

# General Conditioning for a Middle or High School Athlete

## Provided by:

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### **Dynamic Warm-Up**

Rear lunge with knee-up  
Jump rope

### **Stretching**

Yoga downward dog  
Yoga pyramid

### **Body Weight Strength**

Body weight squats  
Push-ups  
Forward planks  
Lateral planks/thread the needle  
Mountain climbers  
Pull-ups  
Core stability  
Core push-ups to leg tap

### **Power and Directional Agility**

Burpees  
Forward sprint  
Running form drills  
Lateral movement  
Tuck jumps  
180 degree turn jumps  
Forward bounding  
Lateral bounding

### **Energy System Development**

Burpees  
Hill sprints race