

Crossfire[®] UNITED

2017/18 "In The Flow" (ITF)
Functional Integrative Training/FIT Series 4 ECNL
"Knee Training Zone"

The "ITF" program is custom designed for ECNL athletes by the Orthopedic+Fracture Specialists sports medicine team, and lead by ECNL team physician Brad Butler MD. Literature review available at www.503ATHLETE.com Look for the Crossfire United team page.

The "ITF" program is only part of a well-rounded training program. "ITF" should be completed intermittently as part of a periodization training program outlined for the calendar year by your coach. ECNL team athletic trainers Martha Miller ATC and Jessica Martschinski ATC or Kory Bell MSPT team physical therapist are your team resources for technique concerns.

The "ITF" program should take 15 minutes to complete. Technique should be your primary focus. If any of these exercises cause pain, discontinue and consult your team athletic trainer.

Exercises	Reps	Notes
1. Double Leg Squat	10 reps (3sec)	Alignment
2. Single Leg Squat	5 reps ea leg (3sec)	Alignment
3. Double Leg Jump 180	10 reps	In-place
4. Line quick feet	10 yards x 2	(down and back= "DB")
5. Single Leg Line Hops	10 yards ea leg	3 sec pause, "DB"
6. Skaters with Forward hop	10 yards x 2	3 sec pause, "DB"
End of Practice	Reps	Notes
1. Side Planks with Leg Lifts	2 x 10-15 each leg	slow
2. Ball Hamstring Curls	2 x 15 double leg	full motion
3. Single Leg Karate Balance	5 cycles/3 slots ea leg	eyes closed
4. Foam Rolling		

