

Stony Brook ACL Program Phase 1

Contact info

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DAY 1

Exercise	Wk1		Wk2	
A1) Snap Down+Vertical Jump	3x4		3x5	
B1) Fwd Hurdle Hops	3x4		3x5	
C1) 4-cone deceleration drill 75% intensity	4x		5x	
D1) Eccentric Squat (3s down)	3x8		4x8	
D2) Eccentric Standing Hip Hinge (3s down)	3x8		4x8	
E1) Eccentric Split Squat (3s down)	3x8		4x8	
E2) Eccentric Glute Bridge	3x8		4x8	
Date				

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DAY 2

Exercise	Wk1		Wk2	
A1) Snap Down+Side Hurdle Hop	3x3		4x3	
B1) Snap Down+90 Degree Hurdle Hop	3x3		4x3	
C1) In-Place Skater Drill	3x5		4x5	
D1) Pause Squat (3s hold at bottom)	3x8		4x8	
D2) Pause Standing Hip Hinge (3s at bottom)	3x8		4x8	
E1) PauseSplit Squat (3s at bottom)	3x8		4x8	
E2) Pause Glute Bridge (3s hold at top)	3x8		4x8	
Date				