

FOOTBALL PROTOCOL

OFFICIAL CROSSOVER SYMMETRY INTEGRATION PROTOCOL

INTRODUCTION AND GUIDELINES

Considering that each athlete is unique with regards to mechanics, build, recovery times, practice habits and playing environments, this protocol should be used as a baseline rather than a one size fits all approach. As with any training program, you will get out of it what you put into it. If you follow the routine outlined in this protocol, you will undoubtedly see improved arm strength and endurance.

If this is the athlete's first time using Crossover Symmetry, he should use the standard workout for approximately two weeks to ensure that he is performing the exercises correctly before moving on to the advanced workout. During this introductory period, the athlete will substitute the standard workout when the advanced workout is assigned.

Crossover Symmetry's standard workout should be performed on the field every day as a dynamic warm-up for the rotator cuff and scapular muscles prior to throwing a football. Since there is constant variation in a quarterback's throwing workload, this protocol provides a guideline for coaches to integrate post-activity strengthening into their practice and game routines. The optimum day to do post-activity strengthening is on a heavy throwing day. For example, if your quarterback is throwing heavily on Tuesday and Friday, post-activity strengthening should be performed on those days. It is imperative that there is a minimum of 1 day, preferably 2 days, of rest between post-activity strengthening sessions.

DYNAMIC WARM-UP

Crossover Symmetry provides an outstanding pre-activity warm-up routine that will be performed on the field daily to prepare the quarterback for athletic activity. Different from a total body dynamic warm-up, Crossover Symmetry focuses specifically on the rotator cuff and scapular muscles, preparing the quarterback for high velocity throwing.

POST-ACTIVITY

For strengthening and injury prevention, two sets of the advanced plyometric workout will be performed post-activity (after practice or a game) to recruit and strengthen the fast twitch muscle fibers. This also increases the blood flow to the rotator cuff and scapular muscles, providing them with much needed nutrients and flushing out waste bi-products. The optimum day to do post-activity strengthening is on a heavy throwing day. There should be a 3 minute rest period between each set of the advanced plyometric workout to allow the athlete's creatine stores (fast twitch muscle fuel) to be replenished.

WEIGHT ROOM

The Crossover Symmetry System is easily integrated into any athlete's strength training program for optimal rotator cuff and scapular strengthening. There should be a 3 minute rest period between each set of the advanced plyometric workout to allow the athlete's creatine stores (fast twitch muscle fuel) to be replenished. If this is the athlete's first time using Crossover Symmetry, he should use the standard workout for approximately two weeks to ensure that he is performing the exercises correctly before moving on to the advanced workout. During this introductory period, the athlete will substitute the standard workout when the advanced workout is assigned.



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CORD RESISTANCE RECOMMENDATIONS



YOUTH AGES 8-14

H 10 L 7 * 3.5

MOST ATHLETES

H 15 L 10 * 7

ELITE ATHLETES

H 25 L 15 * 10

* AN EXTRA-LIGHT CORD IS RECOMMENDED FOR THE ADVANCED WORKOUT IN ORDER TO PERFORM THE PLYOMETRICS AT THE OPTIMUM SPEED

These recommendations apply to the athlete's initial use of the Crossover Symmetry System. As the athlete's strength increases, the trainer should adjust cord weights to meet the athlete's specific needs.

PROFESSIONAL, COLLEGIATE, AND HIGH SCHOOL PLAYERS

The examples below illustrate how to incorporate Crossover Symmetry into in-season and off-season training. The standard workout will be performed by quarterbacks on the field daily as a dynamic warm-up. The optimum day to do post-activity strengthening is on a heavy throwing day. In the examples below, days 1 and 4 represent heavy throwing days. Note that there are two rest days between post-activity strengthening for quarterbacks, and one rest day between post-activity strengthening and a game. This model should be adjusted to match the quarterback's heavy throwing days if they are different from the days below. Be sure to allow a minimum of 1 day, preferably 2 days, of rest between post-activity strengthening sessions and games. *For spring practice or mini camp sessions, follow the in-season protocol but disregard the game day.*

IN-SEASON PROGRAM 7 DAY ROUTINE, STARTING 5 DAYS BEFORE GAME DAY

	DAY	1	2	3	4	5	GAME DAY	7
QUARTERBACKS								
DYNAMIC WARM-UP		1 ⊕ STN	1 ⊕ STN	1 ⊕ STN	1 ⊕ STN	1 ⊕ STN	1 ⊕ STN	OFF
POST-ACTIVITY		2 ⊕ ADV			2 ⊕ ADV			
ALL OTHER POSITIONS								
WEIGHT ROOM		3 ⊕ ADV	OFF	OFF	3 ⊕ ADV	OFF	OFF	OFF

OFF-SEASON PROGRAM 7 DAY ROUTINE

	DAY	1	2	3	4	5	6	7
ALL POSITIONS								
WEIGHT ROOM		3 ⊕ ADV	OFF	OFF	3 ⊕ ADV	OFF	OFF	OFF



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