

WEEKLY WORKOUT



Schedule

April 2026 - Week 3 of 8

Aiden Torres (Male)

Age: 17

H: 182 cm

W: 74 kg

Mon	VMO Isolation & Quad Control			
	<input type="checkbox"/> Terminal Knee Extension (band) VMO activation, band behind knee	3 x 15	Light	30s
	<input type="checkbox"/> Short Arc Quad Extension Towel under knee, 0-30° only	3 x 15	BW	30s
	<input type="checkbox"/> Single-Leg Press (0-60°) Machine, slow eccentric phase	3 x 12	Moderate	60s
	<input type="checkbox"/> Lateral Band Walks Hip abductors, toes forward	3 x 15	Light	30s
<input type="checkbox"/> Quad Stretch (standing) Each leg, hold wall	3 x 30s	-	15s	
Tue	Glute & Hip Power			
	<input type="checkbox"/> Hip Thrust (barbell) Drive through heels, squeeze glutes	4 x 12	Moderate	60s
	<input type="checkbox"/> Romanian Deadlift (single-leg) BW, hip hinge pattern	3 x 10	BW	60s
	<input type="checkbox"/> Clamshells (band) Keep pelvis still	3 x 20	Light	30s
	<input type="checkbox"/> Step-Downs (6-inch, eccentric) 3s slow descent, each leg	3 x 10	BW	60s
<input type="checkbox"/> Hip Flexor Stretch (kneeling) Each side, 45s hold	3 x 45s	-	15s	

Wed	Low-Impact Cardio			
	<input type="checkbox"/>	Stationary Cycling Moderate resistance, cadence 80-90 rpm	1 x 25 min	Mod. -
	<input type="checkbox"/>	Elliptical (forward only) No backward motion	1 x 15 min	Low -
	<input type="checkbox"/>	Foam Roll - Quads & IT Band Slow, 2s pause on tight spots	2 x 90s	BW 30s
	<input type="checkbox"/>	Pigeon Pose (hip opener) Each side	3 x 45s	- 15s
Thu	Biomechanics & Agility			
	<input type="checkbox"/>	Single-Leg Balance (foam pad) Eyes open then closed	3 x 30s	BW 20s
	<input type="checkbox"/>	Lateral Cone Hops Land softly, knee over toe	3 x 10	BW 45s
	<input type="checkbox"/>	A-Skip Drill Knee drive, dorsiflexion focus	3 x 20m	BW 60s
	<input type="checkbox"/>	Wall Squat (0-60°) Check knee alignment vs toes	3 x 12	BW 45s
	<input type="checkbox"/>	IT Band & TFL Stretch Cross-leg standing stretch	3 x 30s	- 15s
Fri	Strength Progression			
	<input type="checkbox"/>	Bulgarian Split Squat 0-70° depth, each leg	3 x 10	Light DB 60s
	<input type="checkbox"/>	Leg Press (bilateral, 0- 70°) Controlled eccentric 3s	3 x 12	Moderate 60s
	<input type="checkbox"/>	Nordic Hamstring Curl Slow eccentric lowering	3 x 8	BW 90s
	<input type="checkbox"/>	Glute Bridge (banded) Band above knees, push out	3 x 15	Light 30s
	<input type="checkbox"/>	Ice Therapy post-session Knees 15 min	1 x 15 min	- -

Sport-Specific Return Prep

Sat

- | | | | |
|--|------------|----|-----|
| <input type="checkbox"/> Jog-Sprint Intervals (4:1)
Flat surface, pain-free only | 6 x 2 min | - | 90s |
| <input type="checkbox"/> Lateral Shuffle (court speed)
Low amplitude, controlled stop | 4 x 10m | BW | 60s |
| <input type="checkbox"/> Jump Landing Mechanics
Soft landing, knees bent, no valgus | 3 x 8 | BW | 60s |
| <input type="checkbox"/> Foam Roll & Full Stretch
Post-session recovery | 1 x 10 min | - | - |

Full Rest

Sun

- | | | | |
|---|------------|---|------|
| <input type="checkbox"/> Ice Therapy (knees)
15 min morning & evening | 2 x 15 min | - | 1 hr |
| <input type="checkbox"/> Mindful Stretching / Yoga
Chair or mat yoga, 10 min | 1 x 10 min | - | - |
| <input type="checkbox"/> Nutrition & Hydration Review
Anti-inflammatory diet check | 1 x - | - | - |

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