

C4HP Injury Prevention Program CIRCUIT 6

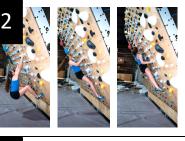


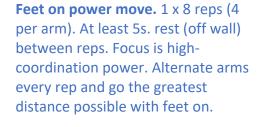


Countermovement jump and catch. 1 x 5-7 reps pending strength. Jump to a jug/bar and hold the 90-degree elbow angle for 3s. Catch hand could be one or two arm pending strength.



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.







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.

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