



NAME: 9Kids Program

PROGRAM: CET (2)

DATE: 2-4 weeks

Warm-up: Foam Rolling – Calf, Hamstrings, Glutes, Low Back, Mid-upper Back, Neck, Lats, Front Shoulder, Hip Flexor, Inner thigh

EXERCISE	SETS	REPS	INTENSITY	SPEED	REST
Prehab					
Shoulder Letters (Y,T)	1	10/10	Bodyweight	Controlled	Vertical Load
Supine Floor Bridge	1	30 sec	↓	↓	↓
Side Lying Abduction	1	10/10	↓	↓	↓
SL Balance Progression	1	30-60 sec	↓	↓	↓
Core & Balance					
Prone Hip Extension	2	15	50-65%	4-6 sec contract/release	Vertical Load
4-pt Opposite Arm/Leg Reach	2	15	↓	↓	↓
Supine Floor Crunch	2	15	↓	↓	↓
SL Squat w/ Assistance	2	15/15	↓	↓	1 minute
Plyometrics / SAQ					
Low Hurdle High-Knees	2	10 trips	Bodyweight	Fast/Controlled	1 minute
5 yard Lateral Cone Shuffle	2	10 trips	Bodyweight	Fast/Controlled	1 minute
Speed Ladders (Side High-knees)	2	10 trips	Bodyweight	Fast/Controlled	1 minute
Speed Ladders (Side Cross Shuf)	2	10 trips	Bodyweight	Fast/Controlled	1 minute
Strength					
Tubing Squat & Press	2-3	15	50-65%	4-2-1	Vertical Load
Standing Tubing Chest Press	↓	↓	↓	↓	↓
Standing Tubing Row	↓	↓	↓	↓	↓
Wobble Board Squat	↓	↓	↓	↓	2-3 minutes

Cool-down: Foam Rolling – Calf, Hamstrings, Glutes, Low Back, Mid-upper Back, Neck, Lats, Front Shoulder, Hip Flexor, Inner thigh

Cardiorespiratory

Perform 30 minutes of walking with the addition of dynamic ankle motion. Focus on gait & posture.

Static Stretching: Calf, Hamstrings, Glutes, Low Back, Inner thigh, Front Hip, Lats, Chest/Front Shoulder, Neck