

Section 3

Exercises 1-20

Exercise #1 Workout Summary

The final holding position for the right leg is shown in Figure 3-1a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 3-1b.



Figure 3-1a. Final holding position for right leg.



Figure 3-1b. Final holding position for left leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #1

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The exercises demonstrated in this program are meant to be physically challenging so if you find that your initial attempt with an exercise is too easy, you can either take an extra step away from the pole to further stretch the band, use a band with a higher resistance level, or use two or more bands at the same time. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.

Muscles Trained: Hip Flexors (Figure 1-15, page 15); Knee Extensors (Figure 1-15, page 15).

Exercise #2 Workout Summary

The final holding position for the left leg is shown in Figure 3-2a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right leg as shown in Figure 3-2b.

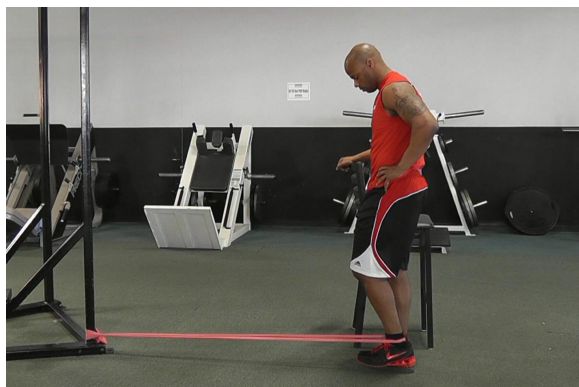


Figure 3-2a. Final holding position for left leg.



Figure 3-2b. Final holding position for right leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #2

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The key to this exercise is to keep the ankle that is off the ground, dorsiflexed. This means your foot and toes are flexing up and back towards your shin. This helps prevent too much knee flexion (as in performing a leg curl) and forces the hamstring muscles to function more as hip extensors rather than knee flexors. 2) Use a watch or a clock with a clearly visible second hand so that you can accurately time your exercises. 3) To increase the resistance, either shorten the band, use two or more bands together, or move away from the pole a little further.

Muscles Trained: Hip Extensors (Figure 1-16, page 15); Knee Flexors (Figure 1-16, page 15).

Exercise #3 Workout Summary

The final holding position for the right leg is shown in Figure 3-3a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 3-3b.



Figure 3-3a. Final holding position for right leg.



Figure 3-3b. Final holding position for left leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #3

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The most important aspect of this, and all of the exercises, is to hold and maintain the final position for 10-15 seconds using between 70-80% of your maximum strength; this is the key to your speed training success. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train. 3) Try not to let the band slide too far up your leg while performing this exercise.

Muscles Trained: Hip Adductors (Figure 1-15, page 15).

Exercise #4 Workout Summary

The final holding position for the left leg is shown in Figure 3-4a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right leg as shown in Figure 3-4b.



Figure 3-4a. Final holding position for left leg.



Figure 3-4b. Final holding position for right leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #4

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) Remember to always train within the physical limits of the band. What this means is no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on "How to increase resistance" and use of the methods presented there. 2) If you experience any abnormal discomfort during these exercises, ease off just a little bit. If the discomfort persists, consult with your physician before continuing.

Muscles Trained: Hip Abductors (Figure 1-16, page 15).

Exercise #5 Workout Summary

The final holding position for the left leg is shown in Figure 3-5a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right leg as shown in Figure 3-5b.



Figure 3-5a. Final holding position for left leg.

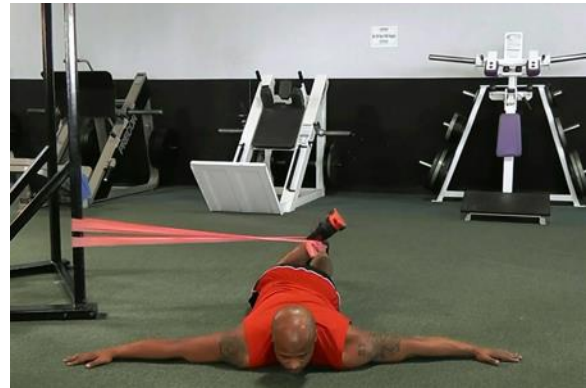


Figure 3-5b. Final holding position for right leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #5

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The reference point for this exercise is the front of the thigh that is seen touching the ground. As the foot crosses over the midline of the body, the front of the thigh is turned outward, away from the midline. This action is external, or lateral, rotation of the thigh and is caused by the external, or lateral, hip rotator muscles. 2) Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises because this may cause a sudden increase in blood pressure and/or light-headedness. 3) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises.

Muscles Trained: External Hip Rotators (Figures 1-17 and 1-18, page 16).

Exercise #6 Workout Summary

The final holding position for the right leg is shown in Figure 3-6a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 3-6b.



Figure 3-6a. Final holding position for left leg.



Figure 3-6b. Final holding position for left leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #6

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The reference point for this exercise is the front of the thigh that is seen touching the ground. As the foot moves away from the midline of the body, the front of the thigh is turned inward, toward the midline. This action is internal, or medial, rotation of the thigh and is caused by the internal, or medial, hip rotator muscles. 2) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises. 3) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.

Muscles Trained: Internal Hip Rotators (Figure 1-16, page 15).

Exercise #7 Workout Summary

The final holding position for the right leg is shown in Figure 3-7a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 3-7b.



Figure 3-7a. Final holding position for left leg.

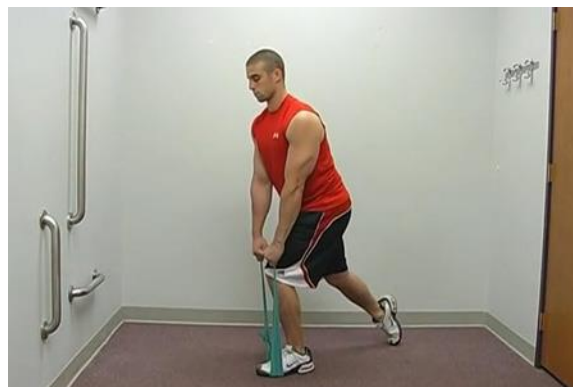


Figure 3-7b. Final holding position for left leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #7

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) Keep your back as straight as possible throughout the exercise. 2) Make sure you do not lock your knee out. 3) Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the exercise band should still be capable of stretching a little further. If the band is stretched to its maximum, you will essentially turn the band into a static rope or cable, incapable of returning any hyper-elastic force back; this greatly reduces its effectiveness.

Muscles Trained: Hip Extensors (Figure 1-16, page 15); Knee Extensors (Figure 1-15, page 15).

Exercise #8 Workout Summary

The final holding position for the right leg is shown in Figure 3-8a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left leg as shown in Figure 3-8b.



Figure 3-8a. Final holding position for left leg.



Figure 3-8b. Final holding position for left leg.

Repeat this process one more time giving you a total of two reps for the right leg and two for the left as shown in the table below:

Exercise #8

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) When you step forward to stretch the band during this exercise, it may be helpful to keep your foot (the one with the band around its ankle) in contact with the ground and *inch your foot forward with your toes*. Since the resistance in the band is relatively strong in this setup (4 times its original resistance), this should help you stretch the band further than if you were to simply try and raise your leg off the ground and place it out in front of you. The ankle joint has a small range of motion and this allows for powerful leverage to occur through your calf muscles consequently, you will need a lot of resistance in the band even before you raise up on your toes for this exercise to be effective. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.

Muscles Trained: Ankle Plantar-flexors (Figure 1-16, page 15).

Exercise #9 Workout Summary

The final holding position while rotated left is shown in Figure 3-9a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed while rotated right as shown in Figure 3-9b.



Figure 3-9a. Final hold position rotated left.



Figure 3-9b. Final hold position rotated right.

Repeat this process one more time giving you a total of two reps while rotated to the right and two while rotated to the left as shown in the table below:

Exercise #9

Rotate Right	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Left	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Right	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Left	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The exercises demonstrated in this program are meant to be physically challenging so if you find that your initial attempt with an exercise is too easy, you can either take an extra step away from the pole to further stretch the band, use a band with a higher resistance level, or use two or more bands at the same time. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest. 2) If you experience any abnormal discomfort during these exercises, ease off just a little bit. If the discomfort persists, consult with your physician before continuing.

Muscles Trained: External Hip Rotators (Figure 1-17 & 1-18, page 16); Lateral Spine Rotators (Figure 1-19 & 1-20, page 16); Anterior Deltoid, (Figure 1-21, page 16); Shoulder Joint Movers (Figure 1-22, page 16); Wrist Flexors, Wrist Extensors and Hand Grip Muscles (See definitions on page 17).

Exercise #10 Workout Summary

The final holding position for the left arm is shown in Figure 3-10a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right arm as shown in Figure 3-10b.



Figure 3-10a. Final holding position for left arm.

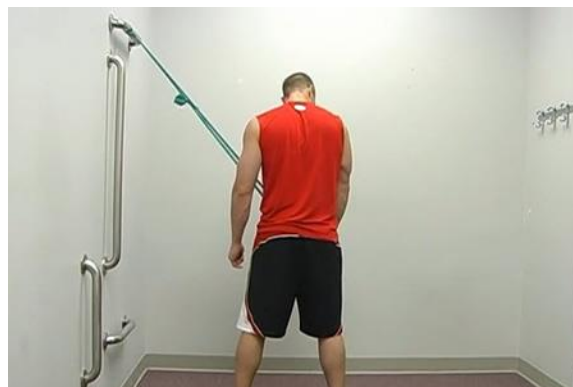


Figure 3-10b. Final holding position for right arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #10

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) To increase the resistance, either shorten the band, use two or more bands, or move away from the attachment a little further. 2) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups. 3) Periodically check your resistance bands for any wear and tear. Replace them when necessary to prevent them from breaking during an exercise.

Muscles Trained: Elbow Extensors (Figure 1-17, page 16); Middle Deltoid (Figure 1-21, page 16); Posterior Deltoid (Figure 1-22, page 16); Wrist Adductors & Hand Grip Muscles (See definitions on page 17).

Exercise #11 Workout Summary

The final holding position for the left arm is shown in Figure 3-11a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right arm as shown in 3-11b.



Figure 3-11a. Final holding position for left arm.



Figure 3-11b. Final holding position for right arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #11

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) Gym equipment provides safe and effective places to attach your bands since they are relatively immovable and do not typically possess any rough or sharp edges that may accidentally cut you band. If you have access to such equipment it is suggested that you use it. 2) If you have a game scheduled and have been actively performing most, if not all, of the exercises in this program for at least two consecutive weeks prior to competition, you may want to allow yourself two full days of rest from these exercises before the competition.

Muscles Trained: External Shoulder Rotators (Figure 1-22, page 16); Wrist Extensors (See definition on page 17).

Exercise #12 Workout Summary

The final holding position for the left arm is shown in Figure 3-12a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right arm as shown in as shown in Figure 3-12b.

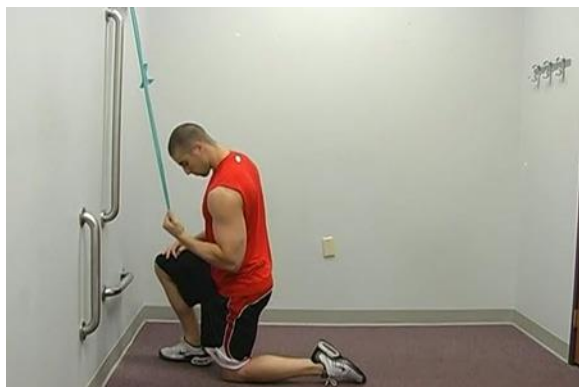


Figure 3-12a. Final holding position for left arm.

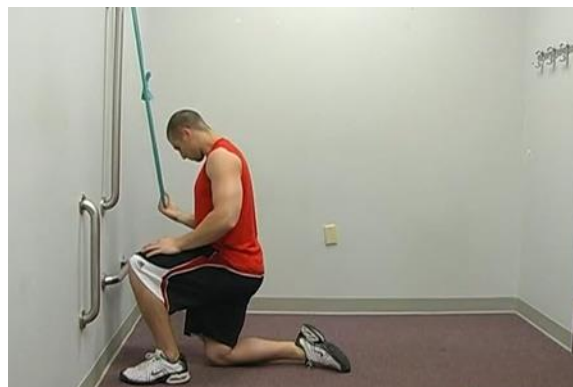


Figure 3-12b. Final holding position for right arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #12

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The most important aspect of this exercise is to make sure your elbow ends up pointing toward the ground while the forearm is in this flexed position. This will direct most of the force on the arm extensor muscles (Latissimus Dorsi and Teres Major). 2) If you experience any discomfort during these exercises, ease off just a little bit. If the discomfort persists, consult with your physician before continuing. 3) To increase the resistance, either shorten the band or use two or more bands together.

Muscles Trained: Latissimus Dorsi and Teres Major (Figure 1-22, page 16).

Exercise #13 Workout Summary

The final holding position for the right arm is shown in Figure 3-13a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left arm as shown in 3-13b.



Figure 3-13a. Final holding position for right arm.



Figure 3-13b. Final holding position for left arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #13

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train. 2) To increase the resistance, step further away from where the band is tied or use two bands together. 3) Use a watch or a clock with a clearly visible second hand, so that you can accurately time your exercises. 4) Try not to let the band slide too far up your leg while performing this exercise. 5) The final position for all the exercises should be held for 10-15 seconds. The amount of effort you should be exerting during this time should be between 70-80% of your maximum strength.

Muscles Trained: Internal Shoulder Rotators, includes Subscapularis (Figure 1-23, page 16), Latissimus Dorsi & Teres Major (Figure 1-22, page 16), and Pectoralis Major (Figure 1-21, page 16); Wrist Flexors (See definition on page 17).

Exercise #14 Workout Summary

The final holding position for the right arm is shown in Figure 3-14a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left arm as shown in 3-14b.



Figure 3-14a. Final holding position for right arm.

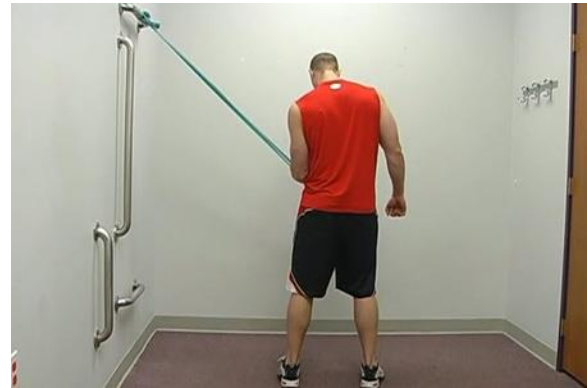


Figure 3-14b. Final holding position for left arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #14

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) The exercises demonstrated in this program are meant to be physically challenging so if you find that your initial attempt with an exercise is too easy, you can either take an extra step away from the pole to further stretch the band, use a band with a higher resistance level, or use two or more bands at the same time. Remember, holding the final position for these exercises using 70-80% of your maximum strength is a significant amount of effort to exert over a 10-15 second period of time before wanting to take a rest. 2) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train.

Muscles Trained: Latissimus Dorsi & Teres Major (Figure 1-22, page 16); Pectoralis Major (Figure 1-21, page 16); Elbow Extensors (Figure 1-17, page 16); Wrist Extensors (See definition on page 17).

Exercise #15 Workout Summary

The final holding position for the left arm is shown in Figure 3-15a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right arm as shown in Figure 3-15b.



Figure 3-15a. Final holding position for left arm.



Figure 3-15b. Final holding position for right arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #15

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) You can rotate your hips much like you would during the swing to get better leverage with this exercise as shown in images above. 2) Use a watch or a clock with a clearly visible second hand, so that you can accurately time your exercises. 3) Isometric exercises are to be done with normal breathing. Do not hold your breath during the exercises because this may cause a sudden increase in blood pressure and/or light-headedness.

Muscles Trained: Elbow Extensors (Figure 1-17, page 16); Middle Deltoid (Figure 1-21, page 16); Wrist Adductors & Hand Grip Muscles (See definitions on page 17).

Exercise #16 Workout Summary

The final holding position for the right arm is shown in Figure 3-16a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left arm as shown in Figure 3-16b.



Figure 3-16a. Final holding position for right arm.



Figure 3-16b. Final holding position for left arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #16

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) It doesn't matter what time of day you exercise however, your body will respond best if you choose the same time each day to train. 2) To increase the resistance, step further away from where the band is tied or use two bands together. 3) Use a watch or a clock with a clearly visible second hand, so that you can accurately time your exercises. 4) Try not to let the band slide too far up your leg while performing this exercise. 5) The final position for all the exercises should be held for 10-15 seconds. The amount of effort you should be exerting during this time should be between 70-80% of your maximum strength.

Muscles Trained: Shoulder Flexors, includes: Anterior Deltoid (Figure 1-21, page 16), Pectoralis Major (Figure 1-21, page 16), and Coracobrachialis (Figure 1-19, page 16); Elbow Flexors (Figure 1-19, page 16); Wrist Adductors and Wrist Flexors (See definition on page 17); Serratus Anterior (Figure 1-21, page 16); Lateral Spine Rotators (Figures 1-19 and 1-20, page 16).

Exercise #17 Workout Summary

The final holding position while rotated left is shown in Figure 3-17a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed while rotated right as shown in 3-17b.



Figure 3-17a. Final hold position rotated left.

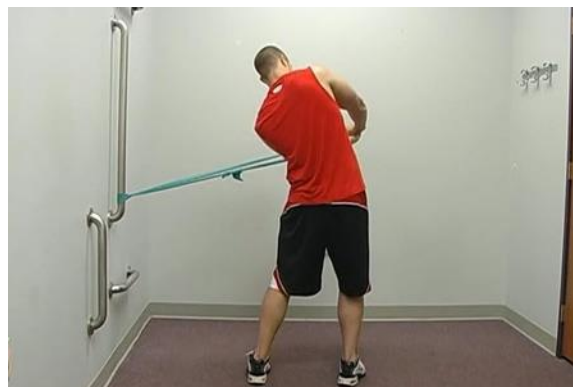


Figure 3-17b. Final hold position rotated right.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #17

Rotate Right	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Left	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Right	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Left	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) Make sure your hands stay in the same position with the top hand's palm facing down and the bottom hand's palm facing up. 2) To increase the resistance, step further away from where the band is tied or use two bands together. 3) Use a watch or a clock with a clearly visible second hand, so that you can accurately time your exercises. 4) Try not to let the band slide too far up your leg while performing this exercise. 5) The final position for all the exercises should be held for 10-15 seconds. The amount of effort you should be exerting during this time should be between 70-80% of your maximum strength.

Muscles Trained: Hip Stabilizers & External Hip Rotators (Figures 1-17 & 1-18, page 16); Lateral Spine Rotators (Figures 1-19 and 1-20, page 16); Elbow Extensors (Figure 1-17, page 16); Pectoralis Major and Serratus Anterior (Figure 1-21, page 16); Rotator Cuff (Figure 1-22, page 16); Posterior Deltoid and Rhomboids (Figure 1-22, page 16); Wrist Adductors & Hand Grip Muscles (See definitions on page 17).

Exercise #18 Workout Summary

The final holding position while rotated left is shown in Figure 3-18a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed while rotated right as shown in 3-18b.



Figure 3-18a. Final hold position rotated left.



Figure 3-18b. Final hold position rotated right.

Repeat this process one more time giving you a total of two reps while rotated to the right and two while rotated to the left as shown in the table below:

Exercise #18

Rotate Right	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Left	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Right	Hold position for 10-15 seconds.	Rest 15 seconds.
Rotate Left	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) Keeping your hands and elbows in the position as shown is the most efficient position to target the proper muscles listed in this exercise. 2) Remember to always train within the physical limits of the band. What this means is no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on “How to increase resistance” and use of the methods presented there.

Muscles Trained: Hip Stabilizers (Figure 1-17, page 16); Pectoralis Major & Deltoids (Figure 1-21, page 16); Lateral Spine Rotators (Figures 1-19 & 1-20, page 16); Elbow Extensors (Figure 1-17, page 16); Wrist Flexors, Wrist Extensors & Hand Grip Muscles (See definitions on page 17).

Exercise #19 Workout Summary

The final holding position for the right arm is shown in Figure 3-19a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your left arm as shown in Figure 3-19b.



Figure 3-19a. Final holding position for right arm.



Figure 3-19b. Final holding position for left arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #19

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) Do not rotate your hand across your stomach; it should end up directly in front of you as seen in the images above. 2) To increase the resistance, step further away from where your band is attached or use two bands together. 3) Keep your elbow close to your side throughout this exercise.

Muscles Trained: Internal Shoulder Rotators, includes Subscapularis (Figure 1-23, page 16), Latissimus Dorsi (Figure 1-22, page 16) Teres Major (Figure 1-22, page 16) and Pectoralis Major (Figure 1-21, page 16); Wrist Flexors (See definition on page 17).

Exercise #20 Workout Summary

The final holding position for the left arm is shown in Figure 3-20a. This position is held for 10-15 seconds using between 70-80% of your maximum strength. After a short rest, the same is then performed with your right arm as shown in Figure 3-20b.



Figure 3-20a. Final holding position for left arm.

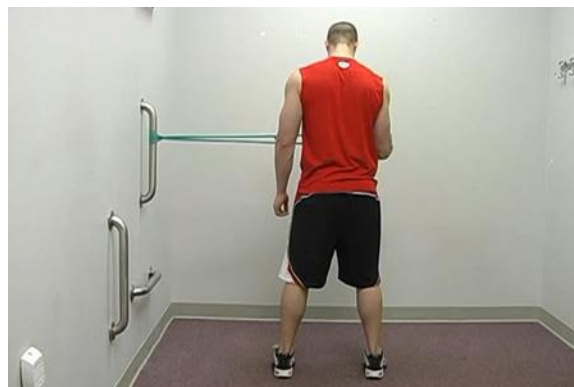


Figure 3-20b. Final holding position for right arm.

Repeat this process one more time giving you a total of two reps for the right arm and two for the left as shown in the table below:

Exercise #20

Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Arm	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Arm	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 2 Minutes Maximum

Training Schedule: The *Progress Chart* and *Weekly Training Schedule* located in the Appendix (this is also found online under Section 5) will guide you through all of the exercises and allow you to chart your progress along the way.

Training Tips: 1) You can lower, or raise, the level of where the band is attached a few inches to re-direct the force of the band more specific to the path of your swing and still properly target the correct muscles for this exercise. 2) Use a watch or clock with a clearly visible second hand so that you can accurately time your isometric exercises. 3) Pay close attention to the way your body position is shown for each exercise, because correct positioning is needed to isolate specific muscle groups.

Muscles Trained: External Shoulder Rotators, includes Teres Minor & Infraspinatus Muscles (Figure 1-22, page 16); Wrist Extensors (See definition on page 17).