




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
Back Squat																
https://youtu.be/Qi2izR1wmRk	75%	90	6		78%	92.5	6		80%	95	5		82%	97.5	4	
	80%	95	6		82%	97.5	4		85%	103	4		86%	103	3	
	85%	103	4		86%	103	4		88%	105	3		90%	108	3	
	87%	105	3		89%	108	3		92%	110	3		95%	115	2	
Deadlift																
https://youtu.be/WrAxWhPdpLc	75%	113	6		78%	118	6		80%	120	5		82%	123	4	
	80%	120	6		82%	123	4		85%	128	4		86%	130	3	
	85%	128	4		86%	130	4		88%	133	3		90%	135	3	
	87%	130	3		89%	133	3		92%	138	3		95%	143	2	
Hip Thrust (Bench)																
https://youtu.be/EigWty5J8fA	75%	118	6		78%	123	6		80%	125	5		82%	128	4	
	80%	125	6		82%	128	4		85%	133	4		86%	135	3	
	85%	133	4		86%	135	4		88%	138	3		90%	140	3	
	87%	135	3		89%	140	3		92%	143	3		95%	148	2	
Good Morning																
https://youtu.be/QJ1qWKe9AH4	75%	45	6		78%	47.5	6		80%	47.5	5		82%	50	4	
	80%	47.5	6		82%	50	4		85%	50	4		86%	52.5	3	
	85%	50	4		86%	52.5	4		88%	52.5	3		90%	55	3	
	87%	52.5	3		89%	52.5	3		92%	55	3		95%	57.5	2	