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C4HP Injury Prevention Program CIRCUIT 1



<p>1</p>		<p>90-degree pull up isometrics (regular grip). 5-second hold:3-second rest x 3 reps. Focus is chest, back, and core tension. Pull up bar (or) Jugs on the climbing wall.</p>	<p>2</p>		<p>Depth squat to calf raise. 1 x 10 reps with a 2-second Tempo. Toes pointing forward, squat to a comfortable depth, stand on toes at the top of each rep.</p>
<p>3</p>		<p>90-degree pull up isometrics (reverse grip). 5-second hold:3-second rest x 3 reps. Focus is chest, back, and core tension. Pull up bar (or) Jugs on the climbing wall.</p>	<p>4</p>		<p>Hips open squat to calf raise. 1 x 10 reps (2s. Tempo). Feet wider than shoulders, toes slightly out, squat to a comfortable depth, stand on toes at the top of each rep.</p>
<p>5</p>		<p>120-degree pull up isometrics (regular grip). 5-second hold:3-second rest x 3 reps. Focus is chest, back, and core tension. Pull up bar (or) Jugs on the climbing wall.</p>	<p>6</p>		<p>Single leg toe touches. 1 x 5 reps each leg with a 2-second tempo. 120-degree knee joint angle, touch the toes with opposite hand each rep. Reach with control.</p>
<p>7</p>		<p>120-degree pull up isometrics (widest grip). 5-second hold:3-second rest x 3 reps. Focus is chest, back, and core tension. Pull up bar (or) Jugs on the climbing wall.</p>	<p>8</p>		<p>Clock face toe taps. 1 x 4 reps each leg with a 2-second hold each position. Reach 4 positions at the bottom half of the clock (3,5,7,9) each leg. Reach with control for max distance.</p>