

Appendix Table A1. Intervention program for ACL Injury Prevention.

Exercise	Time/ Reps	Set	Exercise Interval	Set Interval
<b>Week 1</b>				
Warm-up				
Trunk Strengthening Exercise		1	5"	
Pillar Bridge – Front	15"			
Plank	15"			
Pillar Bridge – Lateral (each side)	15"			
Dynamic Stretching		1	5"	
External Hip Rotation – Sidelying (each side)	12			
Leg Overs (each side)	6			
Knee Hug – Moving (each side)	6			
Reverse Lunge – with Twist (each side)	6			
Knee Hug to Forward Lunge – Elbow to Instep (each side)	6			
Lateral Squat – Low (each side)	6			
Inverted Hamstring – Moving Forward (each side)	6			
Heel to Butt – Moving Forward with Arm Reach (each side)	6			
Movement Integration and Proprioceptive Training		1	5"	
Medicine Ball – Squat and Push Forward	15"			
Medicine Ball – Squat and Push Upward	15"			
BOSU – Squat and Twist	15"			
BOSU – Alternating Toe-raise	15"			
Main Exercise				
Hip Extension Training		1	10"	
Glute Bridge	30"			
Glute Bridge – Marching Knee Extension (each side)	30"			
Plyometrics Training		3	10"	2'
Jump – Front	5			
Jump – Lateral	5			
Jump – Lateral Front	5			

	Jump – Body Rotation 90°	5		
	Jump – Body Rotation 180°	5		
	Jump – Box	5		
Warm-down				
Muscle Relaxation				
	Foam Roll – Lumbosacral, Quadriceps Femoris, Hamstring, Vastus Lateralis, Vastus Medialis, Calf	5'		
Static Stretching				
	Static Stretching – Lumbosacral, Quadriceps Femoris, Hamstring, Vastus Lateralis, Vastus Medialis, Calf	5'		
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<b>Week 2</b>				
Warm-up				
Trunk Strengthening Exercise			1	5''
	Pillar Bridge – Single Leg Lift (each side)	15''		
	Plank – Single Arm Lift (each side)	15''		
	Pillar Bridge – Lateral (each side)	15''		
Dynamic Stretching (same as Week 1)				
Movement Integration and Proprioceptive Training			1	5''
	Medicine Ball – Squat and Push Lateral-forward (each side)	15''		
	Medicine Ball – Lateral Lunge and Push Forward (each side)	15''		
	BOSU – Squat Jump	15''		
	BOSU – Single Leg Squat (each side)	15''		
Main Exercise				
Hip Extension Training			1	5''
	Balance Board – Glute Bridge – Marching Knee Extension (each side)	30''		
	Stiff-legged Deadlift	30''		
	Stability Ball – Straight Leg Bridge	30''		
Plyometrics Training – Hop			2	10'' 2'
	Hop – Front (each side)	6		
	Hop – Lateral (each side)	6		

	Hop – Front and Body Rotation 90° (each side)	6			
	Hop – Lateral and Body Rotation 90° (each side)	6			
Plyometrics Training – Bound			2	10"	2'
	Bound – Front (each side)	6			
	Bound – Lateral (each side)	6			
	Bound – Lateral Front (each side)	6			
Warm-down (same as Week 1)					
<b>Week 3</b>					
Warm-up					
Trunk Strengthening Exercise			1	5"	
	Crocodile Pillar Bridge – Single Leg Lift (each side)	15"			
	Crocodile Push-up (each side)	15"			
	Pillar Bridge – Lateral (each side)	15"			
Dynamic Stretching (same as Week 1)					
Movement Integration and Proprioceptive Training			1	5"	
	Medicine Ball – Rear Lunge and Push Forward (each side)	20"			
	Medicine Ball – Rear Lunge and Twist (each side)	20"			
	BOSU – Single Leg Split Leap – Front (each side)	20"			
	BOSU – Single Leg Split Leap – Lateral Front (each side)	20"			
Main Exercise					
Hip Extension Training			2	5"	2'
	Stability Ball – Hip Raise	30"			
	Stiff-legged Deadlift – Single Leg (each side)	30"			
	Russian Hamstring Exercise	30"			
Plyometrics Training - Hop			1	10"	
	Hurdle – Hop – Front (each side)	6			
	Hurdle – Hop – Lateral (each side)	6			
	Hurdle – Hop – Front and Body Rotation 90° (each side)	6			
	Hurdle – Hop – Lateral and Body Rotation 90° (each side)	6			
Plyometrics Training – Bound			1	10"	
	Hurdle – Bound – Front (each side)	6			

Hurdle – Bound – Lateral (each side)	6			
Hurdle – Bound – Front and Body Rotation 90° (each side)	6			
Hurdle – Bound – Lateral and Body Rotation 90° (each side)	6			
Warm-down (same as Week 1)				
<b>Week 4</b>				
Warm-up				
Trunk Strengthening Exercise		1	5"	
Pillar Bridge – Alternating Opposites (each side)	15"			
Pillar Bridge – Lateral (each side)	15"			
Dynamic Stretching (same as Week 1)				
Movement Integration and Proprioceptive Training		1	5"	
Squat Up Against the Stability Ball	20"			
BOSU – Jump	20"			
BOSU – Squat and Push Medicine Ball Upward	20"			
BOSU – Squat and Push Medicine Ball Lateral-forward (each side)	20"			
Main Exercise				
Hip Extension Training		2	5"	2'
Leg Twist on Back	30"			
Nordic Hamstring Exercise	30"			
Glute Bridge – Marching	30"			
Plyometrics Training – Hop		1	10"	
Box – Hop – Front (each side)	6			
Box – Hop – Lateral (each side)	6			
Box – Hop – Front and Body Rotation 90° (each side)	6			
Box – Hop – Lateral and Body Rotation 90° (each side)	6			
Plyometrics Training – Combination of Hop (each side)	8	2		2'
Plyometrics Training – Bound		2	10"	2'
Box – Bound – Front (each side)	6			
Box – Bound – Lateral (each side)	6			
Box – Bound – Front and Body Rotation 90° (each side)	6			

Box – Bound – Lateral and Body Rotation 90° (each side)	6		
Plyometrics Training – Combination of Bound (each side)	8	3	1'
Warm-down (same as Week 1)			