

# Exercise Series Introduction

## GREAT ATHLETIC TRAINING EXERCISE SERIES

I'm always looking for the best exercises to prevent injury and sustain performance for the athletes I work with. In a series of *Do It Right* I will go over some of my favorites.

Many athletes utilize sport-specific exercises as a way to prevent or lessen the risk of injury. Many of these exercises are also done in the rehabilitation after an injury to get you back out there. Each athlete has specific needs when it comes to their conditioning programming. Many of the forthcoming exercises will work with most athletes who have to run at high speeds and/or who change directions often in their sport. Most of these exercises duplicate the actions within a sport or they involve the same muscles contraction that is used in the sport. Both of which helps athletes become more resilient to the demands of their sport.

While sport-specific training can help lessen the chance of injury it does not make you invincible. Here are some of the most common sport injuries that these exercises will address:

- Sprained ankle
- Pulled groin
- Strained quadriceps and hamstring
- Shin splints
- Knee injuries
- Low Back Strains
- Shoulder Strains

**Exercises done in sport-specific training help to condition the body and mind so that the athlete can excel through the harsh demands of their sports.**