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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 counter-movement 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.	<p>1 Counter-movement 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 power move with feet on the wall. The person is shown in various stages of the move, from a crouched start to a full extension of the body against the wall.	<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 counter-movement jump and catch at an angle. The person is shown in a crouched start, jumping, and catching on a bar.	<p>3 Counter-movement 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 power move with feet off the wall. The person is shown in various stages of the move, from a crouched start to a full extension of the body.	<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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