

U16 WEEKS 1-4 STRENGTH (DAY 1)



WARM UP

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| ☐ Foam roll glutes - 30 secs each | ☐ Reverse lunge - forearm to instep with rotation - 5ea |
| ☐ Foam roll it bands - 30 secs each | ☐ Lateral Lunge - 5es |
| ☐ Foam roll lats - 30 secs each | ☐ Pillar March Linear - 2 x 10 steps each |
| ☐ Trigger Point Plantar fascia/Feet - 30 secs each | ☐ Pillar Skip Linear - 3 x 10 steps each |
| ☐ Inverted Hamstrings - 5ea | ☐ Linear hurdle hop - countermovement - 2 x 6 each |

STRENGTH

	DAY 1			
	WK 1	WK 2	WK 3	WK 3
Assisted Deep Squats	☐ 3x 10	☐ 3x 10	☐ 4 x 10	☐ 4 x 12
Incline Push Ups	☐ 3x 8	☐ 3x 8	☐ 4 x 8	☐ 4 x 10
Body Weight Hip Hinge	☐ 3x 10	☐ 3x 10	☐ 4 x 10	☐ 4 x 12
Supine Pull Ups	☐ 3 x 8	☐ 3 x 8	☐ 4 x 8	☐ 4 x 10
Hamstring walk in and outs	☐ 3x 8	☐ 3x 8	☐ 4 x 8	☐ 4 x 10
Shoulder External Rotations below 90	☐ 3x 12es	☐ 3 x 12es	☐ 4 x 12es	☐ 4 x 12es
Plank	☐ 3x 30sec	☐ 3x 30sec	☐ 4 x 45sec	☐ 4 x 45sec
Bird Dogs - Legs only	☐ 3x 10es	☐ 3 x 10es	☐ 4 x 10es	☐ 4 x 12es

*es = each side