

PREVENTION CIRCUIT 2

1 SIDE PLANK ON KNEES CLAM: _____

WEEK 1- 30 REP

WEEK 2- 2X 30 REP

WEEK 3- 3 X 30 RER



2 DEAD BUG- ANTIROTATION (BAND): ____

WEEK 1- 30 REP

WEEK 2- 2X 30 REP

WEEK 3- 3 X 30 RER



3 CORE DEAD BUG _____

WEEK 1- 30 REP

WEEK 2- 2X 30 REP

WEEK 3- 3 X 30 RER



4 OBLIQUE CRUNCH- FEET ELEVATED: _____

WEEK 1- 2X30 REP

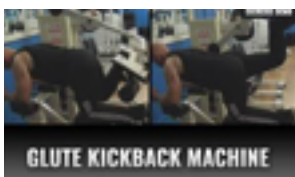
WEEK 2- 2X 40 REP

WEEK 3- 2 X 50 RER



5 GLUTE KICKBACK MACHINE: ____

WEEK 1- 2 X60 SEC HOLD
WEEK 2- 2X 60 SEC HOLD
KNEES SIDE
WEEK 3- 2X60 SEC HOLD
MOVE ARMS AND LEGS



6 SWISS BALL LEG CURL: _____

WEEK 1- 2X10 REP

WEEK 2- 2X 12 REP

WEEK 3- 3 X 10 RER



7 BACK EXTENSION: _____

WEEK 1- 2X10 REP

WEEK 2- 2X 12 REP

WEEK 3- 3 X 10 RER



8 HALF KNEELING SINGLE ARM SHOULDER PRESS: _

WEEK 1- 2X10 REP

WEEK 2- 2X 12 REP

WEEK 3- 3 X 10 RER



9 ANKLE PLANTAR FLEXION: _____

WEEK 1- 2X10 REP

WEEK 2- 2X 12 REP

WEEK 3- 3 X 10 RER



10 SIDE PLANK T- DUMBBELL: _____

WEEK 1- 30 REP

WEEK 2- 2X 30 REP

WEEK 3- 3 X 30 RER



11 COMPENHAGEN PLANK: _____

WEEK 1- 2X10 REP

WEEK 2- 2X 12 REP

WEEK 3- 3 X 10 RER



12 SINGLE LEG HAMSTRING BRIDGE: _____

WEEK 1- 2X10 REP

WEEK 2- 2X 12 REP

WEEK 3- 3 X 10 RER

