

Stony Brook ACL Program Phase 3

Contact info

George Greene: George.Greene@Stonybrook.edu

Twitter and Instagram: @greenestrength

DAY 1

Exercise	Wk1		Wk2	
A1) DL Tuck Jump+SL Land 1min rest	3x3		4x3	
B1) Repeat Broad Jumps 1min rest	3x3		4x3	
C1) Reactive deceleration drill (Color or # call outs) 1min rest	4x		5x	
D1) Eccentric RFE Split Squats 1min rest	3x6		4x6	
D2) Eccentric SL RDL+Knee Drive (3s down) 1 min rest	3x8		4x8	
E1) Iso Cross Under Lunge 1 min rest	4x20s		4x25s	
E2) Nordic Leg Curls 1min rest	4x3		4x4	
Date				

Stony Brook ACL Program Phase 3

DAY 2

Exercise	Wk1		Wk2	
A1) Lateral and Medial SL Hurdle Hops 1min rest	3x3		4x3	
B1) Repeat 90 Degree Hurdle Hop 1min rest	3x3		4x3	
C1) Reactive Shuffle Drill (Color or # call outs) 1min rest	3x each direction		4x each direction	
D1) Lateral Lunge 1min rest	3x8each		4x8each	
D2) Pause SL RDL (3s pause at top)+Knee Drive 1 min rest	3x8		4x8	
E1) Cross Under Lunge 1 min rest	3x8		4x8	
E2) Nordic Leg Curls 1min rest	4x3		4x4	
Date				