



Prehab (Injury Prevention) Routine

- *Aim to complete at least 3-4 times per week*
- *Always perform slow, controlled movements*
- *Complete between 6-12 repetitions (each side if necessary) for each exercise*
- *Increase the number of repetitions as you improve*
- *Aim for 2-3 rounds of each section*

DYNAMIC STRETCHING

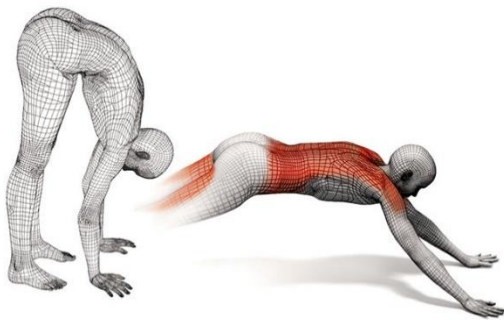
Lunge with Overhead Reach



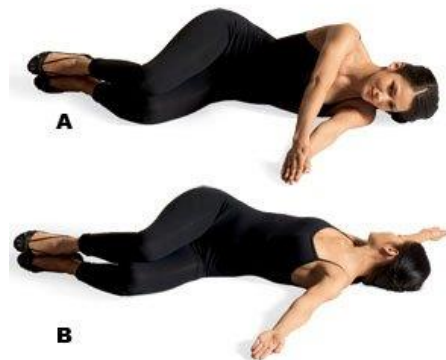
Lunge + T Rotation



Handwalks



Side lying T spine rotation



Leg overs

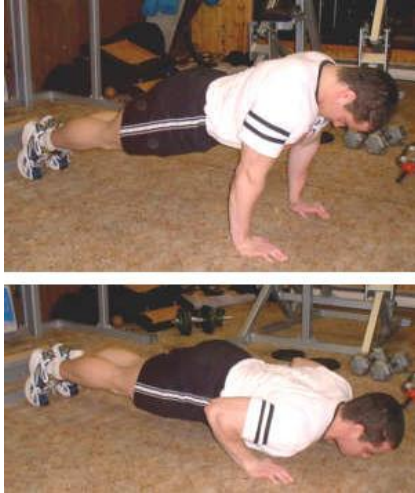


Inchworms



SHOULDER ACTIVATION

Serratus Press



Scapular Hangs



Y's T's W's



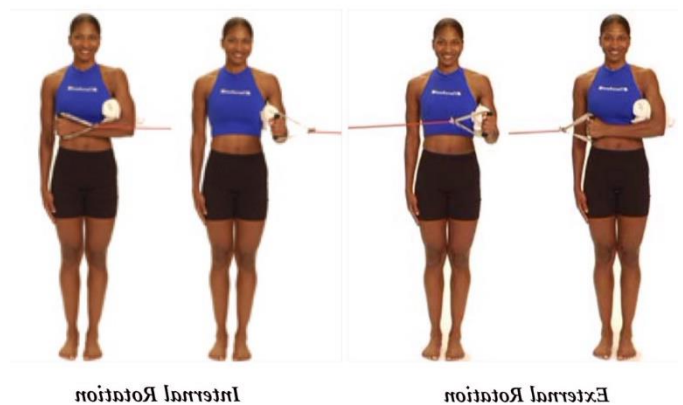
Band straight arm raises



Band straight arm pulldowns



Band internal/external rotation



Internal Rotation

External Rotation

LOWER BODY ACTIVATION

Inverted Hamstring



Glute Bridge variations



Stretch, Squat, Overhead reach

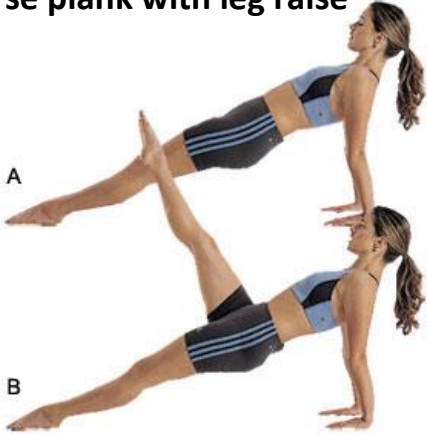


CORE ACTIVATION

Hand Walkouts



Reverse plank with leg raise



V – sits



Turkish get-ups



Plank with reach variations

