



Color-Guard

Exertion Phase	Cardio	Balance/Strength	Sports Drills
Phase 1 15-20 minutes	<ul style="list-style-type: none"> • Walking Outside • Treadmill Walking • Stationary Bike • Arm Bike 	<ul style="list-style-type: none"> • Single leg balance • Tandem Stance <ul style="list-style-type: none"> - (One foot in front of the other) • Neck Strengthening 	<ul style="list-style-type: none"> • Light Stretching • May walk during practice or PE class
Phase 2 20-30 Minutes	<ul style="list-style-type: none"> • Walking <ul style="list-style-type: none"> - Speed/Uphill • Elliptical • Stairmaster • Swim with kick board • Light Jump rope • Light Jogging 	<ul style="list-style-type: none"> • Core exercises <ul style="list-style-type: none"> - Minimize head movements Planks, leg lifts • Body Weight exercises <ul style="list-style-type: none"> - Lunges, squats, push-ups, step-ups, tricep dips • Yoga and Pilates <ul style="list-style-type: none"> - Minimize head movements • Balance Exercises 	<ul style="list-style-type: none"> • Activities without risk of contact or collision <ul style="list-style-type: none"> - No tosses • No activities with multiple balls in the air • Example: <ul style="list-style-type: none"> - “Marking” dance/flag moves
Phase 3 30-40 Minutes	<ul style="list-style-type: none"> • Running and Sprinting • Footwork and cutting • Jumping 	<ul style="list-style-type: none"> • Core exercise with head movement <ul style="list-style-type: none"> - Bicycle crunches, planks with head rotation • Low weight high repetition lifting • Squats, curls, bench press, lunges • Dynamic warm up <ul style="list-style-type: none"> - Jogging, high knees • Jumping exercises <ul style="list-style-type: none"> - Squat jumps, jumping jacks, box jumps • Balance exercises <ul style="list-style-type: none"> - Single leg balance with forward reach to floor 	<ul style="list-style-type: none"> • Warm-up drills <ul style="list-style-type: none"> - Spinning and technique exercises • Dance warm-up drills • Flag work and weapons work on the sidelines • No tosses

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Phase 4 40-60 Minutes	<ul style="list-style-type: none"> • Continue Phase 3 Cardio while increasing duration 	<ul style="list-style-type: none"> • Advanced core exercises <ul style="list-style-type: none"> - Burpees, mountain climbers • Higher weight lower repetition lifting • Continue Balance Exercises 	<ul style="list-style-type: none"> • All warm-up drills <ul style="list-style-type: none"> - Dance, etc • No overhead tosses • Half run-through of performance • Final step - Advance to overhead tosses and complete run-through of performance
Phase 5 > 60 Minutes	<ul style="list-style-type: none"> • Full practice participation without restrictions 	<ul style="list-style-type: none"> • Full practice participation without restrictions 	<ul style="list-style-type: none"> • Full practice participation without restrictions

If headache, dizziness, or any other symptom occurs during the progression, stop exercising, wait 24 hours, then resume activity at the previous symptom free level.