





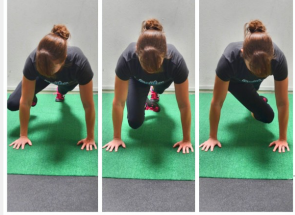



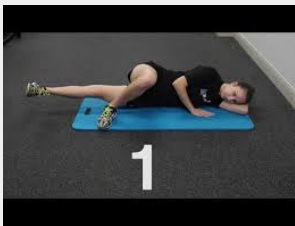

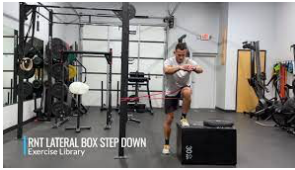



PREVENTION 1

<p>1 CORE PLANK: _____</p> <p>WEEK 1- 1X30 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 30 REP</p>		<p>2 CORE SIDE PLANK-CRUNCH: _____</p> <p>WEEK 1- 1X30 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 30 REP</p>	
<p>3 CORE DEAD BUG _____</p> <p>WEEK 1- 1X30 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 30 REP</p>		<p>4 OBLIQUE CRUNCH- FEET ELEVATED: _____</p> <p>WEEK 1- 1X30 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 30 REP</p>	
<p>5 REVERSE CHINESE PLANK TAPS (ONLY GLUTES): ____</p> <p>WEEK 1- 1X20 REP</p> <p>WEEK 2- 2X 15 REP</p> <p>WEEK 3- 2X 20 REP</p>		<p>6 ABD ROLLER: _____</p> <p>WEEK 1- 1X30 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 30 REP</p>	
<p>7 PLANK KNEE DRIVES: _____</p> <p>WEEK 1- 1X60 SEC HOLD</p> <p>WEEK 2- 2 X 60 SEC HOLD</p> <p>WEEK 3- 2 X 60 SEC HOLD</p>		<p>8 SKIPPING BAND PULLING : _____</p> <p>WEEK 1- 30 SEC</p> <p>WEEK 2- 2X 30 SEC</p> <p>WEEK 3- 2 X 40 SEC</p>	
<p>9 SINGLE LEG SWIFT JUMP TO BOX: _____</p> <p>WEEK 1- 3 X 8 JUMPS</p> <p>WEEK 2- 3 X8 JUMPS</p> <p>WEEK 3- 4 X8 JUMPS</p>		<p>10 TALL PLANK SLIDE HIP FLEXOR: _____</p> <p>WEEK 1- 1X30 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 30 REP</p>	
<p>11 HIP ADDUCTION SIDELYING (WITH RESISTANCE BAD): _____</p> <p>WEEK 1- 1X20 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 20 REP</p>		<p>12 SUPINE HAMNSTRING PULLING EXTENSION : ____</p> <p>WEEK 1- 1X 30 SEC</p> <p>WEEK 2- 2X 30 SEC</p> <p>WEEK 3- 2X 30 SEC</p>	
<p>13 :RNT LATERAL BOX STEP DOWN _____</p> <p>WEEK 1- 1X20 REP</p> <p>WEEK 2- 2X 20 REP</p> <p>WEEK 3- 2X 20 REP</p>		<p>14 :SWISS BALL KNEELING RUN DUMBBELLS ____</p> <p>WEEK 1- 1X 30 SEC</p> <p>WEEK 2- 2X 30 SEC</p> <p>WEEK 3- 2X 30 SEC</p>	

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