

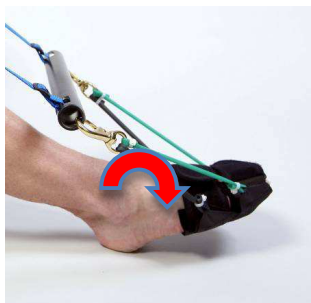
Training Program – Basketball

Program (12 weeks duration)

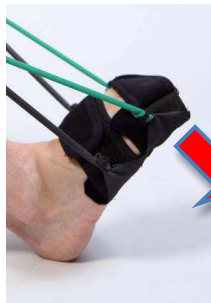
- 3X per week with minimum one-day recovery between workouts
- **Week 1** (become accustomed to exercises and determine appropriate resistance levels)
 - _ 1 set of 12 to 15 reps of each exercise
- **Week 2** (gradually begin eccentric loading for each exercise - see guideline #10 below)
 - _ 2 sets of 12 to 15 reps of each exercise
- **Weeks 3 to 7 (Strength Phase)**
 - _ 3 sets of 12 to 15 reps of each exercise
- **Weeks 8 to 12 (Power Phase)**
 - _ 2 sets of 12 to 15 reps of each exercise

Guidelines

1. Select the appropriate resistance level. *Yellow = Level 1; Red = Level 2; Green = Level 3; Blue = Level 4*
2. Warm-up and stretch through a full range of motion prior to exercise, between sets, and at the end of each exercise - hold each stretch for 10 to 30 seconds until a sense of relaxation occurs.
3. Perform exercises in the following order: i) Toe flexion and plantarflexion (combined), ii) Eversion, iii) Inversion, iv) Dorsiflexion and toe extension (combined).



Plantarflexion



Toe Flexion



Eversion



Inversion



Dorsiflexion



Toe Extension

4. Each workout, alternate the foot that you start with.
5. Perform all exercises for the foot and ankle complex through a full range of motion (ROM) for both left and right feet. A greater ROM can be accomplished by pulling back on the handle(s) of the AFX, or underside of thigh, at the start of movement to ensure that the joint is brought to its end ROM.
6. During weeks 3 to 7, perform 3 sets of 12 to 15 repetitions of each exercise. When 15

repetitions can be performed through a full range of motion, increase tension by adjusting tensioner straps or by pulling back on handles or upward on back of thigh, depending on the direction of movement. When you can perform 3 sets of 15 reps for all exercises, increase to a higher level of resistance.

7. If possible, progressions in resistance or number or repetitions should occur each training day.
8. Ensure that the muscles are sufficiently fatigued at the end of each exercise. A “burning” sensation should be felt in the muscle group being worked by the last rep of the final set of each exercise to indicate that a state of fatigue has been achieved.
9. If muscle soreness persists for 2 or more days, decrease the intensity of the training.
10. Increase intensity of training by increasing tension on eccentric contractions by pulling back on handle(s) of the AFX, or upward on underside of thigh, depending on the direction of movement (see section on Eccentric Loading). Initial increases in eccentric tension should be approximately 10 to 20% greater than concentric tension, followed by a gradual increase over time. Speed of movement during eccentric contractions should be substantially slower than during concentric contractions.
11. During weeks 8 to 12, increase the speed of movement on concentric contractions to increase power output. The eccentric contractions should still be performed slowly.
12. During weeks 8 to 12, reduce the number of sets from 3 to 2 for each exercise. When you can perform 2 sets of 15 reps for all exercises, increase to a higher resistance level.

Eccentric Loading with the AFX

To increase the resistance during eccentric muscle contractions using the AFX:

· Pull back on the handle(s) during the eccentric movement. For example, when performing ankle pronation (eversion), pull back on the handle on the opposite side of the foot when the foot is returning to the starting position, and slowly resist the movement with the evtor muscle (see photo below).

Resist
movement with
evtor muscle



Apply additional resistance

Direction of movement (return to
starting position)

Precaution: eccentric loading may result in significant muscle soreness one or two days post-exercise. To minimize this muscle soreness, begin eccentric loading with only one or two high-resistance eccentric contractions at the end of each set. Each workout, add an additional high-resistance eccentric contraction to each set, until all the repetitions are performed in this manner.