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C4HP Injury Prevention Program CIRCUIT 6



Three sequential photographs showing a person in a blue shirt and black shorts performing a countermovement jump and catch. The first photo shows the person in a crouched starting position. The second photo shows the person jumping upwards. The third photo shows the person catching themselves on a horizontal bar on a climbing wall.	<p>1 Countermovement jump and catch. 1 x 5-7 reps pending strength. Jump to a jug/bar and hold the 90-degree elbow angle for 3s. Catch hand could be one or two arm pending strength.</p>	Three sequential photographs showing a person performing a feet-on power move. The person is on a climbing wall, using their feet to push off and pull themselves up. The photos show the person in different stages of the move, from starting to fully extended.	<p>2 Feet on power move. 1 x 8 reps (4 per arm). At least 5s. rest (off wall) between reps. Focus is high-coordination power. Alternate arms every rep and go the greatest distance possible with feet on.</p>
Three sequential photographs showing a person performing a countermovement jump and catch at an angle. The person jumps to a horizontal bar on a climbing wall, holding it at an angle. The photos show the person in different stages of the move, from starting to fully extended.	<p>3 Countermovement jump and catch (angle). 1 x 5-7 reps pending strength. Jump to a jug/bar and hold for 3s. Catch hand could be one or two arm pending strength.</p>	Three sequential photographs showing a person performing a feet-off power move. The person is on a climbing wall, using their feet to push off and pull themselves up. The photos show the person in different stages of the move, from starting to fully extended.	<p>4 Feet off power move. 1 x 6 reps (3 per arm). At least 5s. rest (off wall) between reps. Focus is high-coordination power. Alternate arms every rep and go moderate distance with feet coming off for the catch.</p>

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