





Milutin Vidosavljevic

PRE-ACTIVITY PREPARATION		
MOBILITY	LOWER BODY ACTIVATION	MOBILITY
2 exercises from individual prevention programe	4 exercises from individual prevention programe	2 exercises from individual prevention programe

PRE-ACTIVITY PREPARATION		
UPPER BODY WARM-UP		
Foam Rolling 3 min Treadmill 5 min Dynamic Warm-Up 2 min Push Ups 2x10		

Monday <i>Lower Body</i>	Week 1				Week 2				Week 3				Week 4			
	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done
Romanian Deadlift 1-Leg https://youtu.be/iZZBmUd7_eE	60%	25	15		65%	27.5	12		67%	27.5	10		70%	30	10	
	65%	27.5	12		70%	30	10		75%	32.5	8		75%	32.5	8	
	70%	30	10		75%	32.5	8		80%	35	6		80%	35	8	
	73%	30	8		80%	35	6		82%	35	6		85%	37.5	6	
Back Squat https://youtu.be/Qi2iR1wmRk	60%	57.5	20		62%	60	20		65%	62.5	15		68%	65	15	
	62%	60	20		65%	62.5	20		68%	65	15		72%	67.5	15	
	65%	62.5	15		68%	65	15		71%	67.5	12		75%	72.5	12	
	68%	65	15		71%	67.5	15		75%	72.5	12		80%	75	12	
Overhead Walking Lunges https://youtu.be/2d9kE99pg2E	60%	17.5	6		65%	17.5	6		71%	20	6					
	65%	17.5	6		71%	20	6		75%	22.5	6					
	71%	20	4		75%	22.5	4		79%	22.5	4					
Nordic Curl https://youtu.be/rR78cDRduDc			6				8				10				12	
			6				8				10				12	
			6				8				10				12	
			6				8				10				12	
Box Squat https://youtu.be/29ff4Rbjrg	65%	62.5	12		70%	67.5	10		75%	72.5	8		75%	72.5	8	
	70%	67.5	10		75%	72.5	8		80%	75	6		80%	75	8	
	73%	70	8		80%	75	6		82%	77.5	6		85%	80	6	
DB Step Up https://youtu.be/nhFLBclwU1E	69%	14	7		79%	16	5		88%	16	3		100%	20	1	
	59%	12	7		69%	14	5		78%	14	3		90%	18	1	
	49%	10	7		59%	12	5		68%	12	3		80%	16	1	
	39%	8	7		49%	10	5		58%	12	3		70%	14	1	

Wednesday <i>Upper Body - Training 1</i>	Week 1				Week 2				Week 3				Week 4			
	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done
DB Incline Bench Press 2-Arm https://youtu.be/wW11rvhutwo																
	45%	10	7		45%	10	8		45%	10	9		45%	10	10	
	55%	12	7		55%	12	8		55%	12	9		55%	12	10	
	65%	14	7		65%	14	8		65%	14	9		65%	14	10	
	75%	16	7		75%	16	8		75%	16	9		75%	16	10	
Push Ups (Normal) https://youtu.be/pjP8QW2MMA																
		10				15				20				20		
		10				15				20				25		
		10				15				20				20		
		10				15				20				25		
Bent Over Row https://youtu.be/4uRzgecN60	59%	42.5	10		61%	42.5	10		75%	52.5	5		78%	55	5	
	63%	45	8		65%	45	8		81%	57.5	3		84%	60	3	
	68%	47.5	6		70%	50	6		88%	62.5	1		91%	65	1	
	63%	45	8		65%	45	8		81%	57.5	3		84%	60	3	
	59%	42.5	10		61%	42.5	10		75%	52.5	5		78%	55	5	
TRX Press https://youtu.be/yCRrog-Vwts	63%		9		63%		10		63%		11		63%		12	
	63%		9		63%		10		63%		11		63%		12	
	63%		9		63%		10		63%		11		63%		12	
	63%		9		63%		10		63%		11		63%		12	
Lateral Shoulder Raise https://youtu.be/pWl_K31j1bM	70%	15	10		74%	15	10		78%	17.5	10		82%	17.5	10	
	74%	15	8		78%	17.5	8		82%	17.5	8		84%	17.5	8	
	78%	17.5	6		82%	17.5	6		85%	17.5	6		86%	17.5	6	
1/2 Kneeling Land Mine Press https://youtu.be/ZibN7sCUAw	62%	32.5	20		65%	35	20		68%	35	15		72%	37.5	15	
	65%	35	15		68%	35	15		71%	37.5	12		75%	40	12	
	68%	35	15		71%	37.5	15		75%	40	12		80%	42.5	12	