# St. Francis Sports Medicine

*Functional Strength Training Exercises*

## Body Weight Exercises

Push-Up

Plank

Resisted Squat

Wall Squat

Squat with Reach

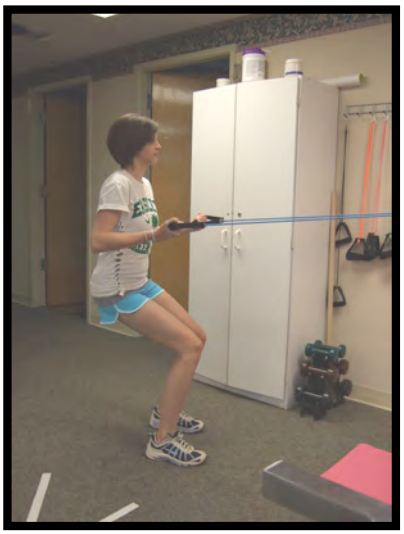
BON SECOURS
ST. FRANCIS HEALTH SYSTEM

Learn more at **www.stfrancishealth.org/sports**

Lunge

Overhead throw with
forward lunge-phase I

Overhead throw
with forward lunge-phase II

Squat with retraction-phase I

Squat with retraction-phase II