



Staying active during COVID-19.

General prevention tips

- Exercise 30 to 60 minutes per day can always help you stay healthy
- Practice social distancing
 - Recommended minimum of 6-foot distance from others
- Avoid handshakes and hugs
- Avoid high use public surfaces and shared equipment
- Adhere to appropriate hand and personal hygiene
 - Wash hands for at least 20 seconds with soap and water

Lacrosse exercises

The following strengthening exercises can be utilized to maintain muscle integrity for lacrosse players during this time. They incorporate full body movements, which help to maintain core stability and improve power, both of which are essential to shooting and passing in lacrosse. They can be progressed by changing the sets and repetitions done, length of time each exercise is performed, and amount of weight being used.

What you need

- Lacrosse stick
- Ball
- Field or yard space
- Concrete or brick wall
- Bar for row and pull-up exercise

Plank

- Starting position: Body on the ground, facing the ground. Your toes, elbows, and forearms are in contact with the ground.
- Alignment: Feet are slightly separated. Be certain your elbow is directly below your shoulder joint. Your wrist should be in alignment with your elbow (do not clasp your hands).
- Create a flat back and hold this position tightly.
- Maintain this position as long as you are able. The length of each rep is dependent on maintaining the proper plank position.

Squat and squat jump

- Starting position: Stand with your feet shoulder width apart.
- Sit your hips back toward your heels (like sitting into an imaginary chair). Raise your arms out in front of you to counterbalance the hips moving backward. Continue to descend until your thighs are parallel to the ground. Press away from the ground to return to the starting position.

- Alignment: Balance the weight distribution in your feet by “spreading” your feet into the floor. Do not allow your knees to “cave in” on descent or when pressing out of the bottom position of the squat.
- Squat jump variation: Add a vertical jump at the end of each repetition. This should not be a maximal height jump. Concentrate on a soft landing while maintaining the alignment mentioned above.

Hip bridge

- Lay face up on the ground. Bend your knees and place your feet flat on the ground. Lift your toes off the ground so force can be applied to the ground through your heels.
- Pressing into the ground, the hamstrings, glutes, and lower back should “lift” your hips off the ground. Do not thrust your hips toward the sky (ceiling). The knee, hip, and shoulder joint should be in alignment in the contracted (top) position. Lower your hips and return to the starting position.

Pushups

- Starting position: Body on the ground, facing the ground. Your toes and hands are in contact with the ground.
- Alignment: Feet are slightly separated. Be certain your hands are directly below your shoulder joint.
- Tilt your body to create a flat back
- Push your hands into the ground and begin lowering your chest toward the ground. Your elbows will bend back towards your hips as your body is lowered to the ground. When your chest is approximately a fist width from the ground, press your chest away from the ground and return to the starting position.

Row and pull-ups

- These are important exercises to balance pushups. You will need to utilize a bar or something substantial to support your body weight.
- To complete a row, grasp the bar, and lower yourself beneath the bar (most likely at a 45-degree angle).
- Beginning with straight arms, proceed to pull your chest toward the bar. Your elbows should track in the same manner as with a pushup. When performing the exercise, the shoulder, hip, and ankle joints should be in alignment (you should look like a board). Continue to draw your chest to the bar. Lower yourself under control to the starting position.

Easy ways to practice skills

- Wall ball
 - Throwing and catching against a concrete or brick wall; many tennis courts have great walls used for this activity
- Playing catch with a family member

What else to do in the downtime

- Stay connected with your teammates and friends via social media
- Take this time to get to know lacrosse better
 - Read about its history, tactics, and strategy

To learn more about staying active during COVID-19 visit our blog:
[MedStarHealth.org/MedStar-Blog](https://www.MedStarHealth.org/MedStar-Blog)