

## General Muscle Ladder

At levels 7-8 of this ladder use closed chain work for the legs, rather than open chain work.

1	RICE 24 - 48 hours
2	Stretching
3	Isometrics. Short muscle length
4	Isometrics. Medium muscle length
5	Isometrics. Long muscle length
6	Weight. Use light weights that are light enough to produce no pain and move the joints from one extreme end of the range to the other. Repeat for 2-3 minutes.
7	Increase weights. Weight increase only to the point that produces no pain
8	Technical skill. Start technical skills slowly, such as running, swimming, throwing, hitting etc. Do not lose rhythm and balance
9	Increase force. Practice techniques at half maximum effort, do not lose rhythm
10	Maximum force. Use maximum force in practice so as not to lose rhythm. Do plyometrics - hopping bounding and depth jumps
11	Short play. Begin to play low-grade matches
12	Fit again, play at normal level