

| Preventive Training Program Example Exercises | | | | |
|--|--|--------------------------------------|------------------------------|---|
| Strength | Plyometric | Agility | Flexibility | Balance |
| Abdominal Curl | Ankle Bounce | Forward-backward Jogging | Calf Stretch | Single-legged Balance |
| Prone Plank | Squat Jump | Side shuffle/ gallop with arm swings | Quadriceps Stretch | Single-legged Balance with Upper Body Movement |
| Side Plank | Scissor Jump | High Knee Skipping | Hamstring Stretch | Single-legged Balance with partner perturbation |
| Back Extension | Stationary single-legged hop | High Knee Carioca | Hip- adductor/ groin Stretch | Single-legged Balance on unstable surface |
| Hip Bridge | 180-degree jump | Forward Running with Stops | Hip-flexor Stretch | Squat jump with Stabilization |
| Leg Press | Broad Jump | Speed Run | Knee Lifts | Horizontal Jump with Stabilization |
| Double-Leg Squat | Lateral Skate Leap | Shuttle Run | Butt Kickers | 180-degree Jump with Stabilization |
| Single-Leg Squat | Cycled Split Squat | Diagonal run and cut | Arm Swings | Single-legged forward hop with Stabilization |
| Forward Lunge | Forward-backward line/ cone jump and hop (double-leg and single-leg) | Zigzag Shuffle | Trunk Rotations | Single-legged Sideways hop with Stabilization |
| Prone Lift | Sideways line/ cone jump and hop (double-leg and single-leg) | Diagonal Skipping | Leg Swings | |

| | | | | |
|------------------------|--------------------------------|---|-------------|--|
| Calf/ Heel Raise | Single-legged hop for distance | Plant and cut to athletic movement | Hip In/ Out | |
| Push-Ups | Combination jump-hop | Bear Crawl | | |
| Pullover | Hop-hop stick landing | Sideways shuffle with contact jump with partner | | |
| Bench Press | Bounding | Quick forward/ backward run | | |
| Lat Pull-down | Diagonal Bounding | | | |
| Forearm Curl | Bounding in Place | | | |
| Nordic Hamstrings | Side-to-side bounding | | | |
| Russian Hamstring Curl | Box Jump | | | |
| Lateral Lunge | | | | |
| Diagonal Lunge | | | | |

**Adapted from the National Athletic Trainers' Association Position Statement: Prevention of Anterior Cruciate Ligament Injury.*