**Goin’ Band from Raiderland**

**Strength Training and Injury Prevention Exercises**

The following exercise videos were created by a physical therapist to specifically address the physical needs of the Goin’ Band members in an effort to effectively execute visual and musical techniques. It is recommended that all prospective and returning members utilize these exercises as prescribed everyday for at least 2 weeks prior to the beginning of summer band. You may not be able to complete all of the exercises at first. Feel free to start small and work your way toward the goal of completing all. Listen to your body! It is normal to feel fatigue but pain is your body telling you to stop! You should only attempt that which you feel comfortable and SAFE.

**Link to all video demonstration and instruction:**

<https://www.youtube.com/playlist?list=PLpe-XX2vpCO1ay_NGBaw3IVaFRDKJl2r6>

**Separate links to specific demonstration and instruction:**

**Stretches:**

Hip flexor stretch  3x 30 seconds <https://youtu.be/nqTq7n6d5WQ>

Hamstring stretch  3x 30 seconds <https://youtu.be/sjq-eurK1ts>   
Lower trunk rotational stretch 5 x 10 seconds <https://youtu.be/o40UCZl6j3s>   
  
**Strength Training:**

Air Squats 3x 30 seconds <https://youtu.be/5dIsyg6QcLk>   
Bridge 5 seconds x 20 <https://youtu.be/2VvbsAZEzDI>   
Single leg bridges 10x 5 seconds <https://youtu.be/09atIoCA1b0>   
Side lying abduction. 3x 30 seconds <https://youtu.be/rqvLYm9Gj9Q>   
Plank. 3 x 30 sec <https://youtu.be/4-0uW8M77VM>   
Elbow push ups 5 seconds x 20 <https://youtu.be/eug-ZrqZ6qY>

Shoulder Circles <https://youtu.be/ZRFyl90VlLc>   
Transverse abdominals for breath control 10 seconds “in”, 10 seconds “out” <https://youtu.be/wRIWD0vjA0o>   
Single leg balance 3x 30 seconds <https://youtu.be/Ga_DD3FGNw0>

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