

## Stony Brook ACL Program Phase 2

**Contact info**

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**DAY 1**

Exercise	Wk1		Wk2	
A1) Snap Down+Tuck Jump	3x4		3x5	
B1) SL Broad Jump to DL Land	3x3		3x4	
C1) 4-cone deceleration drill (around cone)	4x		5x	
D1) Iso pulsing squat	3x20s		3x30s	
D2) Eccentric SL RDL (3s down)	3x8		4x8	
E1) Reverse Lunge	3x8		4x8	
E2) SL Glute Bridge Iso Hold	3x20s		4x20s	
Date				

## Stony Brook ACL Program Phase 2

**DAY 2**

Exercise	Wk1		Wk2	
A1) Lateral Hurdle Hop+Vertical Jump	3x3		4x3	
B1) 90 Degree Hurdle Hop+Tuck Jump	3x3		4x3	
C1) Skaters+Cross Over Run	3x each direction		4x each direction	
D1) Staggered Stance Squat	3x5each		4x5each	
D2) Pause SL RDL (3s pause at top)	3x8		4x8	
E1) Drop Step Lunge	3x8		4x8	
E2) Walking Glute Bridge	3x20s		4x20s	
Date				