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	Week 2				Week	(3		Week 4						
	%	Weight	Reps	Done	%	Weight		Done	%	Weight	Reps	Done	%	Weight	Reps	Done
Glute Ham Raise (GHR)																
https://youtu.be/7iOFmouYLvI			6				6				8				8	
			6				6				8				8	
			6				6				8				8	
			6				6				8				8	
FB side plate https://youtu.be/WT57qMheonA	50%	10	8		53%	10	8		56%	15	8		59%	15	8	
	55%	10	6		58%	15	6		61%	15	6		64%	15	6	
	60%	15	5		63%	15	5		66%	15	5		70%	15	5	
ISO Hold Hamstrings		322	20				1020			22.2	250			2.2	2	
Single Leg Load	60%	35	8		65%	40	8		70%	42.5	8		75%	45	8	
https://youtu.be/ISBNLNShR8w	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	
Conic Pulley Lying	60%	35	8		65%	40	8		70%	40	8		75%	45	8	
https://youtu.be/2NrjH4FZ3Rc	65%	40	6		70%	40	6		75%	45	6		80%	50	6	
	70%	40	6		75%	45	6		80%	50	6		85%	50	6	