

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
Barbell Reverse Lunges																
https://youtu.be/7dLvShWQVDQ	60%	30	8		65%	30	8		70%	32.5	8		75%	35	8	
	65%	30	6		70%	32.5	6		75%	35	6		80%	37.5	6	
	70%	32.5	6		75%	35	6		80%	37.5	6		85%	40	6	
Conic Pulley Standing																
https://youtu.be/Tt40qPlguu4	50%	25	8		53%	25	8		56%	25	8		59%	25	8	
	55%	25	6		58%	25	6		61%	25	6		64%	30	6	
	60%	25	5		63%	30	5		66%	30	5		70%	30	5	
Romanian Deadlift 1-Leg																
https://youtu.be/iZZBmUd7_zE	50%	27.5	8		53%	27.5	8		56%	30	8		59%	32.5	8	
	55%	30	6		58%	32.5	6		61%	32.5	6		64%	35	6	
	60%	32.5	5		63%	35	5		66%	35	5		70%	37.5	5	
DB Step Up																
https://youtu.be/nhFLBclwu1E	60%	14	8		65%	16	8		70%	16	8		75%	18	8	
	65%	16	6		70%	16	6		75%	18	6		80%	20	6	
	70%	16	6		75%	18	6		80%	20	6		85%	20	6	