

U14 WEEKS 4-6 STRENGTH



WARM UP

- ☐ Jog - 5 minutes
- ☐ Hamstring 90/90 Stretch - 6 each way
- ☐ Inch Worm - 6
- ☐ Glute Bridges - 6

- ☐ Walking Lunge - 6 each way
- ☐ Archer Stretch - 6 each way
- ☐ Banded T's - 10
- ☐ Squat Jumps - 2 x 6

STRENGTH

DAY 1			
	WK 1	WK 2	WK 3
Speed Squats	☐ 4 x 4	☐ 4 x 5	☐ 4 x 6
Eccentric Push Ups	☐ 4 x 4	☐ 4 x 5	☐ 4 x 6
Banded RDLS	☐ 4 x 4	☐ 4 x 5	☐ 4 x 6
Supine Pull Ups	☐ 4 x 4	☐ 4 x 5	☐ 4 x 6
Hamstring iso bridge 120 degrees	☐ 3x 10 sec	☐ 3x 15 sec	☐ 3x 20 sec
Shoulder - Banded Throw	☐ 3x 8	☐ 3x 10	☐ 3x 12
Plank	☐ 3x 20	☐ 3x 30	☐ 3x 40
Bird Dogs - Arms Legs only	☐ 3x 8	☐ 3x 10	☐ 3x 12

DAY 2			
	WK 1	WK 2	WK 3
Single Leg Squats	☐ 3x 6es	☐ 4 x 6es	☐ 4 x 6
Banded OH Press	☐ 4 x 4	☐ 4 x 5	☐ 4 x 6es
Lateral Lunges	☐ 3x 6es	☐ 4 x 6es	☐ 4 x 6es
SA Lat Pull Downs	☐ 3x 6es	☐ 4 x 6es	☐ 4 x 6es
Hamstring iso bridge 120 degrees	☐ 3x 10 sec	☐ 3x 15 sec	☐ 3x 20 sec
Shoulder - Banded Throw	☐ 3x 8	☐ 3x 10	☐ 3x 12
Band Chop - High to Low 1/2 kneeling	☐ 3x 5es	☐ 3x 6es	☐ 3x 7es
Side Plank	☐ 3x 10 sec es	☐ 3x 15 sec es	☐ 3x 20 sec es

*es = each side