

# Safely Transition From Shelter to Sport: Strength

Greater strength often translates to better performance and is one of the most proven and effective ways of building a body that's more resilient to injury. Staying strong is important during extended periods between sports and when sheltering in place in the current pandemic times.

**Set yourself up for success in season and out of season with these strength tips.**

- 1. Build a solid athletic foundation.**
- 2. Simple is effective—don't get distracted by overly specific and complicated exercises.**
- 3. Complete compound, multi-joint movements.**
- 4. Aim for two to four sessions per week.**
- 5. Perform three or four sets of three to eight repetitions.**
- 6. Choose enough resistance to make completing the set feel challenging.**
- 7. Add resistance to bridges, step-ups, and push-ups.**
- 8. Make these exercises a staple of your workouts.**

#### Alternatives to free weights:

- Water weighs eight pounds per gallon. Use jugs or layer garbage bags and fill them up.
- Fill your backpack with books or other heavy objects.
- Sand is heavy, cheap, and easy to find at most home improvement stores.

Adjust these exercises to fit your current fitness level and past medical history. Feeling sore after workouts is a natural part of the process as you push your body to get stronger. For aches and pains beyond usual soreness, consult a sports medicine specialist.

## Workout 1



**Deadlifts**



**Lunges**



**Bridges**



**Upright row**

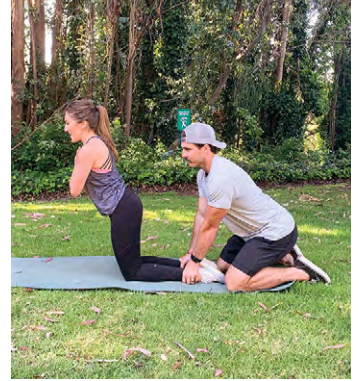


**Overhead press**

## Workout 2



**Squats**



**Nordic curls**



**Step-ups**



**Bent-over rows**



**Push-up  
with static hold**

For appointments and more information, call (844) 41-ORTHO (844-416-7846).

**Locations** | Emeryville | Los Gatos | Palo Alto | Pleasanton | San Francisco | Sunnyvale | Walnut Creek