














## PREVENTION CIRCUIT 3

<b>1 CORE PLANK:</b> _____  <b>WEEK 1-</b> 30 REP  <b>WEEK 2-</b> 240 REP  <b>WEEK 3-</b> 2X30 REP		<b>2 BACK EXTENSION:</b> _____ <b>WEEK 1-</b> 2X10 REP  <b>WEEK 2-</b> 2X15 REP  <b>WEEK 3-</b> 2X 10 REP + 10 KG	
<b>3 SWISS BALL DEADBUG ARM ONLY</b> _____  <b>WEEK 1-</b> 30 REP  <b>WEEK 2-</b> 40 REP  <b>WEEK 3-</b> 2X30 REP		<b>4 CRUNCH- FEET ELEVATED:</b> _____  <b>WEEK 1-</b> 30 REP  <b>WEEK 2-</b> 40 REP  <b>WEEK 3-</b> 2X30 REP	
<b>5 KNEELING SINGLE BALANCE DRIL:</b> ____   <b>WEEK 1-</b> 2 X10 REP EACH  <b>WEEK 2-</b> 2 X 10 REP EACH  <b>WEEK 3-</b> 2 X 10 REP EACH		<b>6 HAMSTRING STRAINS:</b>  <b>WEEK 1-</b> 40 SEC  <b>WEEK 2-</b> 50 SEC  <b>WEEK 3-</b> 60 SEC	
<b>7 PLANK SWISSBALL:</b> ____  <b>WEEK 1-</b> 30 REP  <b>WEEK 2-</b> 40 REP  <b>WEEK 3-</b> 2X30 REP		<b>8 PULL UPS NEUTRAL GRIP:</b> _____  <b>WEEK 1-</b> 8 REP  <b>WEEK 2-</b> 2 X8 REP  <b>WEEK 3-</b> 2X10 REP	
<b>9 SIDE LUNGE :</b> _____  <b>WEEK 1-</b> 10 REP/EACH  <b>WEEK 2-</b> 15 REP EACH  <b>WEEK 3-</b> 2X15 REP EACH		<b>10 STABILITY BALL PIK:</b> <b>WEEK 1-</b> 30 REP  <b>WEEK 2-</b> 240 REP  <b>WEEK 3-</b> 2X30 REP	
<b>11 KNEE UP PLANK:</b> ____  <b>WEEK 1-</b> 30 REP  <b>WEEK 2-</b> 240 REP  <b>WEEK 3-</b> 2X30 REP		<b>12 NORDIC CURL SWISS BALL:</b> ____  <b>WEEK 1-</b> 2X8 REP  <b>WEEK 2-</b> 2X10 REP  <b>WEEK 3-</b> 2X12 REP	
<b>13 HIPE ABDUCTOR :</b> _____  <b>WEEK 1-</b> HOLD + 20 REP  <b>WEEK 2-</b> HOLD + 40 REP  <b>WEEK 3-</b> HOLD + 40 REP		<b>14: GLUTE CLAM SHELLS:</b> _____  <b>WEEK 1-</b> 20 REP EACH  <b>WEEK 2-</b> 2X20 REP EACH  <b>WEEK 3-</b> 2X30 REP EACH	