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C4HP Injury Prevention Program CIRCUIT 1



1		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.	2		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.
3		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.	4		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.
5		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.	6		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.
7		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.	8		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.