




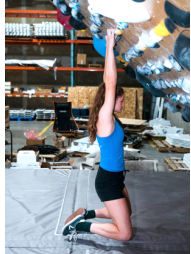


4

C4HP Injury Prevention Program CIRCUIT 5



<p>1</p> 	<p>Feet down explosive pull-ups. 1 x 4-8 reps pending strength. Arms extended overhead, push with the toes to increase the velocity of each rep. Power focus on a bar or jugs. 1-2s. between reps.</p>	<p>2</p> 	<p>Forward jumps with a single leg landing. 1 x 10 reps (5 per leg). With both legs, Jump straight at a controlled distance and confidently absorb the landing. Focus is acceleration and deceleration.</p>
<p>3</p> 	<p>Moderate edge rapid hangs (20mm). 5-seconds on:3-seconds off x 3 reps. Full bodyweight and 70% intensity. Engage the edge rapidly each rep. All 4-fingers with the PIP joint at 90-degrees.</p>	<p>4</p> 	<p>Chest elevated power push up. 1 x 4-8 reps pending strength. Hands on a bench, arms shoulder width, press explosively to a standing position. Focus is acceleration and reducing the landing forces on the wrist.</p>
<p>5</p> 	<p>Single leg lateral jumps. 1 x 10 reps (5 per leg). With one leg, jump to the side at a controlled distance and confidently absorb the landing. Focus is acceleration and deceleration.</p>	<p>6</p> 	<p>Moderate edge rapid hangs (20mm). 5-seconds on:3-seconds off x 3 reps. Full bodyweight and 70% intensity. Engage the edge rapidly each rep. All 4-fingers with the PIP joint at 90-degrees.</p>

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