

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

Core

Exercise Video Link

FB high start acc

https://youtu.be/e_Y656pHO8w

Overhead band hold high skip

<https://youtu.be/KbY0HnloOPc>

%	Weight	Reps	Done
60%	27.5	8	
65%	30	6	
70%	32.5	6	



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



FB Hip Lock

<https://youtu.be/wypH-S6zGyQ>

FB Wall Plate

<https://youtu.be/HSuA7D2CsQA>

%	Weight	Reps	Done
60%	35	8	
65%	37.5	6	
70%	40	6	



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



FB Side Plate

<https://youtu.be/WT57qMheonA>

FB ISO Rotation

https://youtu.be/KupC_H8Xc5Y

%	Weight	Reps	Done
50%	10	8	
55%	15	6	
60%	15	5	



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



Aqua Bag Trunk Rot

https://youtu.be/g_yujeCcrE

Iso lunge change pallof

<https://youtu.be/-NbEbC6P-90>

%	Weight	Reps	Done
10l		8	
10l		8	
15l		6	



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

