

# Train 2 Perform Programme



Client - A. Player

Trainer - Graeme Henderson

Goals - Injury Prevention

Date - 15th July 2015



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## Goals - Injury Prevention

### Warm Up

Mobility Exercises - Neck, Shoulder, Hip Twist, Leg Swing, Ankle Roll

Pulse Raiser - Any CV Equipment at 50% increase to 65 % max

Dynamic Stretches - Arm Swings, Chest, Side Bends, Hip Hinge, Lunge, Squat with Kick, Calf Walk

### Session

System	Exercise	Reps/Time	Sets	Rest	Load
Circuit	S/L Squat	10	1	Continuous	Body Weight
	Swiss Ball Hamstring Curls	10	1	Continuous	Body Weight
	BOSU S/L Balance	10	1	Continuous	Body Weight
	Front Plank with Arm Movements	10	1	Continuous	Body Weight
	Double Leg Hurdle Hops (Stick Landing)	10	1	Continuous	Body Weight
	Forward Lunge with Medicine Ball Rotation	10	1	Continuous	5 Kg
	Side Plank with Leg Movements	10	1	Continuous	Body Weight
	Lateral Lunge	10	1	Continuous	Body Weight
	S/L Hop Forward and Hold	10	1	Continuous	Body Weight
	T Press Up	10	1	Continuous	Body Weight

Notes - Perform the circuit 3 times with a 3 minute rest between each round.

### Cool Down

Pulse Lower - Any CV Equipment at 60% decreasing to 40 % max

Static Stretches - Shoulder (standing), Chest (standing), Back (standing), Abdominals (floor), Glutes (seated), Quadriceps (lying), Hamstrings (lying), Calfs (all fours). Foam Roller (optional).

E/L = Each Leg ST = Standing DB = Dumbbell S/L = Single Leg Alt = Alternate SA = Single Arm BB = Barbell ES = Each Side HI = High Intensity



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