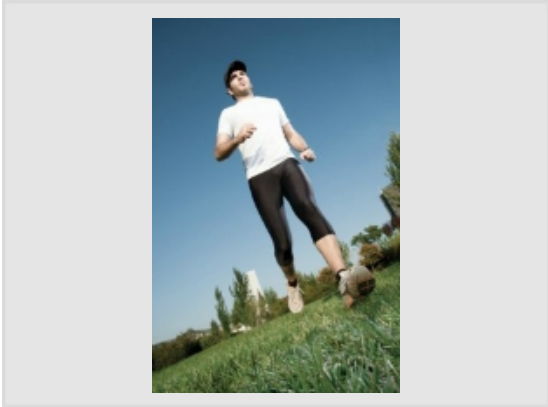




Warm up

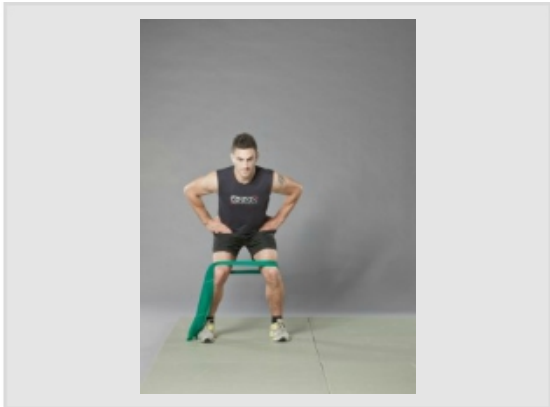
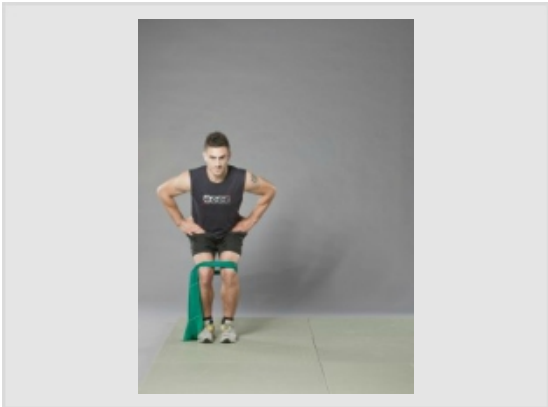
01



Do this injury prevention programme at the end of your regular warm up.

Stabilization

02



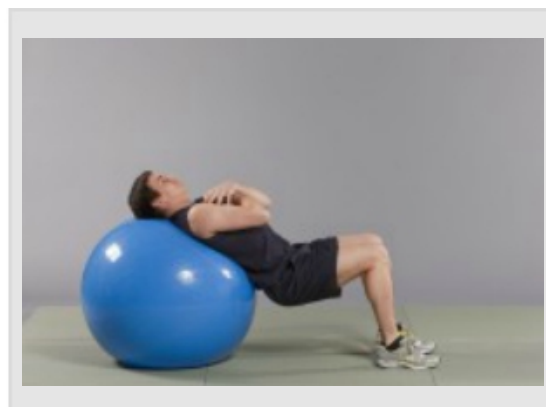
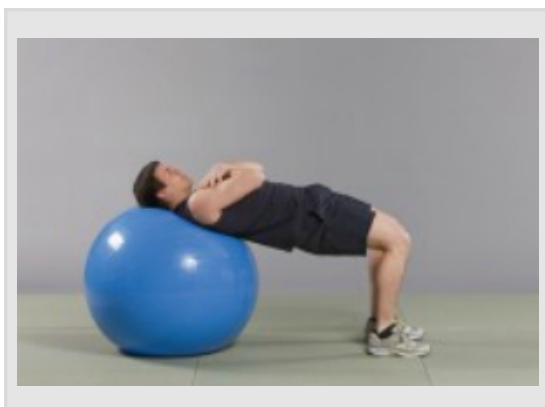
Intensity	Sets	Recovery
2x 10m	2	30s

Starting position: tie the mini band in a loop just above your knees. Slightly flex the hips and knees and start in a squat position.

Abduct one leg, 10x. The other leg stays in the same position, no buckling inwards. Abduct the other leg, 10x. Then first walk 10 steps to the right and subsequently walk 10 steps back to the left.

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 Training: Functional training plan
 Created by: Werner Helsen

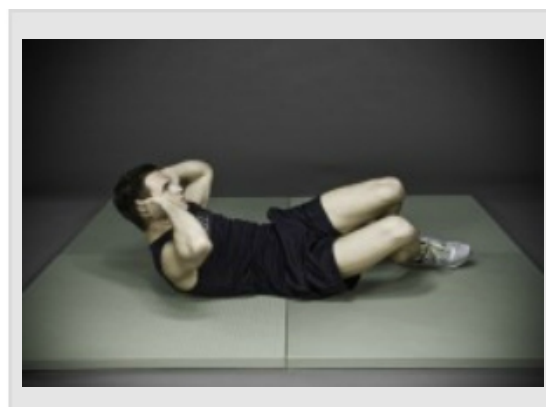
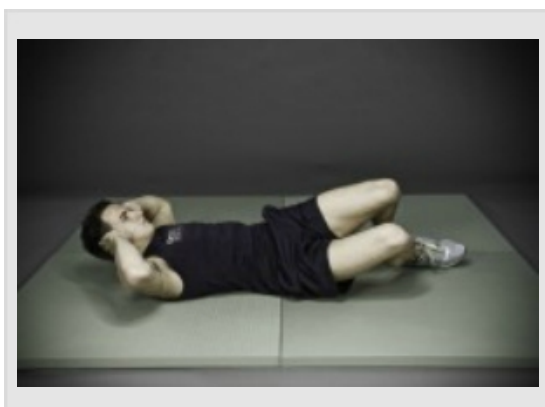
03



Intensity	Sets	Recovery
15	3	30s

Starting position: with the shoulders and thoracic spine on the therapy or bosu ball.
 Extend the hip als high as possible, hit the glutes!

04

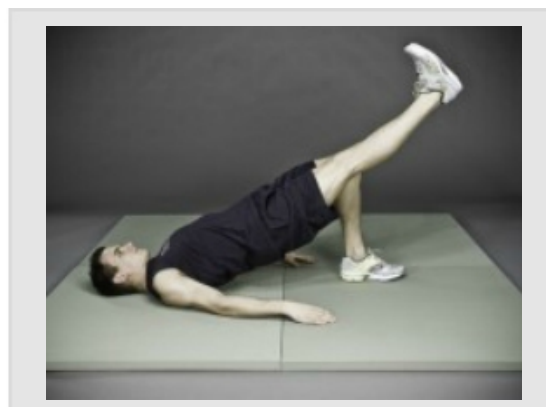
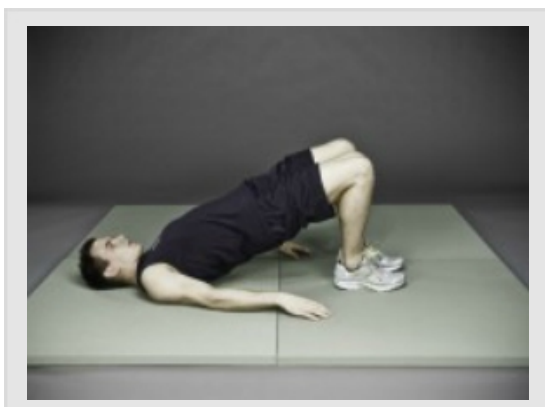


Intensity	Side	Sets	Recovery
10	L & R	3	Other side

Starting position : lay on your back and roll the knees to one side.
 Roll the upper body slightly off the floor, until the shoulder blades or off the floor. Then return to the starting position..

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05



Intensity	Side	Sets	Recovery
20	10L - 10R	3	30s

Starting position: (only) heels on the ground with a small distance between the knees. Straighten the lower back and extend one leg. Return the leg slowly.

Don't let the pelvis drop.

To make the exercise more demanding keep the arms crossed in front of the trunk.

06



Reps	Sets	Recovery
5 in total	3	30s

Starting position: side bench to the left.

Rotate towards a front bench position and rotate smoothly to side bench to the right. Then return to the starting position through rotating to front bridge.

Keep your back straight all the time.

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07

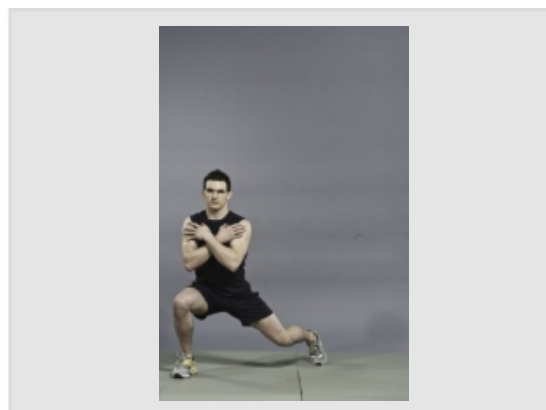
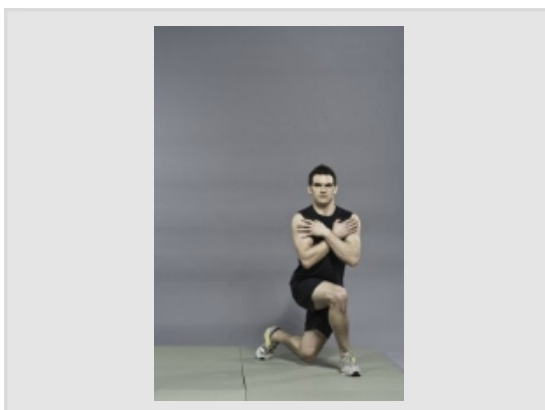


Intensity	Side	Sets	Recovery
10	L & R	3	Other side

Take support on both forearms (place the elbows below the shoulders) on an unstable surface. Tighten the abdominals and the glutes. Move the body towards the floor. Flex the knee and flex + abduct (bring outwards) the hip of the raised leg towards the elbow. Return to the starting position with the trunk and extend the leg. The whole body has to form 1 line (don't arch the body).

Proprioception - Coordination

08

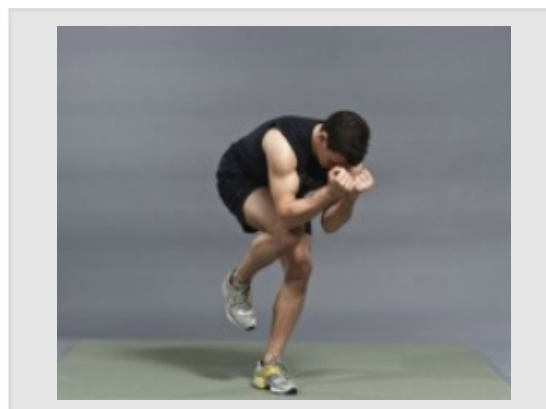
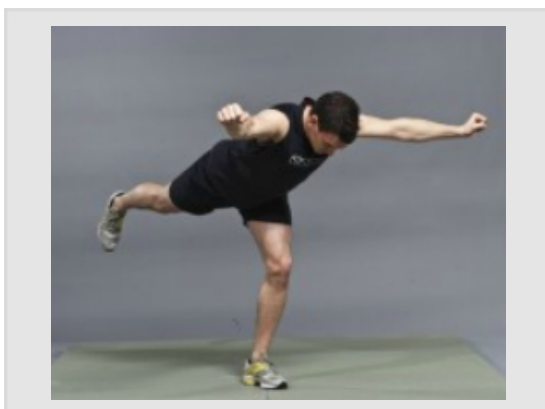


Intensity	Side	Sets	Recovery
12	4 - 4 R - 4L	3	30s

Starting position: standing with the arms crossed. Perform a forward lunge and return to the starting position. Then perform a lunge to the right side and return. Finally perform a (crossed) lunge towards the left and return. Hold your back straight and don't let the knee buckle inwards!

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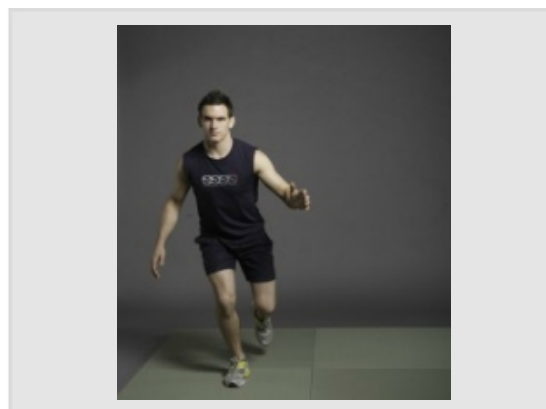
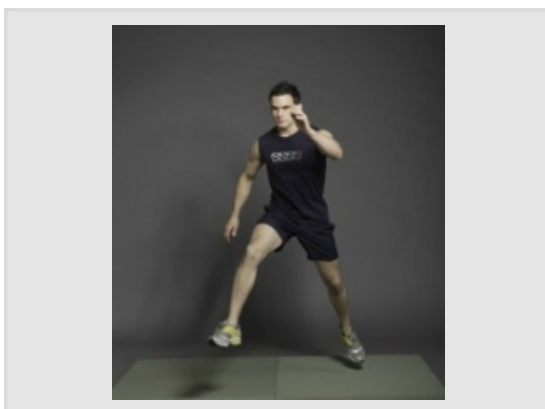
09



Intensity	Side	Sets	Recovery
10	L & R	3	Other side

Keep the knee of the supporting leg in a slight flexed position. Don't let the knee buckle inwards. Don't let your pelvis drop. Keep the trunk in balance.

10



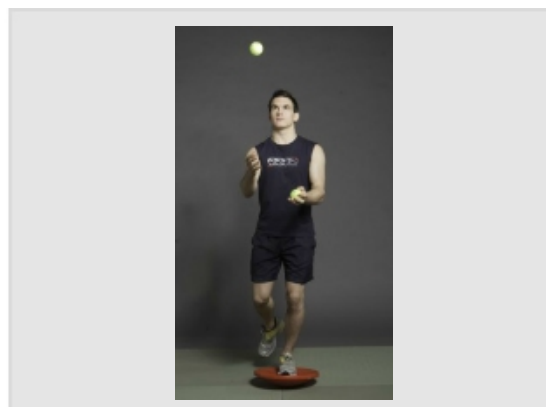
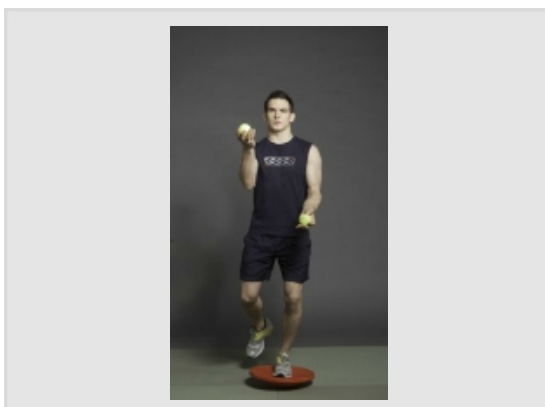
Intensity	Side	Sets	Recovery
10	5L - 5R	4	30s

Starting position: unipodal stance. Jump forward and slightly outwards. Hold the position for 3 sec and stabilize. Repeat with the other leg to the other side. Control trunk and ankles during the jumps. Don't let the knee buckle inwards.



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11

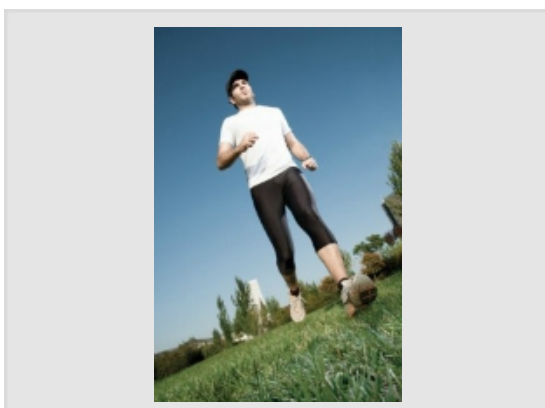


Duration	Side	Sets	Recovery
45"	L & R	3	Other side

Starting position: unipodal stance with 1 or 2 small balls.
Start in a controlled unipodal stance and throw with the ball (to a wall or from left to right hand).

Cool down

12



Perform a cool down as a part of your regular training.