

Injury Prevention. 2-3x week - Only do exercises you have been shown and know how to do.

Core - Plank 1 Min



Superman x 20



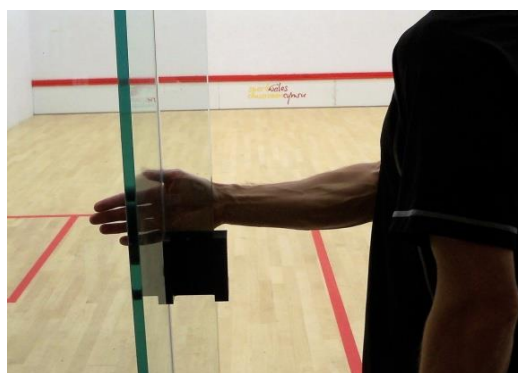
Tennis elbow - 10 x each way



Achilles - 20 Lower and raise



Shoulder - Rotator cuff - 10 x each direction



This document is not designed as an instructional guide but as an aid for squad members and players to remember all the movements shown and instructed in squad. If you are not sure of any of the movements, wait, ask and you will be shown at the next squad.