

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
Trap Bar Squat																
https://youtu.be/SSfpBp59zIA																
																
	60%	80	6		65%	85	6		71%	92.5	6		60%	80	6	
	65%	85	6		71%	92.5	6		75%	100	6		65%	85	6	
	71%	92.5	4		75%	100	4		79%	105	4		71%	92.5	4	
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	
Hip Thrust (Bench)																
https://youtu.be/EigWty5J8fA																
																
	60%	92.5	6		65%	103	6		71%	110	6		60%	92.5	6	
	65%	103	6		71%	110	6		75%	118	6		65%	103	6	
	71%	110	4		75%	118	4		79%	123	4		71%	110	4	
Romanian Deadlift 1-Leg																
https://youtu.be/iZZBmUd7_zE																
																
	60%	32.5	6		65%	35	6		71%	37.5	6		60%	32.5	6	
	65%	35	6		71%	37.5	6		75%	40	6		65%	35	6	
	71%	37.5	4		75%	40	4		79%	42.5	4		71%	37.5	4	