


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

	Week 1				Week 2				Week 3				Week 4			
	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done
FB high start acc																
https://youtu.be/e_Y656pHO8w	60%	40	6		65%	42.5	6		60%	40	6		55%	37.5	6	
	65%	42.5	6		71%	47.5	6		55%	37.5	8		50%	32.5	6	
	71%	47.5	4		75%	50	4		50%	32.5	8		50%	32.5	6	
SL Hamstring Hold																
https://youtu.be/OlGmlXgsauc	55%	270	5sec		60%	295	8sec		65%	319	10sec		70%	344	10sec	
	55%	270	5sec		60%	295	8sec		65%	319	10sec		70%	344	10sec	
	55%	270	5sec		60%	295	8sec		65%	319	10sec		70%	344	10sec	
	55%	270	5sec		60%	295	8sec		65%	319	10sec		70%	344	10sec	
FB side plate																
https://youtu.be/WT57qMheonA	60%	15	6		65%	15	6		60%	15	6		55%	10	6	
	65%	15	6		71%	15	6		55%	10	8		50%	10	6	
	71%	15	4		75%	15	4		50%	10	8		50%	10	6	
Trap Bar Jump																
https://youtu.be/ltuN4uJHhac	60%	30	6		65%	30	6		60%	30	6		55%	27.5	6	
	65%	30	6		71%	35	6		55%	27.5	8		50%	25	6	
	71%	35	4		75%	35	4		50%	25	8		50%	25	6	