

MASTER

The logo for the Illinois State Redbirds. It features the words "ILLINOIS STATE" in a large, bold, red, italicized sans-serif font. Below "STATE" is the word "REDBIRDS" in a smaller, black, sans-serif font. To the right of the text is a stylized redbird head in profile, facing right. The head is primarily red with a yellow beak and a yellow patch around the eye. The bird has a determined expression.

Illinois State University Sports Performance

Power Clean	#REF!	Back Squat	#REF!
Front Squat	#REF!	Bench Press	#REF!
Vertical Jump	#REF!	20 yd Sprint	#REF!

Day 1	7/27/2020	8/3/2020	8/10/2020	8/17/2020	Day 2	7/29/2020	8/5/2020	8/12/2020	8/19/2020				
Total Body Warm Up: x5/side or 10 total Hip Rolls, Reverse Scorpions, ASLR, Roll Back + Straddle, Hip Bridge, Scap Push Ups BW Squats, Quad + Reach, Calf & Hamstring Scoop, Standing Knee Hug, Standing Glute Hug Lateral Lunge, Spiderman + Twist, Inchworm					Total Body Warm Up: x10 each Hip Rolls, Reverse Scorpions, ASLR, Roll Back + Straddle, Hip Bridge, Scap Push Ups BW Squats, Quad + Reach, Calf & Hamstring Scoop, Standing Knee Hug, Standing Glute Hug Lateral Lunge, Spiderman + Twist, Inchworm								
Goblet Squat *2 Ct. Pause @bottom on work sets *Hold a heavy backpack if no DBs Front Plank w/Reach DB Incline Bench Press *Can do Push Ups if no access to DBs Inverted Row *2 Ct. Pause @top 1/2 Kneeling Pallof Press SL Squat (5lb plates) *Foot elevated *reps are per leg DB RDL Push Up Pos. Shoulder Taps	Warm Up: 10lb Counter Balance x 10 reps Warm Up: Gob Squat x 5 (10-25lbs) 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x				DB Reverse Lunge *reps are per leg *Hold a heavy backpack if no DBs Cross Crawl Lifts Push Ups *2 Ct. Pause @bottom on work sets Pull Up Clusters *20 sec rest between the 2 reps mid-set Pallof Press Holds Goblet Lateral Lunge *reps are per leg Back Extension Hold Hanging Leg Raise	Warm Up Bodyweight x 5/leg 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 3 x 20 reps Warm Up: Hands Elevated x 10 reps 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 4 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 2+2 x 3 x 20 sec/side 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 30 s x 30 s x 30 s x 30 s x 30 s x 30 s x 30 s x 30 s x 30 s x 30 s x 30 s x 30 s x 3 x 10							
	3 x 10/side Warm Up: x 10 reps 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x 6 x												
	3 x 10/side 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 8 x 8 x 8 x 8 x 8 x 8 x 8 x 8 x 8 x 8 x 8 x 8 x												
	3 x 20 Mobility: Tennis Ball/Lacrosse Ball Roll Feet Passive Band Stretch - Hamstrings, Glute, Outer Hip, Groin, Quad Passive Stretch: Hip Flexor, Thoracic Spine (Butterfly)					Mobility: Tennis Ball/Lacrosse Ball Roll Feet Passive Band Stretch - Hamstrings, Glute, Outer Hip, Groin, Quad Passive Stretch: Hip Flexor, Thoracic Spine (Butterfly)							

Coach's Notes

The Redbirds logo, featuring the word "REDBIRDS" in a stylized, bold, red font with a black outline and a registered trademark symbol.