

Referee Injury Prevention Program
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Exercise	Monday- 1	Wednesday-1	Friday- 1	Monday- 2	Wednesday- 2	Friday- 2	Monday- 3	Wednesday- 3	Friday- 3
Clamshells*	1x15, light	1x20, light	1x30, light	1x30, moderate	1x30, mod.	1x30, mod.	1x30, heavy	1x30, heavy	1x30, heavy
Abductor Wall Press*	1x30sec	1x30sec	1x45sec	1x45sec	1x60sec	1x60sec	1x60sec	1x60sec	1x60sec
Monster Walks~ (Forward, Side)	4x10yds, light	6x10yds, light	6x10yds, moderate	6x10yds, moderate	6x10yds, moderate	6x10yds, heavy	6x10yds, heavy	6x10yds, heavy	6x10yds, heavy
Star Core*	1x15sec	1x15sec	1x30sec	1x30sec	1x45sec	1x45sec	1x60sec	1x60sec	1x60sec
Body Squat*	2x15, DL	2x20, DL	1x30, DL	1x30, DL	2x15, SL	2x15, SL	2x20, SL	2x20, SL	1x30, SL
Wall Sits~	2x30sec	2x30sec	2x30sec	3x30sec	3x30sec	2x45sec	2x45sec	1x60sec	1x60sec
Step Ups~	1x20	1x20	2x20	2x20	2x20	3x20	3x20	3x20	3x30
Lunges~	1x20	1x20	2x20	2x20	2x20	3x20	3x20	3x20	3x30
4-Way Ankle*	2x15, light	2x20, light	1x30, light	1x30, moderate	1x30, mod.	1x30, mod.	1x30, heavy	1x30, heavy	1x30, heavy
Single Leg Balance*	3x30sec	3x30sec	3x30sec, towel	3x30sec, towel	3x30sec, flat, eyes closed	3x30sec, flat, EC	3x30sec, towel, EC	3x30sec, towel, EC	3x30sec, flat, EC
Heel Raises*	2x15, DL, flat	2x20, DL, flat	1x30, DL, flat	2x20, DL, stair	2x20, DL, stair	1x30, DL, stair	2x15, SL, stair	2x20, SL, stair	1x30, SL, stair
Single Leg Dot Drill*	2x5 passes	2x5 passes	2x5 passes	2x7 passes	2x7 passes	2x7 passes	2x10 passes	2x10 passes	2x10 passes
Alternate Arm/Leg*	1x10	x	x	1x15	x	x	1x20	x	x
Supine Flutter Kicks~	1x30sec	x	x	2x30sec	x	x	3x30sec	x	x
Rotation Plank~	x	1x30sec	x	x	2x30sec	x	x	3x30sec	x
Dying Bug~	x	1x10	x	x	1x20	x	x	1x30	x
Superman~	x	x	1x10	x	x	1x20	x	x	1x30
Bridges~	x	x	1x10, 5sec	x	x	1x10, 10sec	x	x	1x10, 10sec

*Sets x Reps for each leg

DL = Double leg

~Total Sets x Reps

SL = Single Leg