

- 7 week Injury prevention + strength program
- Complete program 2-3 x week

Crab Walks > Skater Hops *

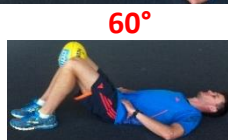


Description:

- Mini squat with band around ankles (green > blue)
- Keep side on and walk like a 'crab'
- Progress to skater hops at week 5

Week 1	Week 2	Week 3	Week 4	Week 5*	Week 6*	Week 7*
2 x 10 e.s	2 x 10 e.s	2 x 12 e.s	3 x 12 e.s	3 x 14 e.s	3 x 14 e.s	3 x 14 e.s

Adductor Squeeze



Description:

- Lie on your back
- Complete 2 sets at each angle 0° + 60°
- Place a football between your knees
- Squeeze the ball gradually and hold for **10 sec**
- No sharp pain on squeeze

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 6 each	2 x 6	2 x 8	2 x 10	2 x 10	2 x 10	2 x 10

Clams + Side Lying Hip Abduction



Description:

- Lie on your side against wall
- Keep a straight line between your shoulders, hips and feet
- Add the band around your knees as it gets easier on clams

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 14 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s

Bench Adduction



Description:

- Keep your hips square
- Straight line shoulders > hips > ankles
- Lift bottom leg up to bench
- SLOW movement

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
N/A	N/A	2 x 5 e.s	2 x 6 e.s	2 x 8 e.s	2 x 8 e.s	2 x 10 e.s

Single Leg Squat



Description:

- Keep your hips square and torso tall
- Squat down on one leg – sit onto box to start
- Keep your knee tracking over your toes
- Go as deep as you can – add weight as needed

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
3 x 6 e.s	3 x 6 e.s	3 x 6 e.s	3 x 8 e.s	3-4 x 8 e.s	3-4 x 8 e.s	3-4 x 8 e.s
BW	BW	BW-5kg				

Walk Lunge with Rotation

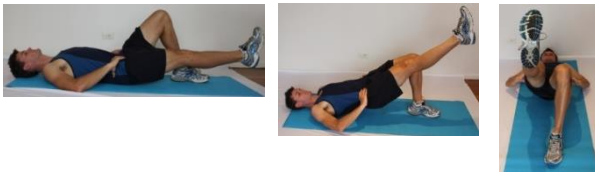


Description:

- Step into a lunge position
- Keep knee from tracking over front
- Rotate towards front knee
- Add weight either hold in front or vest

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 6 e.s	2-3 x 8 e.s	2-3 x 8 e.s	2-3 x 8 e.s	3 x 8 e.s	3 x 8 e.s	3 x 8 e.s
BW	BW	BW-5kg				

Single Leg Bridge (1-2 x week)



Description:

- Lie on your back with feet on the ground > progress to foot on box
- Take one leg out straight and lift your hips off the ground keeping hips square

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 8 e.s	2 x 8 e.s	2 x 10 e.s	3 x 10 e.s	2-3 x 12 e.s	3 x 12 e.s	2-3 x 12 e.s
			Try 1 set on box			

Nordics (1-2 x week)

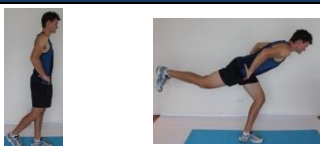


Description:

- Use a partner to hold your legs
- Keeping alignment
- Fall to the ground in 5 seconds

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 4	2 x 5	2 x 6	3 x 5	3 x 6	3 x 6-8	3 x 6-8

Single Leg Romanian Deadlift (1-2 x week)



Description:

- Stand on one leg and unlock your knee
- Keep chest out/shoulders back
- Start to hold a weight in your hands as needed

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 8 e.s	2 x 10 e.s	2 x 12 e.s	3 x 10 e.s	3 x 10 e.s	3 x 10 e.s	3 x 10 e.s
			Add weight			

Double Leg Jump & Land > Single Leg Land

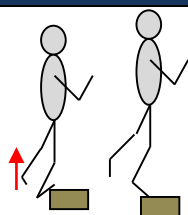


Description:

- Jump for height
- SOFT landing through ankles / hips / knees
- Start with double leg landing progress to single leg landings

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 8	2 x 8	3 x 8	3 x 8 or 4 es	3 x 8 or 4 es	3 x 8 or 5 es	3 x 8 or 5 es

Single Leg Calf Raise (1x week)

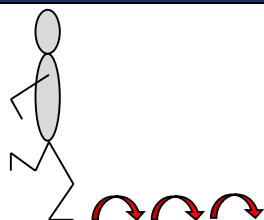


Description:

- Hanging off a step raise up onto your toes then control down
- Make sure you go through full range

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 10 e.s	2 x 12 e.s	2 x 14 e.s	2 x 18 e.s	2 x max e.s	2 x max e.s	2 x max e.s

Single Leg Hops (1x week)



Description:

- Hopping on one foot in a straight line
- Keep a good rhythm
- Keep the hops to around 10cm and no bigger

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 10 e.s	2 x 12 e.s	2 x 14 e.s	2 x 16 e.s	2 x 18 e.s	2 x 20 e.s	2 x 20 e.s

TRUNK

Side Hold



Description:

- Support your body on your elbow
- Keep elbow under shoulders and straight alignment between shoulders-hips-ankles

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 20 sec e.s	2 x 30 sec e.s	2 x 30 sec e.s	2 x 45 sec e.s	2-3 x max e.s	2-3 x max e.s	2-3 x max e.s

Prone Hold



Description:

- Supporting yourself up with your elbows
- Keep straight line between your shoulders, hips and ankles
- Draw your abs in (belly button towards your spine and ribs in)
- Aim is to progress at your own pace, but go to max each time

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 30 sec	2 x 45 sec	2-3 x 45 sec	2-3 x 60 sec	2-3 x max	2-3 x max	2-3 x max

Supine Single Leg Extension – Legs Up



Description:

- Lie on your back and activate your deep abs
- Take your legs up to 90°
- Take one leg out at a time
- Keep a neutral spine

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 6 e.s	2 x 8 e.s	2 x 8 e.s	2 x 8 e.s	2 x 8 e.s	2 x 10 e.s	2 x 10 e.s