# Athlete Name

*PRE-ACTIVITY PREPARATION*

| Mobility | Lower Body Activation | Core Activation |
|---|---|---|
| 2 exercises from individual prevention programe | 4 exercises from individual prevention programe | 2 exercises from individual prevention programe |

## Lower Body + Upper Body

Exercise Video Link

### Back Squat

https://youtu.be/Qi2izR1wmRk

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

### Romanian Deadlift

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

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

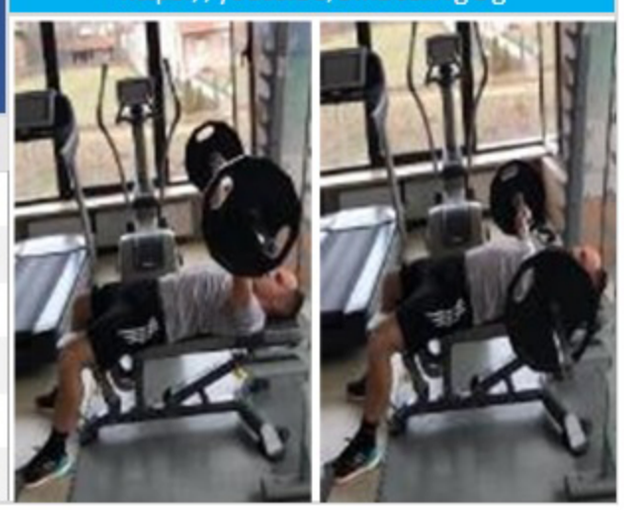
### Hip Thrust (Bench)

https://youtu.be/EigWty5J8fA

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

### Bench Press

https://youtu.be/sfh5c8x4gOg



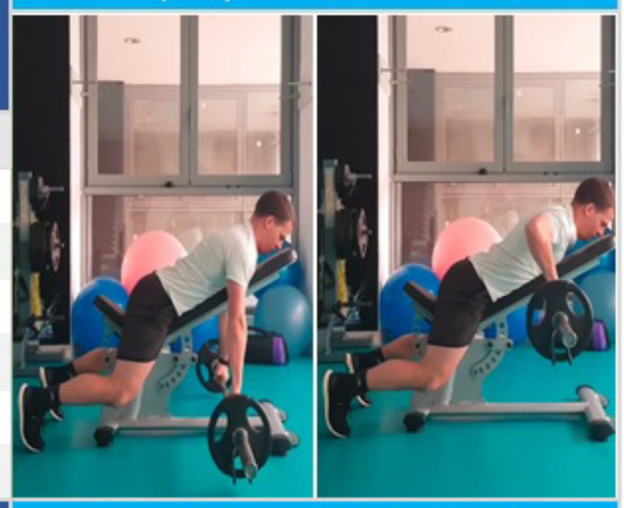
| % | Weight | Reps | Done |
|---|---|---|---|
| 60% | 65 | 20 | |
| 62% | 67.5 | 20 | |
| 65% | 72.5 | 15 | |
| 68% | 75 | 15 | |

## Upper Body + Core

Exercise Video Link

### Bench Pull

https://youtu.be/zzidLS7D4TQ



| % | Weight | Reps | Done |
|---|---|---|---|
| 60% | 45 | 20 | |
| 62% | 47.5 | 20 | |
| 65% | 50 | 15 | |
| 68% | 52.5 | 15 | |

### DB Push Press 2-Arm

https://youtu.be/BHze2qGv_9o

| % | Weight | Reps | Done |
|---|---|---|---|
| 60% | 16 | 15 | |
| 65% | 18 | 12 | |
| 70% | 20 | 10 | |
| 73% | 20 | 8 | |

### Gopher

https://youtu.be/G7cyRdD837o

| % | Weight | Reps | Done |
|---|---|---|---|
| ES | | 8 | |
| ES | | 8 | |
| ES | | 8 | |
| ES | | 8 | |

### Iso lunge change pallof

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

| % | Weight | Reps | Done |
|---|---|---|---|
| ES | | 6 | |
| ES | | 6 | |
| ES | | 6 | |
| ES | | 6 | |