

## C4HP Injury Prevention Program CIRCUIT 2



Straight elbow pull up isometrics (regular grip). 5-second hold: 3second rest x 3 reps. Focus is shoulder, scapular, and core tension. Pull up bar (or) Jugs on the climbing wall.

Shoulder rotation isometrics, 1 x

6 reps with a 7-second hold each

repetitions each direction at 70%

rep. With a partner, alternate

hand positions every rep. 3

intensity.





**Single leg eccentric squats**. 1 x 10 reps (5 each leg). Squat under control to a mid-shin surface, stand up with both legs. Knee should go over toe, knee staying straight, not crossing midline.

**Single leg concentric squats**. 1 x 10 reps (5 each leg). Stand up under control from a mid-shin surface, sit down with both legs. Knee should go over toe, knee staying straight, not crossing midline.



3

Shoulder compression isometrics. 1 x 6 reps with a 7second hold each rep. With a partner, alternate hand positions every rep. 3 repetitions each direction at 70% intensity.



**Spread the floor squat isometrics**. 1 x 20-seconds continuous. Feet wider than shoulders and toes slightly out, squat to a comfortable depth while actively contracting the knees away from midline.



Multi-direction pushing isometrics. 1 x 20-seconds continuous. With a partner, move through top of circle, then through bottom of circle at 70% intensity.



Squeeze the hands squat isometrics. 1 x 20-seconds

continuous. Feet shoulder width and toes slightly in, squat to 120degrees at the knee while actively compressing both fists together.

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