



# RICHMOND DALES ASC

## R.A.M.P Protocol (Juniors)

### RAISE

Raise body temperature and increase blood flow around the body

- 4 x 30s high knee jogging
- Arm Swings – 10 movements on each arm, each exercise (Double arm skiis, forward/backward rotations, monkey swings)
- Leg Swings – 10 movements on each leg, each exercise (Forward/backward, inside/outside)

### ACTIVATE

Activate muscle, joints and movement patterns

- 6 ES x Dead Bugs
- 6 ES x Supermans
- 3 ES x Spiderman Rotations

### MOBILISE

Increase blood flow and movement around joints and major muscle groups

- 3 ES x Neck Flexes
- 3 ES x Neck Rotations (Left Shoulder / Right Shoulder)
- 4 x Streamline Reach Ups
- 4 ES x Internal / External Theraband Shoulder Rotations
- 3 ES x Thoracic Arm Clams
- 3 EL x Hip Flexor Lunges
- 3 x Caterpillar Walk-outs

### PRIME

- 3x Squat Jumps
- 3x Star Jumps