Athlete Name

PRE-ACTIVITY PREPARATION

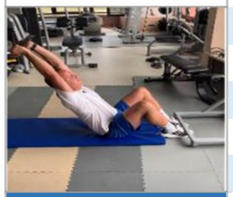
MOBILITY	LOWER BODY ACTIVATION	CORE ACTIVATION
2 exercises from individual prevention programe	4 exercises from individual prevention programe	2 exercises from individual prevention programe

Lower Body

	Week 1				Week 2				Week 3				Week 4			
	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done
Back Squat																
https://youtu.be/Qi2izR1wmRk	60%	72.5	15		65%	77.5	12		67%	80	10		70%	85	10	
	65%	77.5	12		70%	85	10		75%	90	8		75%	90	8	
	70%	85	10		75%	90	8		80%	95	6		80%	95	8	
	73%	87.5	8		80%	95	6		82%	97.5	6		85%	103	6	
Romanian Deadlift																
https://youtu.be/88DeXFx-Oiw	60%	55	15		65%	57.5	12		67%	60	10		70%	62.5	10	
	65%	57.5	12		70%	62.5	10		75%	67.5	8		75%	67.5	8	
	70%	62.5	10		75%	67.5	8		80%	72.5	6		80%	72.5	8	
	73%	65	8		80%	72.5	6		82%	75	6		85%	77.5	6	
Barbell Split Squat																
	60%	35	15		65%	40	12		67%	40	10		70%	42.5	10	
https://youtu.be/wEqJ5mq6Pus	65%	40	12		70%	42.5	10		75%	45	8		75%	45	8	
	70%	42.5	10		75%	45	8		80%	47.5	6		80%	47.5	8	
	73%	45	8		80%	47.5	6		82%	50	6		85%	50	6	
DB SL RDL (Contralat)																
	60%	22.5	15		65%	22.5	12		67%	25	10		70%	25	10	
https://youtu.be/jEOgofzbMGw	65%	22.5	12		70%	25	10		75%	27.5	8		75%	27.5	8	
	70%	25	10		75%	27.5	8		80%	30	6		80%	30	8	
	73%	27.5	8		80%	30	6		82%	30	6		85%	30	6	

PRE-ACTIVITY PREPARATION

Core Training

	Week 1				Week 2				Week 3				Week 4			
	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done
FB ISO trunk overhead hold																
https://youtu.be/sxkaCrrv394	ES		6		ES		8		ES		6		ES		10	
	ES		6		ES		8		ES		6		ES		10	
	ES		6		ES		8		ES		6		ES		10	
	ES		6		ES		8		ES		6		ES		10	
Overhead band hold high skip																
https://youtu.be/KbY0HnloOPc	ES		6		ES		8		ES		10		ES		12	
	ES		6		ES		8		ES		10		ES		12	
	ES		6		ES		8		ES		10		ES		12	
	ES		6		ES		8		ES		10		ES		12	
FB Wall Plate																
	ES		6		ES		8		ES		6		ES		10	
https://youtu.be/HSuA7D2CsQA	ES		6		ES		8		ES		6		ES		10	
	ES		6		ES		8		ES		6		ES		10	
	ES		6		ES		8		ES		6		ES		10	
FB Reactive Core																
	ES		6		ES		8		ES		10		ES		12	
https://youtu.be/heMSCkoO80k	ES		6		ES		8		ES		10		ES		12	
	ES		6		ES		8		ES		10		ES		12	
	ES		6		ES		8		ES		10		ES		12	