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C4HP Injury Prevention Program CIRCUIT 2



1		<p>Straight elbow pull up isometrics (regular grip). 5-second hold: 3-second rest x 3 reps. Focus is shoulder, scapular, and core tension. Pull up bar (or) Jugs on the climbing wall.</p>	2		<p>Single leg eccentric squats. 1 x 10 reps (5 each leg). Squat under control to a mid-shin surface, stand up with both legs. Knee should go over toe, knee staying straight, not crossing midline.</p>
3		<p>Shoulder rotation isometrics. 1 x 6 reps with a 7-second hold each rep. With a partner, alternate hand positions every rep. 3 repetitions each direction at 70% intensity.</p>	4		<p>Single leg concentric squats. 1 x 10 reps (5 each leg). Stand up under control from a mid-shin surface, sit down with both legs. Knee should go over toe, knee staying straight, not crossing midline.</p>
5		<p>Shoulder compression isometrics. 1 x 6 reps with a 7-second hold each rep. With a partner, alternate hand positions every rep. 3 repetitions each direction at 70% intensity.</p>	6		<p>Spread the floor squat isometrics. 1 x 20-seconds continuous. Feet wider than shoulders and toes slightly out, squat to a comfortable depth while actively contracting the knees away from midline.</p>
7		<p>Multi-direction pushing isometrics. 1 x 20-seconds continuous. With a partner, move through top of circle, then through bottom of circle at 70% intensity.</p>	8		<p>Squeeze the hands squat isometrics. 1 x 20-seconds continuous. Feet shoulder width and toes slightly in, squat to 120-degrees at the knee while actively compressing both fists together.</p>