


PREVENTION 1

1 CORE PLANK: _____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP		2 CORE SIDE PLANK-CRUNCH: _____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP	
3 CORE DEAD BUG _____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP		4 OBLIQUE CRUNCH- FEET ELEVATED: _____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP	
5 QUADRUPER HIP EXTENSION- ON ELBOW: ____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP		6 HAMSTRING PULL OVER: _____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP	
7 PLANL SWISSBALL: ____ WEEK 1- 1X60 SEC HOLD WEEK 2- 2 X 60 SEC HOLD WEEK 3- 2 X 60 SEC HOLD		8 BENCH PRESS-DUMBBELL: _____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP	
9 BROAD JUMO: _____ WEEK 1- 2 X 8 JUMPS WEEK 2- 3 X8 JUMPS WEEK 3- 4 X8 JUMPS		10 SIDE PLANK-HIP ABDUCTION: _____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP	
11 STANDNG ANKLE DORSIFLEXION WALL SUPPORTED: _____ WEEK 1- 1X20 REP WEEK 2- 2X 20 REP WEEK 3- 2X 20 REP		12 SINGLE LEG HAMSNTRING BRIDGE: ____ WEEK 1- 1X20 REP EACH LEG WEEK 2- 2X 20 REP EACH LEG WEEK 3- 2X 20 REP EACH	
13 DOWNWARD DOG: ____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP		14 SUPINIE LEG CIRCLE: ____ WEEK 1- 1X30 REP WEEK 2- 2X 20 REP WEEK 3- 2X 30 REP	