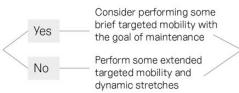
Page 2

MOBILISE

Goal: improve range of motion and dynamic flexibility, especially around the joints that will be stressed during the session.

Is your mobility currently good enough to achieve the correct positions in your lift comfortably?



Any feelings of tightness and/or previous injuries?

Yes Include some additional mobility exercises to specifically target the area of tightness/injury

No Continue to potentiate section

Mobility exercises for LOWER BODY

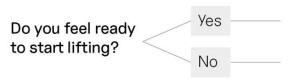
- → Leg swings
- + Hip openers
- → Deep lunges with a twist
- Hamstring sweeps
- → Banded ankle mobilisations
- Foam rolling quadriceps/hamstrings

Mobility exercises for UPPER BODY

- → Thoracic spine rotations
- + Shoulder dislocations
- → Thoracic extension on foam roller
- + Scapular retractions
- + Banded lat stretch
- + Cobra pose
- + Cat/cow

POTENTIATE

Goal: prime the nervous system and muscle fibres for high-intensity work by doing progressively more explosive or heavy moments.



Perform warmup sets of the exercise, progressively upping the weight in comfortable jumps for yourself until reaching working set

Include some light plyometric work into your warmup prior to starting your warmup sets for the exercise

Plyometric exercise examples

- → Squat jumps
- → Medicine ball slams
- → Push ups/ clap push ups
- ★ Kettlebell swings
- → Banded bodyweight squats