

U14 WEEKS 7-8 STRENGTH



WARM UP

- | | |
|---|--|
| ☐ Jog - 5 minutes | ☐ Walking Lunge - 6 each way |
| ☐ Hamstring 90/90 Stretch - 6 each way | ☐ Archer Stretch - 6 each way |
| ☐ Inch Worm - 6 | ☐ Banded T's - 10 |
| ☐ Glute Bridges - 6 | ☐ Squat Jumps - 2 x 6 |

STRENGTH

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

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

*es = each side