



Quick Access Exercise Demo Videos

You will find demonstrations of the exercises in the program below. They are sorted by section of program (e.i.

Warm-up, Stretches, Athletic Performance day) in alphabetical order to help you quickly find the exercise you need. Again, please email me - Nikki Jarrett [ATTN: Nikki] at theteam@deltaperformancetraining.com for any questions, or modification needs.

Xball Myofascial Release

[Feet and Calves Xball Myo Release](#)

[Glute Xball Myo Release](#)

[Upper Back and Pec Myo Release](#)

Foam Rolling

[Foam Rolling Series](#)

Dynamic Warm - Up

[Back to Wall Shoulder Flexion \(SF\)](#)

[Birddog](#)

[Cat-Cow](#)

[Glute Bridge with Reach](#)

[Pull Back to Forward Lunge with Reach](#)

[PVC Hip Hinge](#)

[T-Rotations](#)

[Wall Ankle MOB](#)

Activation Warm - Up

[Medball Shotput](#)

[Medball Slams](#)

[Wallslides](#)

Post Workout Stretches

3-Way Hamstring Stretch



[90 / 90 Piriformis Stretch](#)

Doorway Stretch



Half - Kneeling Hip Flexor Stretch



Lat Stretch



Strength Exercises

[Band Pullaparts](#)

[Bent Over Dumbbell Row](#)

[Counterbalance Heel Taps](#)

[Goblet Lateral Lunge](#)

[Goblet Reverse Lunge / Prisoner Reverse Lunge](#)

[Goblet Squat](#)

[Half - Kneeling Single Arm Dumbbell OH Press](#)

[Heidens](#)

[Plank](#)

[Push - Ups](#)

[RDL](#)

[Single Leg Glute Bridge](#)

[Squat Stance Single Arm Band Row](#)

[Supine External Rotations](#)

[90/90 Wall External Rotation ISO Holds](#) Please watch a tutorial video for proper form and set up



Athletic Performance

[Broad Jumps](#)

[Carioca](#)

[Medial - Lateral Line Hops](#)

[Single Leg Bounding Hops](#)

[Side Shuffle](#)

[Skip](#)