

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

PRE-ACTIVITY PREPARATION

MOBILITY	LOWER BODY ACTIVATION	CORE ACTIVATION

Lower Body

	Week 1				Week 2				Week 3				Week 4			
	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done
Trap Bar Squat																
https://youtu.be/SSfpBp59zIA	60%	80	12		70%	92.5	10		72%	95	8		55%	72.5	8	
	65%	85	10		75%	100	8		78%	103	6		60%	80	8	
	70%	92.5	8		80%	105	6		83%	110	4		65%	85	6	
	75%	100	6		85%	113	6		88%	115	4		70%	92.5	6	
Romanian Deadlift																
https://youtu.be/88DeXfx-Oiw	60%	55	12		70%	62.5	10		72%	65	8		55%	50	8	
	65%	57.5	10		75%	67.5	8		78%	70	6		60%	55	8	
	70%	62.5	8		80%	72.5	6		83%	75	4		65%	57.5	6	
	75%	67.5	6		85%	77.5	6		88%	80	4		70%	62.5	6	
Hip Thrust (Bench)																
https://youtu.be/EigWty5J8fA	60%	92.5	12		70%	110	10		72%	113	8		55%	85	8	
	65%	103	10		75%	118	8		78%	123	6		60%	92.5	8	
	70%	110	8		80%	125	6		83%	130	4		65%	103	6	
	75%	118	6		85%	133	6		88%	138	4		70%	110	6	
Romanian Deadlift 1-Leg																
https://youtu.be/iZZ8mUd7_zE	60%	32.5	12		70%	37.5	10		72%	40	8		55%	30	8	
	65%	35	10		75%	40	8		78%	42.5	6		60%	32.5	8	
	70%	37.5	8		80%	42.5	6		83%	45	4		65%	35	6	
	75%	40	6		85%	45	6		88%	47.5	4		70%	37.5	6	

Core Training

	Week 1				Week 2				Week 3				Week 4			
	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done	%	Weight	Reps	Done
Pallof Press perturbation																
https://youtu.be/a1p_LncKFA	ES		15		ES		15		ES		20		ES		20	
	ES		15		ES		15		ES		20		ES		20	
	ES		15		ES		15		ES		20		ES		20	
	ES		15		ES		15		ES		20		ES		20	
FB Reactive Core																
https://youtu.be/heMScKoO8ok	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	
Iso lunge change pallof																
https://youtu.be/-NbEbC6P-90	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	
Side Plank Pull																
https://youtu.be/TxVr9DZ5qBo	ES		15		ES		15		ES		20		ES		20	
	ES		15		ES		15		ES		20		ES		20	
	ES		15		ES		15		ES		20		ES		20	
	ES		15		ES		15		ES		20		ES		20	