



RICHMOND DALES ASC

R.A.M.P Protocol

RAISE

Raise body temperature and increase blood flow around the body

- 4 x 30s high knee jogging
- 4 x 15s hill climbers
- Arm Swings – 15 movements on each arm, each exercise (Double arm skiis, forward/backward rotations, monkey swings)
- Leg Swings – 15 movements on each leg, each exercise (Forward/backward, inside/outside)

ACTIVATE

Activate muscle, joints and movement patterns

- 4 x Double Leg Glute Bridge
- 6 ES x Dead Bugs
- 6 ES x Supermans
- 6 x Scapula Press Ups
- 6 EL x Knee Clams
- 6 EL x Kickbacks

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)
- 6 x Streamline Reach Ups
- 6 ES x Internal / External Theraband Shoulder Rotations (with band)
- 3 ES x Thoracic Arm Clams
- 3 EL x Hip Flexor Lunges
- 3x Caterpillar Walk-outs

PRIME

- 6x Plyometric Press Ups
- 6x Squat Jumps
- 3x Drop Squat Jumps