**Dryland video demonstrations:**

**Movement Prep & Mobility**

Yoga Push-Up 🡪 <https://www.youtube.com/watch?v=64UsXkO42xg&list=PLIF2mJph1Cvr6tzmNjlNB7ToLt1HeVydD&index=3>

Rotational Squat with Skater Stride 🡪 <https://www.youtube.com/watch?v=-Rq8g-9KcbE&list=PLIF2mJph1Cvr6tzmNjlNB7ToLt1HeVydD&index=7>

Groin Rockers 🡪 <https://www.youtube.com/watch?v=NAdBPzSs0yY&list=PLIF2mJph1Cvph_heomqCBGMzFWeAZdorf&index=11>

Straight Arm Stick Shoulder Mobility 🡪 <https://www.youtube.com/watch?v=Bisn3B7nwOI&index=16&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Lateral Lunge/Squat 🡪 <https://www.youtube.com/watch?v=RgWYEtiKCZo&list=PLIF2mJph1Cvr6tzmNjlNB7ToLt1HeVydD&index=4>

Wall Slides 🡪 <https://www.youtube.com/watch?v=3Tf0yOcP7zg&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb&index=14>

Mountain Climbers 🡪 <https://www.youtube.com/watch?v=TOUxcwIlN-8&index=9&list=PLIF2mJph1Cvph_heomqCBGMzFWeAZdorf>

Face Pulls 🡪 <https://www.youtube.com/watch?v=SGHpPVKircw&index=3&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Cross Body Band Pull 🡪 <https://www.youtube.com/watch?v=zgnCyjexHE8&index=11&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Lateral Lunge to Drop Lunge 🡪 <https://www.youtube.com/watch?v=s1o7X05he98>

Prone T/Y/W/I 🡪 <https://www.youtube.com/watch?v=NllIs5h-_Bk&feature=youtu.be&list=PLhrG9xaXJysWiSIRTg2h6O4jHvLOJuyqm>

Box Jump 🡪 <https://www.youtube.com/watch?v=52r_Ul5k03g>

Shoulder CARs 🡪 <https://www.youtube.com/watch?v=_GP722iJcaA>

Wall Angels & Straight Arm Raise 🡪 <https://www.youtube.com/watch?v=x7qowoY0C8I>

Box Jump 🡪 <https://www.youtube.com/watch?v=NBY9-kTuHEk>

**Core Stability, Power & Functional Mobility:**

Elevated Bird Dog 🡪 <https://www.youtube.com/watch?v=HPq0QkyXJ2c>

Long Jump/Repetitive Long Jump 🡪 <https://www.youtube.com/watch?v=YT3QsNT2z-4&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH&index=25>

Drop Jump 🡪 <https://www.youtube.com/watch?v=iYG2ziSAOT0>

Inverted Rows 🡪 <https://www.youtube.com/watch?v=tYrECzcelRI>

Plyometric Push-Up 🡪 <https://www.youtube.com/watch?v=s11x3f146qk>

Low to high plank with knee drive 🡪 <https://www.youtube.com/watch?v=HSyne_Z2lYs&index=7&list=PLIF2mJph1Cvp0tYZDbXLGMss4sfWwB1Dz>

Seated Row (resistance band)🡪 <https://www.youtube.com/watch?v=52J4VPx8-wI&index=32&list=PLIF2mJph1Cvol8AaB2BBF56yjgc0cxeRM>

180-degree squat jump 🡪 <https://www.youtube.com/watch?v=iznLhDgjZYk>

Roll back spring jump 🡪 <https://www.youtube.com/watch?v=ncSKhj2vZQg>

Squat Jump 🡪 <https://www.youtube.com/watch?v=CVaEhXotL7M>

Down-Ups 🡪 <https://www.youtube.com/watch?v=f6NX64d1Oj0>

**Stretches**

Toe on Wall Rocking Hip Flexor 🡪 <https://www.youtube.com/watch?v=RTVAbLybWY0&index=10&list=PLIF2mJph1CvoJLgyfFO91fYRY2A-Q_xwa>

Toe Elevated Calf Stretch 🡪 <https://www.youtube.com/watch?v=ghSRXt1zqy8&list=PLIF2mJph1Cvph_heomqCBGMzFWeAZdorf&index=14>

Windmill 🡪 <https://www.youtube.com/watch?v=yxQ1-lPuvtM>

Supine Pec Stretch 🡪 <https://www.youtube.com/watch?v=pKOuINkRbpU>

Hanging Lat Stretch 🡪 <https://www.youtube.com/watch?v=ANphjVbKfcE&index=7&list=PLIF2mJph1CvoJLgyfFO91fYRY2A-Q_xwa>

Band Supine Posterior Chain Stretch 🡪 <https://www.youtube.com/watch?v=PSbL-Z8SLoc>

**Resistance Bands Options:**

Band Power Pec Flies 🡪 <https://www.youtube.com/watch?v=BQMUcOFcTUY&index=40&list=PLIF2mJph1Cvol8AaB2BBF56yjgc0cxeRM>

Shoulder Band-Work Exercises 🡪 <https://www.youtube.com/watch?v=PL0te0ro6Rw&index=4&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Diagonal Band Pull Apart 🡪 <https://www.youtube.com/watch?v=_GISWlyTfBM&index=5&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Shoulder Internal/External Rotation 🡪 <https://www.youtube.com/watch?v=pyVwSszJj6M&index=6&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Cross-Body band Pulls 🡪 <https://www.youtube.com/watch?v=zgnCyjexHE8&index=11&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Overhead Band Pulls 🡪 <https://www.youtube.com/watch?v=egFI6dadnnc&index=12&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Band Pull Downs 🡪 <https://www.youtube.com/watch?v=Rsw9rNCvnZo>

Band Horizontal Pull (scap retraction) 🡪 <https://www.youtube.com/watch?v=JkRua-4by9M>

**Athlete’s Choice:  
\**This list can be additional exercises that athlete’s may wish to add to their training.***

***\*Please write to Ryan if you would like help on how to modify and build these into your own program.***

**Dumbbell/weight options:**

Dumbbell Pec Flies 🡪 <https://www.youtube.com/watch?v=Nsm29gSh8Ew&index=2&list=PLIF2mJph1Cvol8AaB2BBF56yjgc0cxeRM>

DB Pull Over 🡪 <https://www.youtube.com/watch?v=1eX89LAr_fo&index=49&list=PLIF2mJph1Cvol8AaB2BBF56yjgc0cxeRM>

Alternating DB Bench Press 🡪 <https://www.youtube.com/watch?v=lksl1DmGYc4&index=52&list=PLIF2mJph1Cvol8AaB2BBF56yjgc0cxeRM>

Standing Shoulder Press 🡪 <https://www.youtube.com/watch?v=ivnhJfzMNAA&index=1&list=PLIF2mJph1Cvol8AaB2BBF56yjgc0cxeRM>

DB Squat Jump 🡪 <https://www.youtube.com/watch?v=9TbJyOlVzLs&index=33&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH>

Power DB Bent-Over Roaw 🡪 <https://www.youtube.com/watch?v=-z9EYcj4YK8&index=13&list=PLIF2mJph1Cvol8AaB2BBF56yjgc0cxeRM>

Shoulder L With Rotation 🡪 <https://www.youtube.com/watch?v=uuus_rtiOd0&index=7&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Full lateral Raise 🡪 <https://www.youtube.com/watch?v=kcCr9m1M8eM&index=8&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Scapular Riase 🡪 <https://www.youtube.com/watch?v=n2B3ivg2M74&index=9&list=PLIF2mJph1CvpvqVELN0F2506zytT1m3tb>

Split Leg Box Jumps 🡪 **https://twitter.com/i/status/1245422903891570688**

**Medball Exercises:**

Medball Chest Slam 🡪 <https://www.youtube.com/watch?v=VU99tLk1Hy4&index=6&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH>

Medball Perpendicular & Parallel Wall Slam 🡪 <https://www.youtube.com/watch?v=whbLup9mkJo&index=7&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH>

Medball Floor Slam 🡪 <https://www.youtube.com/watch?v=8g-Er2qjCkI&index=8&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH>

Medball Overhead Toss 🡪 <https://www.youtube.com/watch?v=2gTwL5y6ciU&index=9&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH>

Medball Single Arm Cross Body Slam 🡪 <https://www.youtube.com/watch?v=IKLBBOSS1qw&index=10&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH>

Medball Shoulder Toss 🡪 <https://www.youtube.com/watch?v=IKLBBOSS1qw&index=10&list=PLIF2mJph1CvqClKbEbCU0moZOLAYmGeXH>

**Miscellaneous:**

BB Bench Supine Hip Extensions 🡪 <https://www.youtube.com/watch?v=OKIi13FW7aI>

Supermans 🡪 <https://www.youtube.com/watch?v=z6PJMT2y8GQ>

Russian Twist Progression 🡪 <https://www.youtube.com/watch?v=CEsP3pZ8dB8&feature=youtu.be&list=PLhrG9xaXJysWN5QOsGctj7B-Wv3e7XpSR>

Prone T Holds 🡪 <https://www.youtube.com/watch?v=sS4sjlavFXc>