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

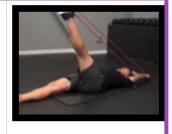


6 HAMSTRING PULL OVER:

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

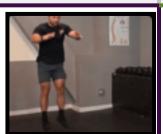


9 BROAD JUMO:

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

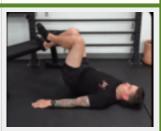


12 SINGLE LEG HAMSNTRING BRIDGE: _

WEEK 1-1X20 REP EACH LEG

WEEK 2-2X 20 REP EACH **IFG**

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

