

# "Tri-6" Strength Training

Presented by Agility Physical Therapy & Sports Performance



These six functional exercises are designed specifically for triathletes to target the key areas needed for performance enhancement and injury prevention. As a triathlete and with over 12 years experience in working with injured athletes, these six key exercises have become the foundation of our successful rehabilitation program at Agility. More importantly, they can be done quickly and without any equipment.

We understand that "JUST STOP TRI-ING" is not an option!

## #1 Single Leg Balance with Eyes Closed

**Exercise:** Balance on one foot on a level surface with eyes closed.

**Key:** Keep hips level throughout the Exercise.

**Reps/Sets:** Hold for 10 seconds/Alternate legs/15 reps per leg

**Progression:** Add leg swings or stand on an unstable surface (towel roll).



## #2 Stair Step Up / Step Back

**Exercise:** Step up with one leg onto a step/stair lifting the opposite leg up so hip is bent to 90°, then exaggerated step backwards.

**Key:** Focus on contracting gluts when stepping up and on quads when stepping back.

**Reps/Sets:** 15 reps per leg/Alternate legs/2-3 sets per leg

**Progression:** Add opposite arm/leg raise (exaggerated running motion).



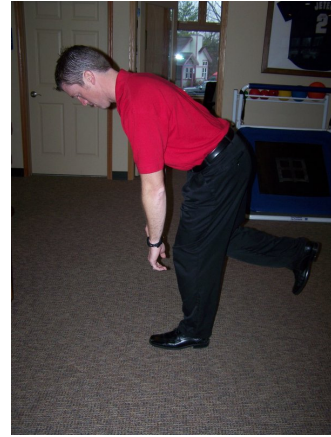
### #3 Single Leg Partial Dead Lift

**Exercise:** With knee unlocked and slight arch in the back, hinge at the hips reaching towards the floor. Hands should extend just below the knees.

**Key:** Unlock knee, but this is NOT a squat. Contract gluts on the return.

**Reps/Sets:** 15 reps per leg/Alternate legs/2-3 sets per leg

**Progression:** Add weights to your hands.



### #4 Bridge with Knee Extension

**Exercise:** While on your back with both knees bent up, lift your hips off the ground until legs and trunk are in-line with one another. Then, extend one knee straight. Hold, then repeat on the opposite leg before returning to the starting position.

**Key:** Don't allow your pelvis to drop when you straighten your leg. Focus on keeping gluts tight throughout the exercise.

**Reps/Sets:** Hold for 5 seconds/Alternate legs/15 reps each leg/2-3 sets

**Progression:** Raise arms overhead.



### #5 Side Plank with Hip Abduction

**Exercise:** Come up into a plank position on your side with supporting points being your elbow and foot. Next, perform a leg raise until your thigh is parallel to the ground. Repeat.

**Key:** Maintain straight trunk throughout the exercise and keep top leg over the bottom.

**Reps/Sets:** 15 reps per leg/Switch sides/2-3 sets per leg

**Progression:** Add a forward leg kick (2 times), then a backward leg kick (once) before returning to starting position.



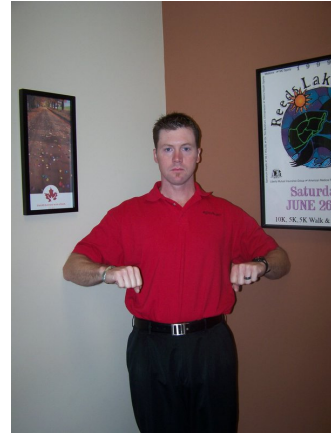
## #6 Reverse Corner (Scapular) Push-ups

**Exercise:** With arms away from your side and elbows resting on the wall in a corner, simultaneously pinch your shoulder blades together and push elbows into the wall.

**Key:** Keep your legs and trunk in-line with one another.

**Reps/Sets:** 15 reps/2-3 sets

**Progression:** Start with your feet farther away from the corner.



### Exercise Notes:

- × Start with 1-2 sets, then evaluate response to the exercise
- × Delayed Onset Muscle Soreness (DOMS) is common with new exercises
- × Never exercise into pain
- × These exercises are recommended in good faith and assuming those participating are healthy individuals. Please consult with your physician or physical therapist before doing these exercises if you are currently under their care, have a history of discogenic low back pain or have had any type of spinal or extremity surgery.

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