



# LAX FIT FIT TIPS

PERFORM. PROTECT. PREVENT.



**HALF TIME**

20 toe touches



**OUT OF BOUNDS/  
CHANGE OF POSSESSION**

2 squats



**TIMEOUT**

5 Side lunges  
(each leg)



**"YARD SALE"**

5 single-leg glute  
bridges (each leg)



**GOAL**

2 push-ups



**"OFF THE PIPE"**

10 glute bridges



**TAKEAWAY**

20-second plank



**GOAL SAVED**

5 sit-ups



**PENALTY/FOUL**

1 burpee

[USALACROSSE.COM/SAFETY/INJURY-PREVENTION-CONDITIONING](https://uslacrosse.com/safety/injury-prevention-conditioning)

*Check your surroundings before performing these exercises*

USE CODE **USA131** AND START SAVING ON DONJOY PRODUCTS AT [BETTERBRACES.COM/JOINTHECLUB](https://betterbraces.com/jointheclub)