



Professional's Name: Matt Jeffery Tel: 07500932684 E-Mail: matt@synergyphysicaltraining.com www.synergyphysicaltraining.com



Client's Name: PRUC 1st XV Date: 21/12/2014

Goal: Stabilization, Core Activation, Increased Flexibility Phase: Stabilization

Warm-Up				
Exercise	Area	Sets	Duration	Coaching Tip
SMR	SMR - Calf Muscles	1	30 secs	Roll whole muscle then hold on most painful spot for 30 secs
SMR	SMR - Adductors	1	30 secs	Roll whole muscle then hold on most painful spot for 30 secs
SMR	SMR - Hip Flexors	1	30 secs	Roll whole muscle then hold on most painful spot for 30 secs
SMR	SMR - Lats	1	30 secs	Roll whole muscle then hold on most painful spot for 30 secs
Static Stretch	Static Stretch - Soleus	1	30 secs	Hold on biting point for 30 seconds, if muscle lengthens find biting point again
Static Stretch	Static Stretch - Gastrocnemius	1	30 secs	Hold on biting point for 30 seconds, if muscle lengthens find biting point again
Static Stretch	Static Stretch - Adductors	1	30 secs	Hold on biting point for 30 seconds, if muscle lengthens find biting point again
Static Stretch	Static Stretch - Rectus Femoris	1	30 secs	Hold on biting point for 30 seconds, if muscle lengthens find biting point again
Static Stretch	Static Stretch - Lats	1	30 secs	Hold on biting point for 30 seconds, if muscle lengthens find biting point again

Core					
Exercise	Sets	Reps	Tempo	Intensity of 1RM	Coaching Tip
Deadbugs	2	12	4/2/1	N/A	Keep tummy button pulled in, keep back in neutral, extend opposite arm and leg at same rate
Side Plank	2	12	30 secs	N/A	Keep tummy button pulled in, keep back in neutral, straight body head to toe, don't rotate forwards
Ball Cobra	2	12	4/2/1	N/A	Keep tummy button pulled in, keep back in neutral, fingers on temples, shoulders back and down
Band Walks	2	12	2/1/2	N/A	Keep tummy button pulled in, slight knee hinge, slight hip hinge, neutral spine, lead with knee
Cook Hip Lift	2	12	4/2/1	N/A	Keep tummy button pulled in, lift toes if hamstrings get tight/cramp

Balance					
Exercise	Sets	Reps	Tempo	Intensity of 1RM	Coaching Tip
Single Leg Romanian Deadlift	2	12	4/2/1	N/A	Keep weight on outside half of support foot, don't allow knee to dip inwards, hinge from hip not knee

Strength					
Exercise	Sets	Reps	Tempo	Intensity of 1RM	Coaching Tip
Ball Squat Curl to Press	2	12	4/2/1	65%	Keep tummy button pulled in, keep back in neutral descend to parallel, shoulders back and down
Lunge to Balance	2	12	4/2/1	65%	Don't bash trail knee on ground, Torso upright high knee lift, shoulders back and down
Single Leg Standing Cable Row	2	12	4/2/1	65%	Neutral spine, same path take up and down, keep tummy button pulled in
YTA's	2	12	4/2/2	65%	Neutral spine, same path take up and down, keep tummy button pulled in

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