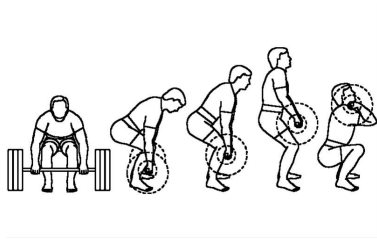


Commentaires

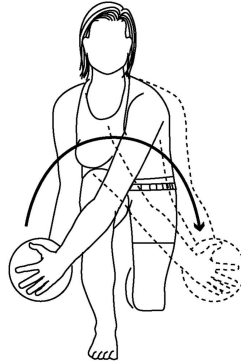
Pre Match power

Resist Clean and Jerk lift w/Barbell (part 1)



Perform 3 sets of 5 Repetitions, once a day.
Use Kilograms.
Rest 3 Minute between sets.

Resist knee/ankle squat twist w/medicine ball



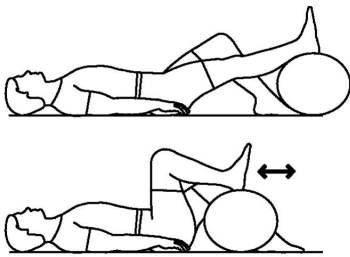
Perform 3 sets of 6 Repetitions, once a day.
Use Lbs (Medicine Ball).
Rest 2 Minute between sets.

AROM knee squat jump uni w/TRX



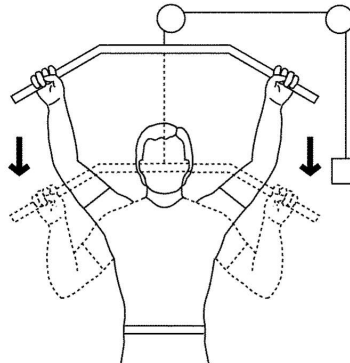
Perform 3 sets of 5 Repetitions, once a day.
Use TRX.
Rest 2 Minute between sets.

AROM knee flx uni supine w/ball



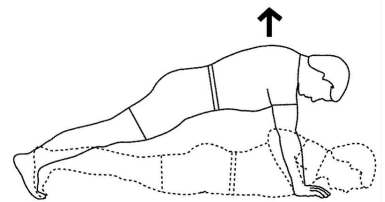
Perform 3 sets of 12 Repetitions, once a day.
Use Ball.
Rest 90 Seconds between sets.

Resist shld Lat pulls in front (palms out) w/pulley



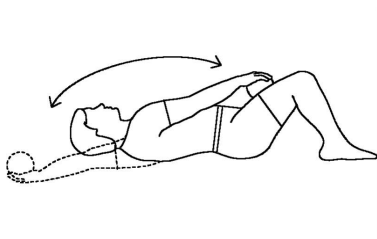
Perform 3 sets of 8 Repetitions, once a day.
Use Kilograms.
Rest 2 Minute between sets.

AROM shld push up/press up



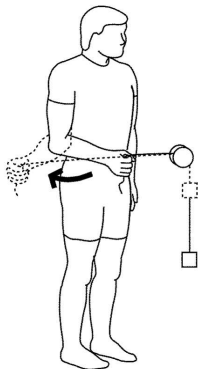
Perform 3 sets of 6 Repetitions, once a day.
Rest 1 Minute between sets.

Resist shld diag D2 supine w/Medicine Ball



Perform 3 sets of 8 Repetitions, once a day.
Use Lbs (Medicine Ball).
Rest 1 Minute between sets.

Resist shld ER uni w/pulley



Perform 3 sets of 10 Repetitions, once a day.
Use Kilograms.
Rest 1 Minute between sets.

Préparer par: Alesi

Ces exercices doivent être fait sous la supervision dun thérapeute qualifié

Signature: _____