appendix B

Resistance Training Plan

Column1	Column2	Column3	Column4	Column5	Column6
USO Dance Team: Level-Novice (2-3 total body sessions a week)	Off-Season May/June/July/August/4 General Physical Preparation (GPP) Home sessions: Bodyweight, DBs, Resistance bands Campus at USO, UGA Camp, and November Week	Pre-Season September/October/November (Strength) Strengths-Endurance On-Campus Weight Training Facility High volume performance weeks, Well terms	Winter Break December General Physical Preparation from Off-Season Home Sessions N/A	In-Season January/February/March (Retention) Strength-Retention Weight Training Facility USO Nationals, High volume performance, Summit League Tourney	Post-Season April Recovery Weight Training Facility Any added tournaments
Months/Cycles Goals Locations Detailed Weeks	With a strength-endurance goal, the goal of establishing strength in the first month will be based off of NSCA's guidelines for any given number of sets from 2-6 and less than or equal to 6 reps. Accessory exercises will be in the hypertrophy range of 3-6 sets and 6-12 reps. The cycle will start from light, to moderate, then to heavy, and back off to a light/deload week. The number of sets or reps may increase each week in order to maintain intensity. The intensity of the pre-season will increase over the 3 cycles of this sets each cycle to go from least intensity to most intensity by the end of the pre-season.	Testing will occur again of military measurements with push-ups, sit-ups, and the 1 mile run to test overall fitness at the start of this pre-season. Tests will be recorded individually. Rate of Perceived Exertion (RPE) subjective scoring will be used to monitor fatigue and the end of the post-season. The RPE scale will be used for the olympic or power exercise and multi-joint exercise for the individual to keep tabs on their capability and safe progression, while the coach will keep tabs of these numbers for evaluating the individual and team to make any changes. A more detailed information on this scale can be found in an additional tab labeled RPE.	Sets will remain the same and increase each week of this cycle, but back off the last week to reintroduce a light/deload week. The intensity of the pre-season will increase over the 3 cycles of this sets each cycle to go from least intensity to most intensity by the end of the pre-season.	The scheme will be similar to the pre-season, but volume is less for competitive season.	Volume is less than competitive season and low intensity.
Sets and Reps Scheme	Sets will remain the same and increase each week of the cycle, but back off the last week to reintroduce a new cycle of training. Reps will remain the same each week in the cycle and in a time-based format of seconds on and seconds of rest. The repetition will increase intensity by either raising seconds on or decreasing seconds of rest or even both.	The full team is starting their plan and training for the first time. The team will undergo a baseline of testing before starting general physical preparation. From this baseline, goals can be made and modifications for individuals and the team if needed. The goal during this off-season is for the team to establish competency in exercises and sets and reps, but also establishing a foundation of fitness with strength and muscular endurance before coming to campus so they are ready prepared for some strenuous camps and performance weeks. The team will not meet in-person all together until a camp in the summer or until they move in August, so sessions will be at some style workouts with little equipment and no weights. The team will follow a 4-6-8 block format. This format has one workout month set and then switches to a similar exercise order format, but new exercises are introduced to create a new stimulus over the longevity of the off-season.	The whole team will be a part again over break or the beginning of the pre-season. The team will have access to the weight training facility. The RPE will remain identical from the off-season with the last 8 block or last cycle of training since it will recall with the team and be similar to their transition of strength-endurance.	The full team is back altogether, but in their most important focus of the year their in-season or competitive season. The team will have access to the weight training facility. The RPE will remain identical from the off-season with the last 8 block or last cycle of training since it will recall with the team and be similar to their transition of strength-endurance.	Sessions are down to twice a week with low volume to recover. Focus is on stretching and movement with light load.
Testing or Recording	Baseline tests will be taken before GPP begins based off of the military push-up test, the sit-up test, and the 1 mile run. Tests will be recorded for each individual. Throughout the off-season, athletes will record on certain exercises (Ex: how many repetitions were completed during the time-based session). Labeled (Ex: w/y/r/r). Sessions will be recorded via watch or phone tracking heart rate, time to completion, and submitted to coach.	The full team is all together and moved in on campus to be able to use the weight training facility. A foundation of fitness and competency should be established already going into the new focus with strength-endurance in September. New exercises will be learned to progress the team's fitness and will have 4 cycles, training will follow a 4-6-8 block format. This format has one workout month set and then switches to a similar exercise order format, but new exercises are introduced to create a new stimulus over the longevity of the off-season.	No testing over break, but the athletes will continue to record repetitions on *** exercises	No testing before or during in-season, but athletes will continue to use the RPE scale and subjectively rate their power and multi-joint exercises.	No testing before or during post-season, but athletes will continue to use the RPE scale and subjectively rate their power and multi-joint exercises.
Notes:	The full team is starting their plan and training for the first time. The team will undergo a baseline of testing before starting general physical preparation. From this baseline, goals can be made and modifications for individuals and the team if needed. The goal during this off-season is for the team to establish competency in exercises and sets and reps, but also establishing a foundation of fitness with strength and muscular endurance before coming to campus so they are ready prepared for some strenuous camps and performance weeks. The team will not meet in-person all together until a camp in the summer or until they move in August, so sessions will be at some style workouts with little equipment and no weights. The team will follow a 4-6-8 block format. This format has one workout month set and then switches to a similar exercise order format, but new exercises are introduced to create a new stimulus over the longevity of the off-season.	The full team is all together and moved in on campus to be able to use the weight training facility. A foundation of fitness and competency should be established already going into the new focus with strength-endurance in September. New exercises will be learned to progress the team's fitness and will have 4 cycles, training will follow a 4-6-8 block format. This format has one workout month set and then switches to a similar exercise order format, but new exercises are introduced to create a new stimulus over the longevity of the off-season.	No testing over break, but the athletes will continue to record repetitions on *** exercises	No testing before or during in-season, but athletes will continue to use the RPE scale and subjectively rate their power and multi-joint exercises.	No testing before or during post-season, but athletes will continue to use the RPE scale and subjectively rate their power and multi-joint exercises.

USD Dance Team

Phase/Cycle: Off-season Cycle 1: Goal: General Physical Preparation (May): Overall RPE: 3.1 Light-Moderate

*See "Warm-ups & Stretches" tab	Week 1	Light	RPE: 2	Week 2	Moderate	RPE: 3	Week 3	Moderate	RPE: 3.5	Week 4	Moderate	RPE 3
Day 1 Lower Body Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab	
Glute Activation Series 2*	1	see tab		1	see tab		1	see tab		1	see tab	
*Write in how many reps accomplished with exercises starred***		20s on 20s of rest			20s on 20s of rest			20s on 20s of rest			20s on 20s of rest	
Squat Jacks	2	20s		3	20s		4	20s		3	20s	
Burpees	2	20s		3	20s		4	20s		3	20s	
DB Squats *high volume reps*	2	20s		3	20s		4	20s		3	20s	
Sit-Ups***	2	20s		3	20s		4	20s		3	20s	
Weighted or Banded Glute Bridges	3	20s		4	20s		5	20s		4	20s	
3 Position Banded Pull-Aparts(Horiz,Diag,Diag)	3	20s		4	20s		5	20s		4	20s	
Single-Leg Romanian Deadlift	3	20s ea.		4	20s ea.		5	20s ea.		4	20s ea.	
Weighted Russian Twists	3	20s		4	20s		5	20s		4	20s	
Day 2 Chest and Back Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab	
Lunge Series 2*	1	see tab		1	see tab		1	see tab		1	see tab	
Vertical Squat Jumps	2	20s		3	20s		4	20s		3	20s	
Alternated Leg Deadbugs *no reach back*	2	20s		3	20s		4	20s		3	20s	
Perfect Push-Ups***	2	20s		3	20s		4	20s		3	20s	
Mountain Climbers	2	20s		3	20s		4	20s		3	20s	
Squat Lateral to Cross-Over Lunges	3	20s ea.		4	20s ea.		5	20s ea.		4	20s ea.	
One-Arm Bent Over Row w/DB	3	20s ea.		4	20s ea.		5	20s ea.		4	20s ea.	
Alternating Lateral Lunges	3	20s		4	20s		5	20s		4	20s	
Low(forearm) Plank	3	20s		4	20s		5	20s		4	20s	
Day 3 Upper Body Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab	
Pole T-Spine*	1	see tab		1	see tab		1	see tab		1	see tab	
Split Squat Jumps	2	20s		3	20s		4	20s		3	20s	
Alternated Bird Dogs	2	20s		3	20s		4	20s		3	20s	
Standing Single Arm DB Shoulder Press	2	20s ea.		3	20s ea.		4	20s ea.		3	20s	
Reverse crunches	2	20s		3	20s		4	20s		3	20s	
Standing Cal Raises w/ DB	3	20s		4	20s		5	20s		4	20s	
DB Bicep Hammer Curls	3	20s		4	20s		5	20s		4	20s	
Step-Ups w/DB	3	20s ea.		4	20s ea.		5	20s ea.		4	20s	
Plank Series 1*	3	20s		4	20s		5	20s		4	20s	

USD Dance Team

Phase/Cycle: Off-season Cycle 2 Goal: General Physical Preparation (June): Overall RPE: 3.4 Moderate-Heavy												
	*See "Warm-ups & Stretches" tab											
	Week 1	Light	RPE: 2.5	Week 2	Moderate	RPE: 3.5	Week 3	Heavy	RPE: 4	Week 4	Moderate	RPE: 4.5
Day 1 Lower Body Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up *	1	see tab	1	1	see tab	1	1	see tab	1	1	see tab	1
Glute Activation Series 1*	1	see tab	1	1	see tab	1	1	see tab	1	1	see tab	1
*Write in how many reps accomplished with exercises starred***												
Tuck Jumps	2	20s on 10s of rest		3	20s		4	20s on 10s of rest		20s on 10s of rest	3	20s
Burpees	2	20s		3	20s		4	20s		3	20s	20s
Sumo Squats	2	20s		3	20s		4	20s		3	20s	20s
Alternating V-up Crunches***	2	20s		3	20s		4	20s		3	20s	20s
Elevated Pistol Squat	3	20s ea.		4	20s ea.		5	20s ea.		4	20s ea.	20s ea.
Banded Pull-Aparts	3	20s		4	20s		5	20s		4	20s	20s
Unilateral High Kicks	3	20s ea.		4	20s ea.		5	20s ea.		4	20s ea.	20s ea.
Abdominal Leg Lowers	3	20s		4	20s		5	20s		4	20s	20s
Day 2 Chest and Back Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up *	1	see tab	1	1	see tab	1	1	see tab	1	1	see tab	1
Lunge Series 1*	1	see tab	1	1	see tab	1	1	see tab	1	1	see tab	1
Box Jumps	2	20s		3	20s		4	20s		3	20s	20s
Unilateral Deadbugs *no reach back*	2	20s ea.		3	20s ea.		4	20s ea.		3	20s ea.	20s ea.
Push-Ups***	2	20s		3	20s		4	20s		3	20s	20s
Plank Rotations(R,M,L)	2	20s		3	20s		4	20s		3	20s	20s
Lunge w/Twist	3	20s ea.		4	20s ea.		5	20s ea.		4	20s ea.	20s ea.
Superman	3	20s		4	20s		5	20s		4	20s	20s
High Knees	3	20s		4	20s		5	20s		4	20s	20s
Chinnies	3	20s		4	20s		5	20s		4	20s	20s
Day 3 Upper Body Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up *	set(s)	see tab	1	1	see tab	1	1	see tab	1	1	see tab	1
Pole T-Spine*	1	see tab	1	1	see tab	1	1	see tab	1	1	see tab	1
DB Chop and Twist	2	20s ea.		3	20s ea.		4	20s ea.		3	20s ea.	20s ea.
Unilateral Bird Dogs	2	20s ea.		3	20s ea.		4	20s ea.		3	20s ea.	20s ea.
DB Chest Press	2	20s		3	20s		4	20s		3	20s	20s
Abdominal Bicycles	2	20s		3	20s		4	20s		3	20s	20s
Hip Thrusts	3	20s		4	20s		5	20s		4	20s	20s
Tricep Dips	3	20s		4	20s		5	20s		4	20s	20s
Walking Lunges w/DB press	3	20s		4	20s		5	20s		4	20s	20s
Plank Series 2*	3	20s		4	20s		5	20s		4	20s	20s

USD Dance Team

Phase/Cycle: Off-season Cycle 3 Goal: General Physical Preparation (July) Overall RPE: 3.4 Moderate-Heavy

	Week 1		Week 2		Week 3		Week 4		Week 5	
	Light	Moderate	Heavy	Moderate	Heavy	Moderate	Heavy	Moderate	Heavy	Moderate
	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)
Day 1 Lower Body Focus	1	see tab	1	see tab	1	see tab	1	see tab	1	see tab
Summer Warm-up*	1	see tab	1	see tab	1	see tab	1	see tab	1	see tab
Glute Activation Series 1*	1	see tab	1	see tab	1	see tab	1	see tab	1	see tab
*Write in how many reps accomplished with exercises starred ***										
Floor Touch Jump Squats	2	30s on 20s of rest	3	30s	4	30s	3	30s on 20s of rest	3	30s
Alternating Side Burpees	2	30s	3	30s	4	30s	3	30s	3	30s
Squat Push Press w/DB	2	30s	3	30s	4	30s	3	30s	3	30s
Sit-Ups *high volume reps* + ***	2	30s	3	30s	4	30s	3	30s	3	30s
Single-Leg Glute Bridges	3	30s ea.	4	30s ea.	5	30s ea.	4	30s ea.	4	30s ea.
Banded Front Raise + Pull-Aparts	3	30s	4	30s	5	30s	4	30s	4	30s
DB Single Leg Romanian Deadlift	3	30s ea.	4	30s	5	30s	4	30s	4	30s
Russian Twists with one leg bent and one leg straight	3	30s ea.	4	30s	5	30s	4	30s	4	30s
Day 2 Chest and Back Focus										
Summer Warm-up*	1	see tab	1	see tab	1	see tab	1	see tab	1	see tab
Lunge Series 1*	1	see tab	1	see tab	1	see tab	1	see tab	1	see tab
Vertical Squat Jumps*high volume reps*	2	30s	3	30s	4	30s	3	30s	3	30s
Alternating Leg and Arm Deadbugs	2	30s	3	30s	4	30s	3	30s	3	30s
Push-ups *high volume reps* + ***	2	30s	3	30s	4	30s	3	30s	3	30s
Cross-body mountain climbers	2	30s	3	30s	4	30s	3	30s	3	30s
Speed Skaters *high volume reps*	3	30s	4	30s	5	30s	4	30s	4	30s
2 Arm Bent Over Row w/DB	3	30s ea.	4	30s ea.	5	30s ea.	4	30s ea.	4	30s ea.
Alternating Forward to Lateral Lunges	3	30s	4	30s	5	30s	4	30s	4	30s
Alternating high-low Plank	3	30s	4	30s	5	30s	4	30s	4	30s
Day 3 Upper Body Focus										
Summer Warm-up*	1	see tab	1	see tab	1	see tab	1	see tab	1	see tab
Pole T-Spine*	1	see tab	1	see tab	1	see tab	1	see tab	1	see tab
Cycled Split Squat Jumps	2	30s	3	30s	4	30s	3	30s	3	30s
Alternated Bird Dogs w/pull in	2	30s	3	30s	4	30s	3	30s	3	30s
Single-Arm DB Snatch	2	30s ea.	3	30s ea.	4	30s ea.	3	30s ea.	3	30s ea.
Reverse Crunches w/Leg Lower	2	30s	3	30s	4	30s	3	30s	3	30s
Single-Leg Calf Raises	3	30s ea.	4	30s ea.	5	30s ea.	4	30s ea.	4	30s ea.
DB Bicep Curls to OH Press	3	30s	4	30s	5	30s	4	30s	4	30s
Step-Ups to Reverse Lunge w/DB	3	30s ea.	4	30s ea.	5	30s ea.	4	30s ea.	4	30s ea.
Plank Series 1*	3	30s	4	30s	5	30s	4	30s	4	30s

USD Dance Team

Phase/Cycle: Off-season Cycle 4 Goal: General Physical Preparation (August): Overall RPE: 3.75 Heavy

*See "Warm-ups & Stretches" tab	Week 1	Moderate	RPE: 3	Week 2	Moderate	RPE: 4	Week 3	Heavy	RPE: 5	Week 4	Moderate	RPE: 3
Day 1 Lower Body Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab	
Glute Activation Series 1*	1	see tab		1	see tab		1	see tab		1	see tab	
*Write in how many reps accomplished with exercises starred 3x(****)		30s on 10s of rest			30s on 10s of rest			30s on 10s of rest		30s on 10s of rest		
Tuck Jumps *high volume reps*	2	30s		3	30s		4	30s		3	30s	
Burpees w/ Push-up	2	30s		3	30s		4	30s		3	30s	
Sumo Squats	2	30s		3	30s		4	30s		3	30s	
V-Ups***	2	30s		3	30s		4	30s		3	30s	
Elevated Pistol Squat	3	30s ea.		4	30s ea.		5	30s ea.		4	30s ea.	
Banded Pull-Aparts	3	30s		4	30s		5	30s		4	30s	
Alternating High Kicks	3	30s ea.		4	30s ea.		5	30s ea.		4	30s ea.	
Abdominal Leg Lowers w/cross-over kicks	3	30s		4	30s		5	30s		4	30s	
Day 2 Chest and Back Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab	
Lunge Series 1*	1	see tab		1	see tab		1	see tab		1	see tab	
Depth Jumps	2	30s		3	30s		4	30s		3	30s	
Alternating Leg and Arm Deadbugs	2	30s ea.		3	30s ea.		4	30s ea.		3	30s ea.	
Push-Ups *high volume reps* + ***	2	30s		3	30s		4	30s		3	30s	
Plank Rotations	2	30s		3	30s		4	30s		3	20s	
Lunge w/Side Reach	3	30s ea.		4	30s ea.		5	30s ea.		4	30s ea.	
Superman	3	30s		4	30s		5	30s		4	30s	
High Knees *high volume reps*	3	30s		4	30s		5	30s		4	30s	
Chinnies *high volume reps*	3	30s		4	30s		5	30s		4	30s	
Day 3 Upper Body Focus	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab	
Pole T-Spine*	1	see tab		1	see tab		1	see tab		1	see tab	
DB Chop and Twist *increase load*	2	30s ea.		3	30s ea.		4	30s ea.		3	30s ea.	
Alternating Bird Dogs w/pull-in	2	30s ea.		3	30s ea.		4	30s ea.		3	30s ea.	
DB Chest Press *increase load*	2	30s		3	30s		4	30s		3	30s	
Abdominal Bicycles	2	30s		3	30s		4	30s		3	30s	
Hip Thrusts w/ DB	3	30s		4	30s		5	30s		4	30s	
Tricep Dips	3	30s		4	30s		5	30s		4	30s	
Walking Lunges w/DB press *increase load*	3	30s		4	30s		5	30s		4	30s	
Plank Series 2*	3	30s		4	30s		5	30s		4	30s	

USD Dance Team

Phase/Cycle: Pre-season Cycle 1 Goal: Strength-Endurance (September) Overall RPE: 2.5 Light											
*See "Warm-ups & Stretches" tab	Week 1	Very Light	RPE 2	Week 2	Moderate	RPE 3	Week 3	Moderate	RPE 3	Week 4	Very Light/De-load
Day 1	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps
Dynamic Warm-up 1*	1	see tab		1	see tab		1	see tab		1	see tab
Clean Bar Warm-up 1*	1	see tab		1	see tab		1	see tab		1	see tab
Muscle Hang Clean Pulls***	2	5	2	2	5	3	2	5	4	2	5
Deadbugs-alt. each leg	2	5 ea.		2	5 ea.		2	5 ea.		2	5 ea.
DB OH Press***	2	5	2	3	5	3	3	5	4	2	5
Cable Lat Pull Downs	2	5		3	5		3	5		2	5
Eccentric Glute Ham Raise w/Machine	2	8		3	8		3	8		2	8
TRX Inverted Row	2	8		3	8		3	8		2	8
Standing Hip Flexion to Low Hyperextension(The Running Man)	2	5 ea.		3	5 ea.		3	5 ea.		2	5 ea.
Plank Series 1*	2	8		3	8		3	8		2	8
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.
Day 2	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps
Dynamic Warm-up 2*	1	see tab		1	see tab		1	see tab		1	see tab
Glute Activation Series 1*	1	see tab		1	see tab		1	see tab		1	see tab
Overhead Medicine Ball Wall Throw***	2	5	2	2	5	3	2	5	4	2	5
Cable Pull Through	2	5		2	5		2	5		2	5 ea.
Deadlift***	2	5	2	3	5	3	3	5	4	2	5
Two Arm Loaded Carry w/DB	2	20 m		3	20 m		3	20 m		2	20 m
Seated Hamstring Curls	2	8		3	8		3	8		2	8
Assisted Eccentric(Jump) Chin-Ups	2	8		3	8		3	8		2	8
Squat Lateral w/Load	2	5 ea.		3	5 ea.		3	5 ea.		2	5 ea.
Seated Oblique (Russian) Twists w/Plate(heels on ground if need	2	8		3	8		3	8		2	8
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.
Day 3	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps
Dynamic Warm-up 3*	1	see tab		1	see tab		1	see tab		1	see tab
Lunge Series 1*	1	see tab		1	see tab		1	see tab		1	see tab
Overhead Squat Toss w/Medicine Ball***	2	5	2	2	5	3	2	5	4	2	5
Banded Monster Walks	2	20 m		2	20 m		3	20 m		2	20 m
Goblet Squat w/Load***	2	5	2	3	5	3	3	5	4	2	5
Hip Thrust w/Plate	2	5		3	5		3	5		2	5
RDL w/DBs	2	8		3	8		3	8		2	8
3 Point Bent-Over Row w/DB	2	8		3	8		3	8		2	8
Step-Ups to Reverse Lunge w/DB	2	5 ea.		3	5 ea.		3	5 ea.		2	5 ea.
Reverse Crunches w/Bench	2	8		3	8		3	8		2	8
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.

USD Dance Team

Phase/Cycle: Pre-season Cycle 2 Goal: Strength-Endurance (October) Overall RPE: 3.5 Moderate

	Week 1	Light	Reps	RPE(Ex w/****)	Week 2	Moderate	Reps	RPE(Ex w/****)	Week 3	Moderate	Reps	RPE(Ex w/****)	Week 4	Light/Deload	RPE(Ex w/****)
Day 1															
*See "Warm-ups & Stretches" tab	set(s)	reps		RPE(Ex w/****)	set(s)	reps		RPE(Ex w/****)	set(s)	reps		RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)
Dynamic Warm-up 1*	1	see tab			1	see tab			1	see tab			1	see tab	
Clean Bar Warm-up 2*	1	see tab			1	see tab			1	see tab			1	see tab	
Muscle Hang Clean***	2	5			2	5			2	5			2	5	
Birddogs-alt. each leg	2	5 ea.			2	5 ea.			2	5 ea.			2	5 ea.	
Barbell OH Press***	2	5			3	5			3	5			2	5	
Isolated Lat Pull-downs	2	5-5-5-5			3	5-5-5-5			3	5-5-5-5			2	5-5-5-5	
Glute Ham Raise w/Machine	3	8			3	10			3	10			3	8	
TRX Inverted Row w/Eccentric Control(3-2-1 tempo)	3	8			3	10			3	10			3	8	
Standing Hip Flexion to Low Hyperextension *elevate foot on pad*	3	5 ea.			3	5 ea.			3	5 ea.			3	5 ea.	
Plank Series 2*	3	see tab			3	see tab			3	see tab			3	see tab	
Cool-Down & Stretching*															
Day 2															
Dynamic Warm-up 2*	set(s)	reps		RPE	set(s)	reps		RPE	set(s)	reps		RPE	set(s)	reps	RPE
Lunge Series 2*	1	see tab			1	see tab			1	see tab			1	see tab	
Rotational Throws w/Medicine Ball against wall***	1	see tab			1	see tab			1	see tab			1	see tab	
Kettlebell Swings	2	5			2	5			2	5			2	5	
Deadlift*** *Increase load*	2	5			3	5			3	5			3	5	
Two Arm Loaded Carry w/DB *Increase load*	2	20 m			2	20 m			2	20 m			2	20 m	
Hamstring Curls w/roller	3	8			3	10			3	10			3	8	
Assisted Chin-Ups	3	8			3	10			3	10			3	8	
Alternated Lateral Lunge w/load	3	5 ea.			3	5 ea.			3	5 ea.			3	5 ea.	
Seated Oblique(Russian) Twists w/plate *Increase load*	3	10 ea.			3	10 ea.			3	10 ea.			3	8	
Cool-Down & Stretching*	1	20s ea.			1	20s ea.			1	20s ea.			1	20s ea.	
Day 3															
Dynamic Warm-up 3*	set(s)	reps		RPE	set(s)	reps		RPE	set(s)	reps		RPE	set(s)	reps	RPE
Glute Activation Series 2*	1	see tab			1	see tab			1	see tab			1	see tab	
Medicine Ball Slams***	2	5			2	5			2	5			2	5	
Banded Lateral Walk	2	20 m			2	20 m			2	20 m			2	20 m	
Front Squat w/Barbell***	2	5			3	5			3	5			2	5	
Hip Thrust w/Barbell	2	5			3	5			3	5			2	5	
Barbell RDL w/supinated grip	3	8			3	10			3	10			3	8	
Barbell Bent-Over Row	3	8			3	10			3	10			3	8	
Step-Ups to Lateral Lunge w/DB	3	5 ea.			3	5 ea.			3	5 ea.			3	5 ea.	
Hanging Abdominal Crunches	3	8			3	10			3	10			3	8	
Cool-Down & Stretching*	1	20s ea.			1	20s ea.			1	20s ea.			1	20s ea.	

USD Dance Team

Phase/Cycle: Pre-season Cycle 3 Goal: Strength-Endurance (November) Overall RPE: 4.25 Heavy

	Week 1	Moderate	RPE: 4	Week 2	Heavy	RPE: 4.5	Week 3	Heavy	RPE: 4.5	Week 4	Moderate/De-load	RPE: 4
Day 1	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)
Dynamic Warm-up 1*	1	see tab		1	see tab		1	see tab		1	see tab	
Clean Bar Warm-up 1*add small amount of weight*	1	see tab		1	see tab		1	see tab		1	see tab	
Muscle Hang Clean***	2	5		3	5		3	5		2	5	
Bird dogs- alt. each leg	2	5 ea.		3	5 ea.		3	5 ea.		2	5 ea.	
Barbell OH Press***	3	5		3	6		3	6		3	5	
Isolated Lat Pull-downs	2	5-5-5-5		3	5-5-5-5		3	5-5-5-5		2	5-5-5-5	
Glute Ham Raise	3	10		3	12		3	12		3	10	
TRX Inverted Row w/ Eccentric Control	3	10		3	12		3	12		3	10	
Standing Hip Flexion to Low Hyperextension *elevate foot on pad/load	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.	
Plank Series 2*	3	see tab		3	see tab		3	see tab		3	see tab	
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.	
Day 2	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE
Dynamic Warm-up 2*	1	see tab		1	see tab		1	see tab		1	see tab	
Glute Activation Series 1*add load*	1	see tab		1	see tab		1	see tab		1	see tab	
Unilateral Rotational Throws w/ Medicine Ball w/partner***	2	5		3	5		3	5		2	5	
Kettlebell Swings	2	5		3	5		3	5		2	5	
Deadlift*** *Increase load*	3	5		3	6		3	6		3	5	
Two Arm Loaded Carry w/DB *Maintain load*	2	20 m		2	30 m		2	30 m		2	20 m	
Single-Leg Hamstring Curls w/roller	3	10		3	12		3	12		3	10	
Assisted Chin-Ups	3	10		3	12		3	12		3	10	
Alternated Lateral Lunge into Cross-Over Lunge w/load	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.	
Seated Oblique (Russian) Twists w/plate *Maintain load*	3	10 ea.		3	12 ea.		3	12 ea.		3	10 ea.	
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.	
Day 3	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE
Dynamic Warm-up 3*	1	see tab		1	see tab		1	see tab		1	see tab	
Lunge Series 1*add load*	1	see tab		1	see tab		1	see tab		1	see tab	
Rotational Medicine Ball Slams***	2	5		3	5		3	5		2	5	
Banded Lateral Walk	2	20 m		2	30 m		2	30 m		2	20 m	
Front Squat w/Barbell***	3	5		3	6		3	6		3	5	
Hip Thrust w/Barbell	2	5		3	5		3	5		2	5	
RDL w/Barbell	3	10		3	12		3	12		3	10	
Barbell Bent-Over Row	3	10		3	12		3	12		3	10	
Step-Ups to Lateral Lunge w/DB *Increase load*	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.	
Hanging Rotated Knee Raise	3	10		3	12		3	12		3	10	
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.	

USD Dance Team

USD Dance Team

Phase/Cycle: Transition Cycle 1 Goal: General Physical Preparation (December): Overall RPE: 3.75 Heavy																
*See "Warm-ups & Stretches" tab																
	Week 1	Moderate	RPE: 3	Week 2	Moderate	RPE: 4	Week 3	Heavy	RPE: 5	Week 4	Moderate	RPE: 3				
	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done	set(s)	reps	reps done				
Day 1 Lower Body Focus	1	see tab		1	see tab		1	see tab		1	see tab					
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab					
Glute Activation Series 1*																
*Write in how many reps accomplished with exercises starred 3x(***)		30s on 10s of rest			30s on 10s of rest			30s on 10s of rest		30s on 10s of rest						
Tuck Jumps *high volume reps*	2	30s		3	30s		4	30s		3	30s					
Burpees w/ Push-up	2	30s		3	30s		4	30s		3	30s					
Sumo Squats	2	30s		3	30s		4	30s		3	30s					
V-Ups***	2	30s		3	30s		4	30s		3	30s					
Elevated Pistol Squat	3	30s ea.		4	30s ea.		5	30s ea.		4	30s ea.					
Banded Pull-Aparts	3	30s		4	30s		5	30s		4	30s					
Alternating High Kicks	3	30s ea.		4	30s ea.		5	30s ea.		4	30s ea.					
Abdominal Leg Lowers w/cross-over kicks	3	30s		4	30s		5	30s		4	30s					
Day 2 Chest and Back Focus																
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab					
Lunge Series 1*	1	see tab		1	see tab		1	see tab		1	see tab					
Depth Jumps	2	30s		3	30s		4	30s		3	30s					
Alternating Leg and Arm Deadbugs	2	30s ea.		3	30s ea.		4	30s ea.		3	30s ea.					
Push-Ups *high volume reps* + ***	2	30s		3	30s		4	30s		3	30s					
Plank Rotations	2	30s		3	30s		4	30s		3	20s					
Lunge w/Side Reach	3	30s ea.		4	30s ea.		5	30s ea.		4	30s ea.					
Superman	3	30s		4	30s		5	30s		4	30s					
High Knees *high volume reps*	3	30s		4	30s		5	30s		4	30s					
Chinnies *high volume reps*	3	30s		4	30s		5	30s		4	30s					
Day 3 Upper Body Focus																
Summer Warm-up*	1	see tab		1	see tab		1	see tab		1	see tab					
Pole T-Spine*	1	see tab		1	see tab		1	see tab		1	see tab					
DB Chop and Twist *increase load*	2	30s ea.		3	30s ea.		4	30s ea.		3	30s ea.					
Alternating Bird Dogs w/pull-in	2	30s ea.		3	30s ea.		4	30s ea.		3	30s ea.					
DB Chest Press *increase load*	2	30s		3	30s		4	30s		3	30s					
Abdominal Bicycles	2	30s		3	30s		4	30s		3	30s					
Hip Thrusts w/ DB	3	30s		4	30s		5	30s		4	30s					
Tricep Dips	3	30s		4	30s		5	30s		4	30s					
Walking Lunges w/DB press *increase load*	3	30s		4	30s		5	30s		4	30s					
Plank Series 2*	3	30s		4	30s		5	30s		4	30s					

USD Dance Team

Phase/Cycle: In-season Cycle 1 Goal: Strength (January) Overall RPE: 1.75 Light												
*See "Warm-ups & Stretches" tab	Week 1	Very Light	RPE: 1.5	Week 2	Light	RPE: 2	Week 3	Light	RPE: 2	Week 4	Very Light/De-load	RPE: 1.5
Day 1												
Dynamic Warm-up 1*	1	see tab		1	see tab		1	see tab		1	see tab	
Clean Bar Warm-up 2*	1	see tab		1	see tab		1	see tab		1	see tab	
Muscle Hang Clean Pulls***	2	3		3	3		3	3		2	3	
Deadbugs-alt. each leg	2	5 ea.		3	5 ea.		3	5 ea.		2	5 ea.	
DB OH Press***	3	3		4	3		4	3		3	3	
Lat Pull Downs	3	3-3-3-3		4	3-3-3-3		4	3-3-3-3		3	3-3-3-3	
Eccentric Glute Ham Raise	3	6		3	8		3	8		3	6	
TRX Inverted Row	2	6		2	8		2	8		2	6	
The Running Man Gluteus Maximus w/BW	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.	
Plank Series 1*	2	6		2	8		2	8		2	6	
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.	
Day 2												
Dynamic Warm-up 2*	1	see tab		1	see tab		1	see tab		1	see tab	
Lunge Series 2*	1	see tab		1	see tab		1	see tab		1	see tab	
Medicine Ball Wall Throw***	2	3		3	3		3	3		2	3	
Cable Pull Through	2	5		3	5		3	5		2	5	
Deadlift***	3	3		4	3		4	3		3	3	
One Arm Loaded Carry(Suitcase carry) w/DB	2	20 m ea.		2	20 m ea.		2	20 m ea.		2	20 m ea.	
Seated Hamstring Curls	3	6		3	8		3	8		3	6	
Assisted Chin-Ups	2	6		2	8		2	8		2	6	
Squat Lateral w/load	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.	
Seated Russian Twists w/plate(heels elevated)	2	5 ea.		2	8 ea.		2	8 ea.		2	5 ea.	
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.	
Day 3												
Dynamic Warm-up 3*	1	see tab		1	see tab		1	see tab		1	see tab	
Glute Activation Series 2*	1	see tab		1	see tab		1	see tab		1	see tab	
Overhead Squat Toss w/Medicine Ball***	2	3		3	3		3	3		2	3	
Banded Monster Walks	2	20 m		2	20 m		2	20 m		2	20 m	
Goblet Squat w/Load***	3	3		4	3		4	3		3	3	
Hip Thrust w/Plate	3	3		4	3		4	3		3	3	
RDL w/DB	3	6		3	8		3	8		3	6	
3 Point Bent-Over Row w/DB	2	6		2	8		2	8		2	6	
Step Ups to Reverse Lunge w/DB	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.	
Reverse Crunches w/Bench	2	5		2	8		2	8		2	6	
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.	

USD Dance Team

Phase/Cycle: In- season Cycle 2 Goal: Strength (February) Overall RPE: 2.5 Light											
*See "Warm-ups & Stretches" tab *	Week 1	Light	RPE: 2	Week 2	Moderate	RPE: 3	Week 3	Moderate	RPE: 3	Week 4	Light/De-load
Day 1	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps
Dynamic Warm-up 1*	1	see tab		1	see tab		1	see tab		1	see tab
Clean Bar Warm-up 1*	1	see tab		1	see tab		1	see tab		1	see tab
Muscle Hang Clean***	4	3		5	3		5	3		4	3
Bird dogs-alt. each leg	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.
Barbell OH Press***	4	3		5	3		5	3		4	3
Isolated Lat Pull-downs	4	3-3-3-3		5	3-3-3-3		5	3-3-3-3		4	3-3-3-3
Glute Ham Raise	3	8		3	10		3	10		3	8
TRX Inverted Row w/ Eccentric Control	2	8		2	10		2	10		2	8
The Running Man Gluteus Maximus *elevated on pad*	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.
Plank Series 2*	2	see tab		2	see tab		2	see tab		2	see tab
Cool-Down & Stretching	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.
Day 2	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps
Dynamic Warm-up 2*	1	see tab		1	see tab		1	see tab		1	see tab
Glute Activation Series 1*	1	see tab		1	see tab		1	see tab		1	see tab
Medicine Ball Rotational Throw***	4	3		5	3		5	3		4	3
Kettlebell Swings	3	5		3	6		3	6		3	5
Deadlift *Increase load**+***	4	3		5	3		5	3		4	3
One Arm Loaded Carry w/DB *Increase load*	2	20 m ea.		3	20 m ea.		3	20 m ea.		2	20 m ea.
Hamstring Curls w/roller	3	8		3	10		3	10		3	8
Assisted Chin-Ups	2	8		2	10		2	10		2	8
Alternated Lateral Lunge w/load	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.
Seated Russian Twists w/plate *Increase load*	2	8 ea.		2	10 ea.		2	10 ea.		2	8 ea.
Cool-Down & Stretching	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.
Day 3	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps
Dynamic Warm-up 3*	1	see tab		1	see tab		1	see tab		1	see tab
Lunge Series 1*	1	see tab		1	see tab		1	see tab		1	see tab
Unilateral Rotational Throws w/Medicine Ball***	4	3		5	3		5	3		4	3
Banded Lateral Walk	2	20 m		3	20 m		3	20 m		2	20 m
Front Squat w/Barbell***	4	3		5	3		5	3		4	3
Hip Thrust w/Barbell	4	3		5	3		5	3		4	3
Barbell RDL w/Supinated Grip	3	8		3	10		3	10		3	8
Barbell Bent-Over Row	2	8		2	10		2	10		2	8
Step Ups to Lateral Lunge w/DB	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.
Hanging Abdominal Crunches	2	8		2	10		2	10		2	8
Cool-Down & Stretching	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.

USD Dance Team

Phase/Cycle: In-season Cycle 3 Goal: Strength (March) Overall RPE: 3.25 Moderate													
	Week 1	Moderate	RPE: 3	Week 2	Moderate	RPE: 3.5	Week 3	Moderate	RPE: 3.5	Week 4	Moderate/De-load	RPE: 3	
Day 1													
Dynamic Warm-up 1*	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	
Clean Bar Warm-up 2*add small amount of weight*	1	see tab		1	see tab		1	see tab		1	see tab		
Muscle Hang Clean***	4	3		5	3		5	3		4	3		
Bird-dogs-alt. each leg	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.		
Barbell OH Press***	4	3		5	3		5	3		4	3		
Isolated Lat Pull-downs	4	3-3-3-3		5	3-3-3-3		5	3-3-3-3		4	3-3-3-3		
Glute Ham Raise	3	10		3	12		3	12		3	10		
TRX Inverted Row w/Eccentric Control	2	10		2	12		2	12		2	10		
The Running Man Gluteus Maximus *elevated on pad +load	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.		
Plank Series 2*	2	see tab		2	see tab		2	see tab		2	see tab		
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.		
Day 2													
Dynamic Warm-up 2*	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	
Lunge Series 1*add load*	1	see tab		1	see tab		1	see tab		1	see tab		
Medicine Ball Rotational Throw***	4	3		5	3		5	3		4	3		
Kettlebell Swings	3	5		3	6		3	6		3	5		
Deadlift *Increase load*+***	4	3		5	3		5	3		4	3		
One Arm Loaded Carry w/DB *Maintain load*	2	20 m ea.		3	20 m ea.		3	20 m ea.		2	20 m ea.		
Single-Leg Hamstring Curls w/roller	3	10		3	12		3	12		3	10		
Assisted Chin-Ups	2	10		2	12		2	12		2	10		
Alternated Lateral Lunge into Cross-Over Lunge w/load	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.		
Seated Russian Twists w/plate *Maintain load*	2	10 ea.		2	12 ea.		2	12 ea.		2	10 ea.		
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.		
Day 3													
Dynamic Warm-up 3	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	
Glute Activation Series 1*add load*	1	see tab		1	see tab		1	see tab		1	see tab		
Unilateral Rotational Throws w/Medicine Ball***	3	5		3	5		3	5		3	5		
Banded Lateral Walk	2	20 m		3	20 m		3	20 m		2	20 m		
Front Squat w/Barbell***	4	3		5	3		5	3		4	3		
Hip Thrust w/Barbell	4	3		5	3		5	3		4	3		
RDL w/Barbell	3	10		3	12		3	12		3	10		
Barbell Bent-Over Row	2	10		2	12		2	12		2	10		
Step Ups to Lateral Lunge w/DB *Increase load*	3	5 ea.		3	5 ea.		3	5 ea.		3	5 ea.		
Hanging Rotated Knee Raise	2	10		2	12		2	12		2	10		
Cool-Down & Stretching*	1	20s ea.		1	20s ea.		1	20s ea.		1	20s ea.		

USD Dance Team

Phase/Cycle: Post-season Cycle 1 Goal: Recovery (April) Overall RPE: 1.5 Light

*See "Warm-ups & Stretches"	Week 1	Very Light	RPE: 1	Week 2	Light	RPE: 2	Week 3	Light	RPE: 2	Week 4	Very Light	RPE: 1
Day 1												
Recovery Warm-up*	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)	set(s)	reps	RPE(Ex w/****)
Clean Bar Warm-up 1* + Glute Activation Series 1*	1	see tab		1	see tab		1	see tab		1	see tab	
Muscle Hang Clean***	2	3		3	3		4	3		2	3	
Birddogs-alt. each leg	2	5 ea.		3	5 ea.		4	5 ea.		2	5 ea.	
Barbell OH Press***	2	3		3	3		4	3		2	3	
Isolated Lat Pull-downs	2	5-5-5-5		3	5-5-5-5		4	5-5-5-5		2	5-5-5-5	
Glute Ham Raise	3	6		4	6		5	6		3	6	
TRX Inverted Row w/Eccentric Control	3	6		4	6		5	6		3	6	
Step ups to Lateral Lunge w/DB	3	5 ea.		4	5 ea.		5	5 ea.		3	5 ea.	
Plank Series 2*	3	see tab		4	see tab		5	see tab		3	see tab	
Cool-Down & Static Stretches*	2	20 s ea.		2	20 s ea.		2	20 s ea.		2	20 s ea.	
Day 2												
Recovery Warm-up*	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE	set(s)	reps	RPE
Glute Activation Series 2*	1	see tab		1	see tab		1	see tab		1	see tab	
Unilateral Rotational Throws w/Medicine Ball***	1	see tab		1	see tab		1	see tab		1	see tab	
Banded Lateral Walk	2	3		3	3		4	3		2	3	
Front Squat w/Barbell***	2	10 m		3	10 m		4	10 m		2	10 m	
Hip Thrust w/Barbell	2	3		3	3		4	3		2	3	
Barbell RDL w/Supinated Grip	3	6		4	6		4	6		3	6	
Barbell Bent-Over Row	3	6		4	6		4	6		3	6	
The Running Man w/load	3	5 ea.		4	5 ea.		5	5 ea.		3	5 ea.	
Hanging Abdominal Crunches	3	6		4	6		5	6		3	6	
Cool-Down & Static Stretches*	2	20 s ea.		2	20 s ea.		2	20 s ea.		2	20 s ea.	

Appendix C

Warm-Up and Cool-Down

Summer and Recovery Warm-up:
Light jog- 20 yards
Walking Knee Hugs- 20 yards
Walking cradle stretch-20yds
Walking quad stretch with reach-20yds
Walking hamstring stretch(like calf stretch against wall)-20 yards
Walking knee extension-20 yards
Karaoke-20 yards
Side Lunges-20 yards
Skip with arm circles-20 yards
Straight legged kicks-20 yards
Inchworm- 20 yards
Light Jog- 20 yards
Cool-Down & Static Stretches(Go through once on one side, then switch sides the second time)
Standing Hamstring and Quad Stretch(Hug knee, then rotate to hold ankle)
5 Deep Sumo Squats
Low Lunge w/ variations(elbow+knee extended, elbow+knee on ground, 3 spinal rotations toward leg, open back and arms point up)
Hamstring Stretch on knee(rock back from low lunge and grab toes)
Seated Twist(pull in knee from low lunge)
Alternating Low Side Lunges
Seated butterfly, one leg pike, two leg pike
Cross-Over Knee(pull in to supine for a deeper stretch)
Optional -Supine PNF Hamstring Stretch w/yoga strap (Stretch for 20s; Resist for 5s)
Optional-Foam roll posterior chain from feet to upper back; Quads; Side body

Dynamic Warm-up 1	High knees for 30 s
	Butt Kicks for 30s
	High Kicks for 30 s
	Body Weight Squats x 10
	Alternating forward lunges with twist x 10
	Glute Bridges x 10
Dynamic Warm-up 2	Walking Knee Lifts-down room or 12 each leg
	Walking Ankle grabs-back to start
	Walking lunges-down room
	Inchworms-back to start
	Straight-Leg March-down room
	Shuffles leading with left-back to start
	Shuffles leading with right-down room
	Light jog-back to start
Dynamic Warm-up 3	Walking lunges-down room
	Walking lunges with twist-back to start
	Pivoting lateral lunges-down room
	Hamstring Scoops-back to start
	Karaoke leading left-down room
	Karaoke leading right-back to start
	Forward Skipping with arm circling-down room
	Backward Skipping with reverse arm circling-back to start
Lunge Series 1(bodyweight):	Alternating forward lunge x5 each side
	Alternating backward lunge x5 each side
	Lateral lunge x5, repeat on alternate side
	45 degree lunge(split squat) x5 each side
	Step back lunge to 45 degree-maintaining torso facing extended leg
Lunge Series 2(bodyweight)	Alternating forward lunge x5 each side
	Alternating backward lunge x5 each side
	Forward Lunge with Elbow to Instep x 5 each side
	Reverse Lunge with OH Side Reach x 5 each side
	Forward lunges with transverse twist x 5 each side

Clean Bar Warm-up 1 (barbell no added weight)	Shoulder shrugs(elevation & depression)x5
	RDL x 5
	Bent over row x 5
	Muscle Hang cleans x5
	Overhead press from ending clean position x 5
	Front Split Squat x 5
Clean Bar Warm-up 2 (barbell no added weight)	Shoulder shrugs(elevation & depression)x5
	RDL x 5
	Bent over row x 5
	Muscle Hang cleans x5
	Reverse lunges x 5
	Front squat x 5
Glute Activation Series 1	Glute Bridges x 10
	Single Legged Hip Bridges x 10 ea.
	On floor and side/leg controlled leg raises(adduction/abduction) x 10 ea.
	On floor and side/leg Clamshells(hip external and internal rotation) x 10 ea.
Glute Activation Series 2	Glute Bridges x 10
	Single Legged Hip Bridge x 10 ea.
	Sit Thru to Thoracic Bridge x5 ea.(10 total)
	Donkey Kicks x 5 ea.(10 total)
Pole T-Spine	
	With assist of the wall or a pole structure to hold, sink into a deep squat and rotate upper and arm and torso backward with gaze following hand
	Switch from one side to the other after 5 times.

Abdominal Series:1	Abdominal Series:2
Plank Series 1: 15s each	Plank Series 2: 20s each
High Plank	High Plank
Hand Lifts	High to Low and Low to High(forearm,forearm,hand,hand)
High Plank	Forearm Plank
Shoulder Taps	Alternated Leg Raise Plank(Forearm)
High Plank	High to Low and low to high(forearm,forearm,hand,hand)
Plank Jacks	High Plank
High Plank	Mountain Climbers
High Side Plank(R/L)	High Side Plank(R/L) w/Rotation
High Side Plank(R/L)	High Side Plank(R/L) w/Rotation

Appendix D

Rate of Perceived Exertion

Quantity	Rate of Perceived Exertion	Description: *Ex=Exercise in program*
1	Very Light	Comfortable weight; Could do another 4 reps
2	Light	Starting to get at challenging weight; Could do another 3 reps
3	Moderate(Somewhat Heavy)	Challenging weight; Could do another 2 reps
4	Heavy	Uncomfortable weight; Could do 1 more rep
5	Very Heavy(Max)	Max Effort; Could not do another rep