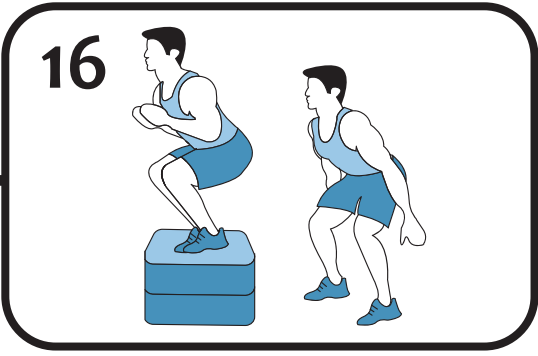
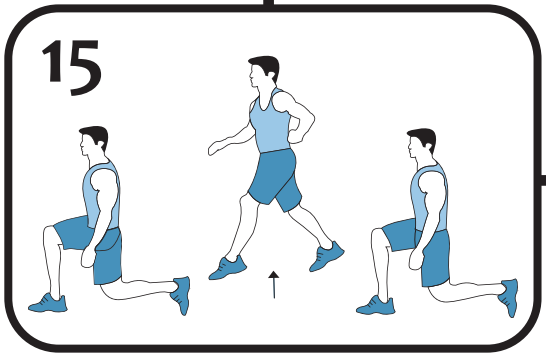
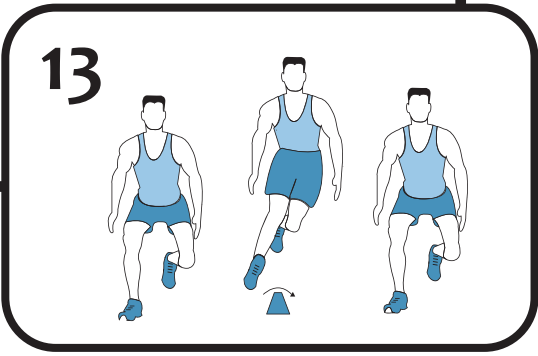
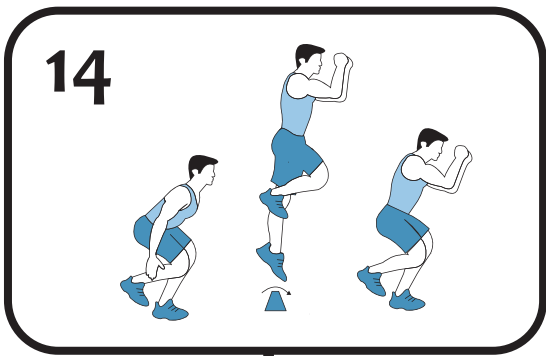
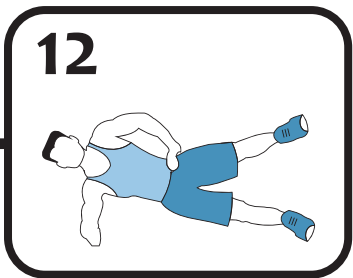
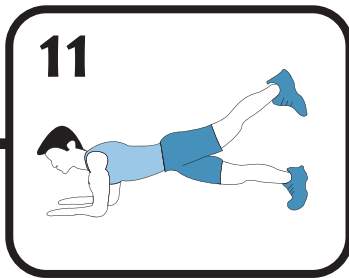
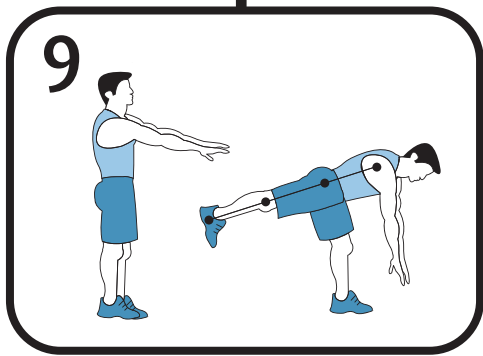
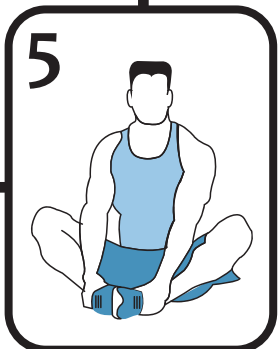
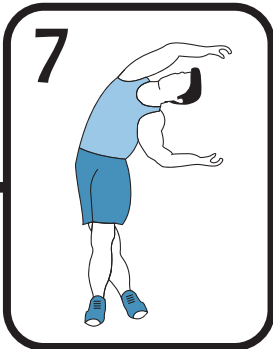
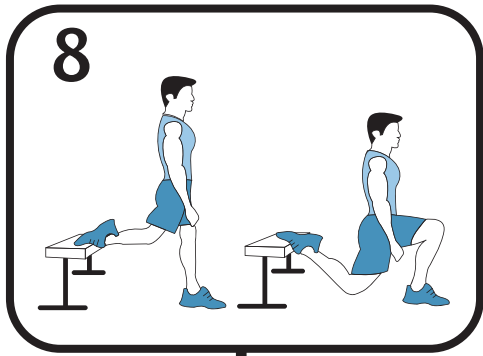
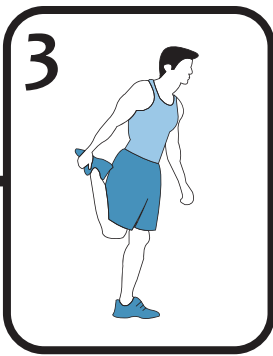
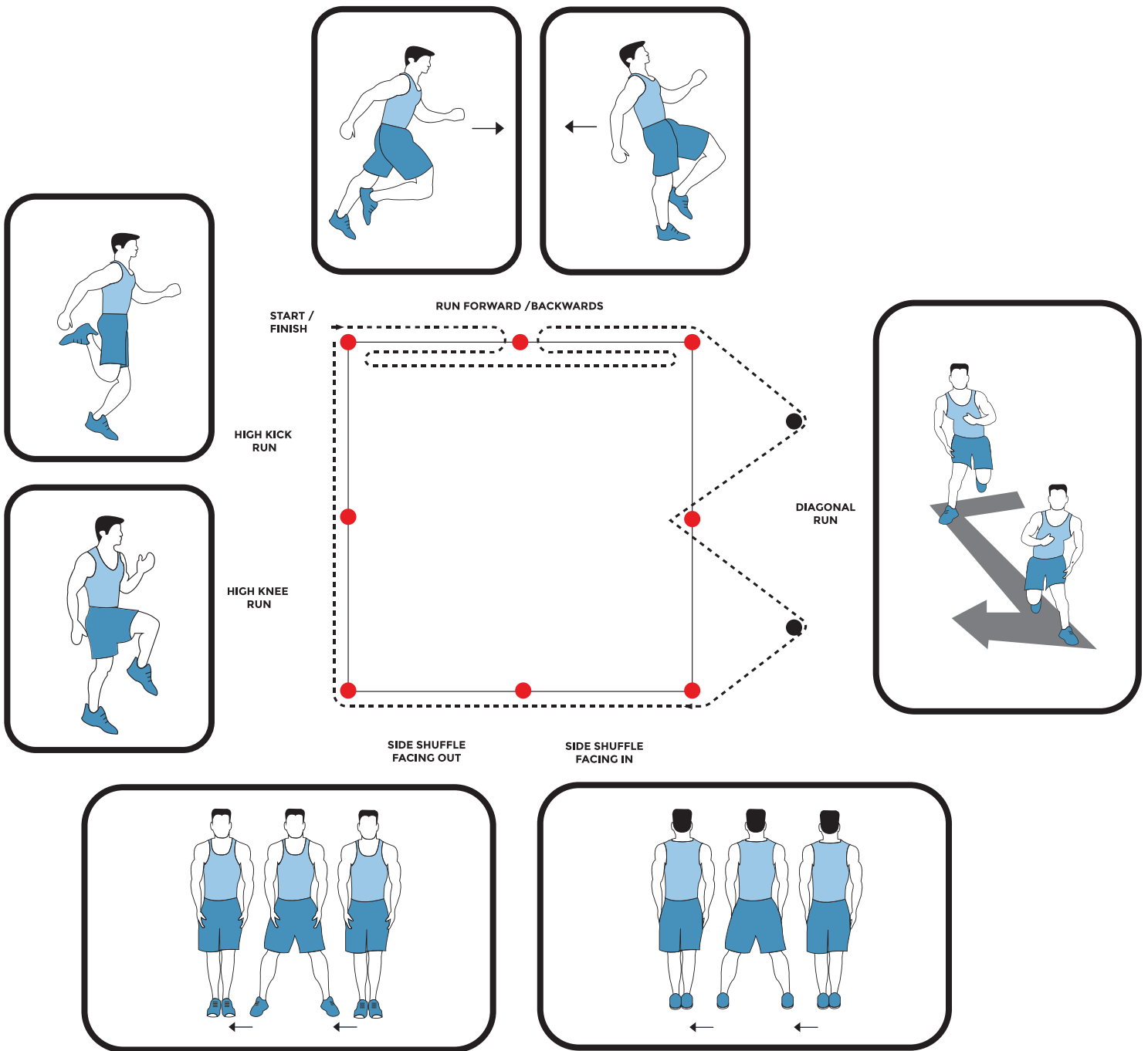


# IPP SUMMARY

CO.REI 

**CO.RE**  
Injury  
Prevention  
Program





- 1** Warm up
- 2** Calf Stretch
- 3** Quadricep Stretch
- 4** Hamstring Stretch
- 5** Hip Adductor Stretch
- 6** Hip Flexor Stretch
- 7** ITB Stretch
- 8** Bulgarian Split Squat
- 9** Romanian Deadlift

- 10** Single Leg Heel Raise
- 11** Bench with Leg Raise
- 12** Side Plank with Leg Raise
- 13** Side Hop Over Cone
- 14** Forward /Backward Hop
- 15** Scissor Jump
- 16** Box Jump
- 17** Running Drills
- 18** Warm Down