

**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
<b>Trap Bar Romania Deadlift</b>																
<a href="https://youtu.be/NxuTribupgU">https://youtu.be/NxuTribupgU</a>	60%	67.5	12		70%	80	10		72%	80	8		55%	62.5	8	
	65%	72.5	10		75%	85	8		78%	87.5	6		60%	67.5	8	
	70%	80	8		80%	90	6		83%	92.5	4		65%	72.5	6	
	75%	85	6		85%	95	6		88%	100	4		70%	80	6	
<b>Nordic Curl</b>																
<a href="https://youtu.be/rR78cDRduDc">https://youtu.be/rR78cDRduDc</a>			6				6				8				8	
			6				6				8				8	
			6				6				8				8	
			6				6				8				8	
<b>SL Roman Chair Hold Loaded</b>																
<a href="https://youtu.be/aRHxW4HufEY">https://youtu.be/aRHxW4HufEY</a>	60%	27.5	20sec		65%	30	25sec		67%	30	25sec		72%	32.5	30sec	
	65%	30	20sec		70%	32.5	25sec		72%	32.5	25sec		78%	35	30sec	
	70%	32.5	20sec		75%	35	25sec		78%	35	25sec		80%	35	30sec	
<b>Hamstrings ISO Switch Load</b>																
<a href="https://youtu.be/OnWkarpH66M">https://youtu.be/OnWkarpH66M</a>	60%	35	8		65%	40	8		70%	42.5	8		75%	45	8	
	65%	40	6		70%	42.5	6		75%	45	6		80%	47.5	6	
	70%	42.5	6		75%	45	6		80%	47.5	6		85%	50	6	