RIAK.

Free plans — Injury Prevention — Mobility & Muscular Balance

Athlete	Injury Prevention
Focus	Improve mobility and muscular balance. Focus on form and joint range before increasing load.

How to perform

Each week, look to progress within the rep range at a given weight, or increase weight when you can perform all sets at the top of the range. For mobility exercises, progress may mean performing the movement better — send your coach a video if unsure.

Rest 2–3 minutes between sets between working sets.

Please use the progress table at the bottom of this document to log your training.

For mobility-focused exercises or if you are unsure you are performing an exercise correctly, please remember you can send your coach a video and they will provide feedback.

ACTIVATION EXERCISES

Exercise	Muscle Group	Guidance	Link	Reps
Glute bridge march	Glutes; Hip flexors; Quadriceps	Draw your heels as close to your bum as possible. Feel this a lot in your hamstrings, your heels are probably too far away. Drive down through the heels and push your hips as high as possible. Pause at the top and squeeze your glutes. Keep a 90-degree bend in your knee and draw it towards your chest.	https://youtu.be/ZIPENgBhdXw	10
Banded single arm chest press	Pectorals; Anterior deltoids; Serratus anterior; Triceps	Take the band out and keep it at tension throughout. Hand should push forwards in front of your chest and not your throat or face.	https://youtu.be/ywyJfyHSL_w	10

Clock lunges	Glutes; Hamstrings; Quadriceps; Abductors; Adductors	Take a nice long step for each type of lunge. Keep the head and chest up. Knee should track in-line with the toes each time.	https://youtu.be/urWAN9MzUzQ	10
Warrior pose	Hamstrings; Glutes	Keep the standing leg straight - this is a hip hinge action, not a squat action. Push forwards with your hands in a prayer position. You should end up with hind leg, chest and arms parallel to the floor. Drive to standing should come from your hips pushing forwards.	https://youtu.be/YYMBgEvhBFw	10
Around the world - lying on front	Rotator cuff	Shoulder joint Retract the shoulder blade before bringing your hands round. Allow the elbows to drop to the floor at the end of each rep.	https://youtu.be/cfnQl01w5gA	10
All-fours T rotation	Thoracic spine	Try to avoid lifting the chest - should be pure rotation. Pull the elbow and shoulder back a little bit more with each one.	https://youtu.be/bu12zDBcUOY	10
Leg swings - forward and back	Hamstrings; Hip flexors	Kick a little bit higher with each one - but be delicate. Ensure you kick right back as well to open up the hips.	https://youtu.be/o_Jd4gWI10Y	10
Leg swings - side to side	Abductors; Adductors	Kick a little bit higher with each one - but be delicate.	https://youtu.be/Y9lRS72xOvw	10
Arm swings	Shoulder joint; Deltoids	Shoulder joint Swing arms going forwards as well as going backwards. Try to bring the biceps close in to your ears each time.	https://youtu.be/ztf7ec-0hKk	10
Arm swings - across the chest	Pectorals; Lats; Deltoids	Try to pull back the shoulders a little more with each one.	https://youtu.be/LOYXUIFkW4M	10

STRENGTH EXERCISES

Perform the prescribed number of reps for each set at a weight that allows good form throughout the range.

Exercises highlighted in the same colour can be supersetted to save time — complete one set of each before resting.

Exercise	Muscle Group	Guidance	Link	Sets	Reps
Weighted reverse lunge from a deficit	Hip flexors; Quadriceps; Hamstrings; Glutes	Ensure the platform is braced and doesn't move under you. Take a nice long step backwards trying to keep the back foot in-line with the hip on the same side. Drop the knee to about 1cm from the ground. Chest up and hips straight. Power back to standing in one movement.	https://youtu.be/GTm1iaJNxs8	3	8-12
Isometric calf raise	Gastrocnemius; Achilles	Push right up onto your toes as far as you can. Hold for at least a 10-count.	https://youtu.be/c1L-813LEdQ	3	8-12
Psoas march	Hip flexors; Hamstrings; Glutes	Work hard to keep your hips up throughout. Perform slowly and with control. Pause briefly each time you pull your knee in.	https://youtu.be/orgNvt4ZdK8	3	8-12
Chest flys	Pectorals	The whole exercise should take place in-line with your chest. Don't allow the weight to drift in front of your neck or face. Keep a soft bend in the elbows throughout. Hands move out and down in an arc. The bottom of the movement should see the weights level with the chest and you should experience a nice passive stretch across your chest and shoulders.	https://youtu.be/WZjaIJjkOpU	3	8-12
Weighted lying Y-raises	Lower Trapezius	Lower Trapezius You can put a towel under your forehead if you find this uncomfortable in your neck. Arms should be out in a V-shape in front of you with thumbs up. Raise the arms as a solid block a few inches off the ground. Pause at the top of the movement for a second or two before slowly lowering down again.	https://youtu.be/FlSDfk_TE6Y	3	8-12

CORE EXERCISE

Focus on control and quality of movement. Progress by holding longer or adding load only when form stays solid.

Exercise	Muscle Group	Guidance	Link	Sets	Reps
Straight arm side plank with adductor raises	Lateral Core - Obliques; Abductors; Adductors	Set up as normal for a straight arm side plank, then shuffle the bottom foot out so there is about 3-inches between your feet. Point the upper hand to the ceiling so you can prevent any rotation in the upper body. Once stable, draw the bottom leg towards the ceiling as a solid block. It might not be a big movement. Pause at the top for a second or two before lowering down.	https://youtu.be/XZOoxuWo0Zk	3	30-sec hold, adding 10-15 seconds each week

PROGRESS

Please use the table below to log your progress each week.

Exercise	Set 1 Weight	Set 1 Reps	Set 2 Weight	Set 2 Reps	Set 3 Weight	Set 3 Reps
WEEK 1						
Weighted reverse lunge from a deficit						
Isometric calf raise						
Psoas march						
Chest flys						
Weighted lying Y-raises						
Straight arm side plank with adductor raises						
WEEK 2						
Weighted reverse lunge from a deficit						

Isometric calf raise						
Psoas march						
Chest flys						
Weighted lying Y-raises						
Straight arm side plank with adductor raises						
WEEK 3						
Weighted reverse lunge from a deficit						
Isometric calf raise						
Psoas march						
Chest flys						
Weighted lying Y-raises						
Straight arm side plank with adductor raises						
WEEK 4						
Weighted reverse lunge from a deficit						
Isometric calf raise						

Psoas march						
Chest flys						
Weighted lying Y-raises						
Straight arm side plank with adductor raises						
WEEK 5						
Weighted reverse lunge from a deficit						
Isometric calf raise						
Psoas march						
Chest flys						
Weighted lying Y-raises						
Straight arm side plank with adductor raises						
WEEK 6						
Weighted reverse lunge from a deficit						
Isometric calf raise						
Psoas march						

Chest flys						
Weighted lying Y-raises						
Straight arm side plank with adductor raises						
WEEK 7						
Weighted reverse lunge from a deficit						
Isometric calf raise						
Psoas march						
Chest flys						
Weighted lying Y-raises						
Straight arm side plank with adductor raises						
WEEK 8						
Weighted reverse lunge from a deficit						
Isometric calf raise						
Psoas march						
Chest flys						

Weighted lying Y-raises						
Straight arm side plank with adductor raises						