

INJURY REHAB

Injury Rehab (Strength Training Workouts)

#1) INJURED UPPER EXTREMITY: ARM, SHOULDER, ELBOW, WRIST, NECK, ETC

5-10 Minutes: Warm-up (Arnold Walk, Side Steps, Bike and/or Stair Stepper)

5-10 Minutes: Core Work (3 Minutes Ab Work, 3 Minutes Back Extension Work, 3 Side Crunches Abs – Variety)

20 Minutes Lifting Routine: Mix and Match

Leg Ext / Squats / Leg Presses / One Leg Step Ups / 4 Way Neck / One Minute One Leg Wall Sits / 4 Way Neck / Etc

#2) INJURED LOWER EXTREMITIES: KNEE, ANKLE, ETC

5-10 Minutes: Warm-up (3 X 10 Pull-ups / 3 X 10 Dips / 4 Way Neck 4 X 10)

5-10 Minutes: Core Work (3 Minutes Ab Work, 3 Minutes Back Extension Work, 3 Side Crunches Abs – Variety)

20 Minutes Lifting Routine: Mix and Match

Back / BI / Shoulder / Triceps

Injury Rehab (WRESTLING PRACTICE - Workouts)

#1) INJURED UPPER EXTREMITY: ARM, SHOULDER, ELBOW, WRIST, NECK, ETC

5-10 Minutes: Warm-up & Stretch with Team

5-10 Minutes: Bike Warm-Up or Drill Technique with team if healthy

20-40 Minutes: 3-5 7 Minute Bike Matches (20 Hard/ 40 Medium – or 30 Hard / 30 Medium)

* Injury Rehab before or after your training session

#2) INJURED LOWER EXTREMITIES: KNEE, ANKLE, ETC

5-10 Minutes: Warm-up (3 X 10 Pull-ups / 3 X 10 Dips / 4 Way Neck 4 X 10) or if possible Warm-up w/ Team

5-10 Minutes: Core Work (3 Minutes Ab Work, 3 Minutes Back Extension Work, 3 Side Crunches Abs – Variety)

20-40 Minutes: 3-5 7 Minute Bike Matches (20 Hard/ 40 Medium – or 30 Hard / 30 Medium)

20-40 Minutes: (OPTION B if can not do a bike workout) – assist coach with practice (timer, i.e.)

* Injury Rehab before or after your training session

