



Allegheny Health Network

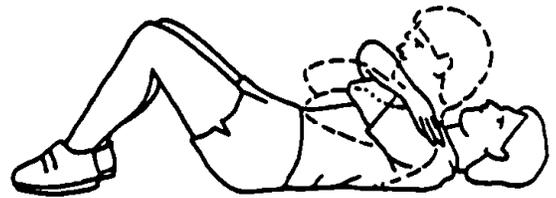
The Importance of Strengthening

Strengthening exercises are an important part of injury prevention and conditioning for sporting activities. It is important to not only have adequate strength but to achieve a balance of strength between muscle groups. Strengthening exercises should be done three times a week. It is important to use proper form when performing the strengthening exercise outlined below. Vigorous strength training should not be performed by anyone under the age of 13.

Strengthening Exercises

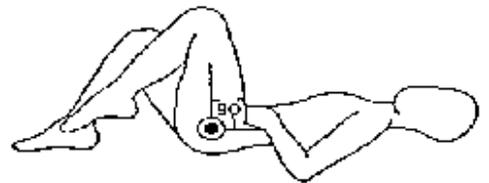
1. Partial Sit-ups

Lie on your back with your knees bent, feet flat on the floor, and your arms crossed. Tighten your abdominal muscles and push your back into the table as you lift your head and shoulders from the floor. Pause and return slowly to the starting position. Repeat 20 times.



2. Lower Abdominal Strengthening

Lie on your back with your hips and knees bent and feet flat on the floor. Place your fingertips on each side of the abdomen just under the rib cage. Pull the abdomen up and in. Lift one foot off of the floor and stop when the hip is bent 90° and the thigh is vertical. Bring the other leg to the same position. Lower one leg at a time to the starting position and then relax the abdomen. Repeat this sequence 10 times.



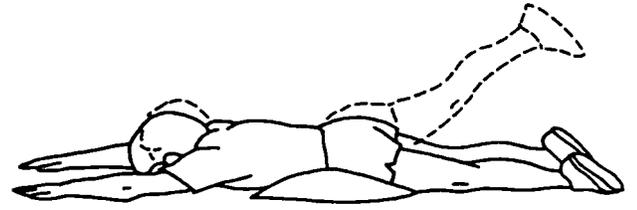
3. Prone Arm Lifts

Lie face down over a pillow with your arms outstretched. Lift your left arm toward the ceiling. Pause and return slowly to the starting position. Repeat with the right arm. Repeat this sequence 10 times.



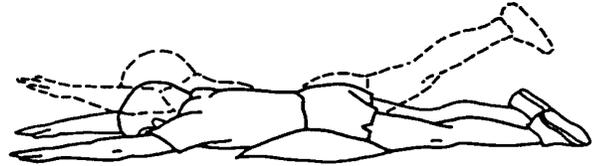
4. Prone Leg Lifts

Lie face down over a pillow with your arms outstretched. Lift your left leg toward the ceiling. Pause and return slowly to the starting position. Repeat with the right leg. Repeat this sequence 10 times.



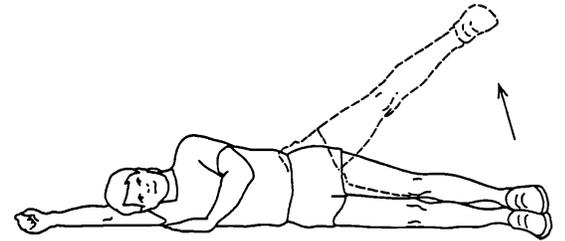
5. Prone Arm and Leg Lifts

Lie face down over a pillow with your arms outstretched. Lift your left arm and right leg toward the ceiling. Pause and return slowly to the starting position. Repeat with the right arm and left leg. Repeat this sequence 10 times.



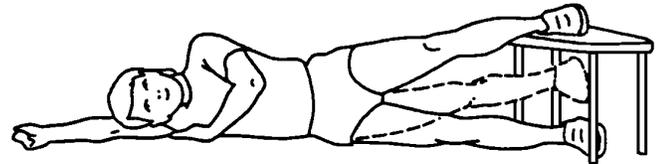
6. Hip Abductor Strengthening

Lie on your right side. Slowly lift your left leg upward approximately 12 inches. Pause and return slowly to the starting position. Repeat 20 times on each leg.



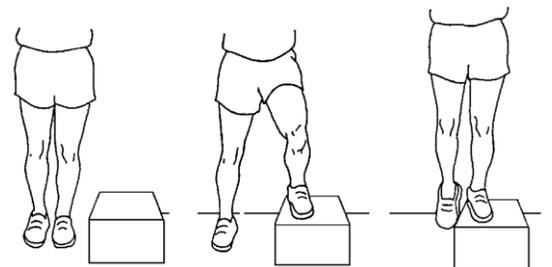
7. Hip Adductor Strengthening

Lie on your right side with your left leg resting on a chair or stool. Slowly lift your right leg toward your left leg. Pause and return slowly to the starting position. Repeat 20 times on each leg.



8. Step Ups

Place your left foot on a six-inch platform or step. Raise your body by straightening your left knee. Pause and slowly lower. Repeat 20 times on each leg.



9. Hamstring Strengthening

Lie on your stomach. Slowly bend your knee. Pause and return slowly to the starting position. Repeat 20 times on each leg using a weight or an elastic band for resistance.

