

Athlete Name

PRE-ACTIVITY PREPARATION

Mobility

Lower Body Activation

Core Activation

2 exercises from individual prevention programme

4 exercises from individual prevention programme

2 exercises from individual prevention programme

Lower Body

Exercise Video Link ↓

<https://youtu.be/Qi2izR1wmRk>

Back Squat



%	Weight	Reps	Done
60%	70	15	
65%	75	12	
70%	80	10	
73%	85	8	

<https://youtu.be/88DeXFx-Oiw>

Romanian Deadlift



%	Weight	Reps	Done
60%	52.5	15	
65%	55	12	
70%	60	10	
73%	62.5	8	

<https://youtu.be/nhFLBclwu1E>

DB Step Up



%	Weight	Reps	Done
60%	14	15	
65%	14	12	
70%	16	10	
73%	16	8	

<https://youtu.be/rR78cDRduDc>

Nordic Curl



%	Weight	Reps	Done
		6	
		6	
		6	
		6	

Core

Exercise Video Link ↓

https://youtu.be/jnt8_IH9FIE

Pallof hold chest machine



%	Weight	Reps	Done
ES		6	
ES		6	
ES		6	
ES		6	

<https://youtu.be/TxVr9DZ5qBo>

Side Plank Pull



%	Weight	Reps	Done
ES		15	
ES		15	
ES		15	
ES		15	

<https://youtu.be/HSuA7D2CsQA>

FB Wall Plate



%	Weight	Reps	Done
ES		8	
ES		8	
ES		8	
ES		8	

https://youtu.be/NAghmFw_Yao

Overhead iso hold lunge change



%	Weight	Reps	Done
ES		6	
ES		6	
ES		6	
ES		6	