

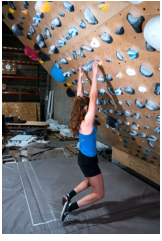




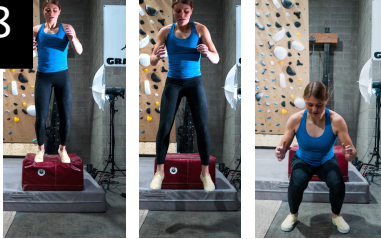


4

C4HP Injury Prevention Program CIRCUIT 4



1		<p>Open hand hangs. 7-seconds on:3-seconds off x 5 reps. Sub to full bodyweight pending strength. 70% intensity. Jug edge, wide bar, or sloper. All 4-fingers with the PIP joint around 120-degrees.</p>	2		<p>Standing heel to toe rockers. 1 x 10 reps. Stand on toes with control, slowly roll back onto your heels and lift toes each rep. Hold on to help accentuate the motion.</p>
3		<p>Open hand hangs. 7-seconds on:3-seconds off x 5 reps. Sub to full bodyweight pending strength. 70% intensity. Jug edge, wide bar, or sloper. All 4-fingers with the PIP joint around 120-degrees.</p>	4		<p>Standing foot scoop/separation isometrics. 1 x 10 reps. Feet shoulder width, "scoop" the floor together with the bottoms of your feet for 2-seconds, then separate the floor for 2-seconds each rep.</p>
5		<p>Flat edge hangs (30mm). 7-seconds on:3-seconds off x 4 reps. Sub to full bodyweight. 70% intensity. Flat edge or fingerboard. All 4-fingers with the PIP joint at 90-degrees.</p>	6		<p>Concentric focused box jumps. 1 x 5 reps to a 18-30" surface pending athlete. Squat to 90-degrees, hold for 2-seconds, jump on the surface with a soft landing. Focus is acceleration and landing.</p>
7		<p>Flat edge hangs (30mm). 7-seconds on:3-seconds off x 4 reps. Sub to full bodyweight. 70% intensity. Flat edge or fingerboard. All 4-fingers with the PIP joint at 90-degrees.</p>	8		<p>Eccentric box drops. 1 x 5 reps from a 18-30" surface pending athlete. Stand on the surface, step forward and drop quickly with a soft landing. Focus is deceleration and force absorption.</p>