

Warm-Up: Pick 3 exercises for 2 sets of 30 seconds for each.

- [Bosu Lateral Hop](#): 30 seconds (wake up neural pathways).
 - [Bosu Up and Over Squats](#): 30 seconds (wake up neural pathways).
 - [Skater Jumps](#): 30 seconds (wake up neural pathways).
 - [In and Out Bosu Squat Jumps](#): 30 seconds (wake up neural pathways).
-

Glute Activation: Pick 3 exercises

- [Side plank with clamshell](#): 30 seconds per side (keep hips lifted, body in a straight line).
 - **Lateral band walks**: 2 sets of 10-15 slow reps each way per side.
 - [Banded Fire Hydrants](#): 2 sets of 10-15 slow reps per side.
 - **Bosu Single Leg Balance**: 2 sets of 30 sec hold each side.
 - [Standing Bent Knee Abduction](#): 2 sets of 8 slow reps per side
 - **Forward and backward band walks**: 2 sets of 60 sec.
-

Strength & Stability Main Block (10 Minutes)

Perform 2 to 3 sets of each exercise:

Exercise	Target	Sets x Reps	Form Cue
Bulgarian split squats	Quads, glutes, stability	2–3 x 8–10 per leg	Keep front knee tracking directly over the middle toes. No inward cave.
Bosu Side Lunges	Quads, Glutes, Adductors, ankles,	2 x 8-10 per leg	Drive powerfully through your foot on the dome to return to the starting position.

<u>Single-leg Romanian deadlift (RDL)</u>	Posterior chain, balance	2 x 8 per leg	Soft bend in standing knee, hinge at hips, keep back flat.
<u>Heels-elevated squats</u>	Quad loading	2 x 12 reps	Put small plates or a slant board under heels; keep the torso tall.

Landing & Shock Absorption (3 Minutes)

- **Box drop with soft landing:** 2 x 6 drops.
 - Step off a low 4- to 6-inch box.
 - Land softly on **both feet** with bent knees, absorbing impact through hips and quads.
 - Freeze for 2 seconds. Ensure knees stay centered over feet (do not let knees knock inward).
-

Key Safety Rules for Teens

- **Quality over weight:** Master slow, balanced movement before adding heavy dumbbells.
- **Stop if sharp pain hits:** Mild muscle burn is normal; sharp joint pain inside the knee means stop.
- **Consistency beats intensity:** Doing this 2x/week all season cuts injury risk by up to 50%–60%.

Workout Structure

- **Frequency:** 2–3 times per week.
 - **Warm-up (3 mins):** Light dynamic movements (arm swings, bodyweight mini-squats on flat ground).
 - **Work Period:** Complete each move with strict focus on form (knee tracks over the second toe, no inward caving/valgus). [\[1\]](#)
-

Exercise Circuit

Exercise	Sets x Reps / Duration	Focus / Cues
1. BOSU Dome Single-Leg Balance (Flat side down or dome up)	3 sets x 30 sec per leg	Level hips, soft knee bend, stop knee caving.
2. Multi-Directional Lunge on Dome (Lead foot on dome, flat side down)	3 sets x 5 reps per leg (Forward, lateral, back)	Keep front knee stacked over mid-foot.
3. Banded Anti-Valgus Lunge (Lead foot on dome + resistance band pulling knee inward)	3 sets x 10 reps per leg	Actively drive knee outward against band.

4. Single-Leg / DL Squat Stability (Dome up, controlled tempo)	3 sets x 8–10 reps	Slow descent, core braced, neutral spine.
5. BOSU Bird-Dog (Flat side down, hands on edges / all fours)	3 sets x 8 reps per side	Keep dome quiet and hips square.

Form Rules for ACL Health

- **No Caving In:** If your knee wobbles inward toward the other leg, step off, reset your core, and slow down.
- **Control the Landing:** If progressing to small step-downs or light stability hops, land soft with a wide foot base.
- **Quality Over Speed:** Unstable training trains your brain and joint receptors (proprioception), not ego lifting.