
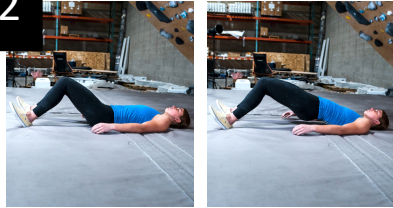








4

C4HP Injury Prevention Program CIRCUIT 3



<p>1</p> 	<p>90-degree push up isometric (wide position). 7-second hold:3-second rest x 3 reps. Arms wider than shoulders, head in-line with heels, lower and hold while focusing on whole body tension.</p>	<p>2</p>  <p>90-degree hip-thruster on heels. 1 x 10 reps with a 2-second hold at the top position. Lying on ground, knees at 90-degrees, lift hips off the ground from your heels. Focus is glute and hamstring tension.</p>
<p>3</p> 	<p>90-degree push up isometric (regular position). 7-second hold:3-second rest x 3 reps. Arms shoulder width, head in-line with heels, lower and hold while focusing on whole body tension.</p>	<p>4</p>  <p>Single leg hip-thruster on heels. 1 x 5 reps/leg with a 2-second hold at the top position. Lying on ground, knee at 90-degrees, lift hips and opposite leg off ground. Focus is glute and hamstring tension.</p>
<p>5</p> 	<p>90-degree push up isometric (un-level position). 7-second hold:3-second rest x 3 reps. Arms un-level, head in-line with heels, lower and hold while focusing on whole body tension.</p>	<p>6</p>  <p>120-degree hip-thruster on heels. 1 x 10 reps with a 2-second hold at the top position. Lying on ground, knees at 120-degrees, lift hips off the ground from your heels. Focus is glute and hamstring tension.</p>
<p>7</p> 	<p>Single arm / leg plank isometric. 3-seconds on:3-seconds off x 6 reps. Once on all fours, use the opposite elbow/toe and control the position through the core and hips. Alternate each rep.</p>	<p>8</p>  <p>Single leg hip-thruster on heels. 1 x 5 reps/leg with a 2-second hold at the top position. Lying on ground, knee at 120-d, lift hips and opposite leg off ground. Focus is glute and hamstring tension.</p>