

U16 WEEKS 1-4 STRENGTH (DAY 2)



WARM UP

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| ☐ Hip Internal Rotation - 10 each | ☐ Knee Hugs - 5 each |
| ☐ Segmental Glute Bridge - 10 each | ☐ Lateral Lunge - 5 each |
| ☐ Lateral Line Stretch (Standing) - 2 | ☐ Pillar March Linear - 2 x 10 steps each |
| ☐ Quad Thoracic Spine Rotation (1 leg abduction) - 4 each | ☐ Pillar Skip Linear - 3 x 10 steps each |
| ☐ Inverted Hamstrings - 5 each | ☐ Lateral bound mini band to stabilise - 3 x 6 each |

STRENGTH

	DAY 1			
	WK 1	WK 2	WK 3	WK 3
Step Ups - low step	☐ 3x 8es	☐ 3x 10es	☐ 4 x 10es	☐ 4 x 12es
Banded Chest Press	☐ 3x 8	☐ 3x 10	☐ 4 x 10	☐ 4 x 12
Lat Pull Down	☐ 3x 8es	☐ 3x 10es	☐ 4 x 10es	☐ 4 x 12es
Reverse Lunge	☐ 3 x 8	☐ 3 x 10	☐ 4 x 10	☐ 4 x 12
Hamstring iso bridge 90 degrees	☐ 3x 10 sec	☐ 3x 15 sec	☐ 4 x 15 sec	☐ 4 x 20 sec
Shoulder External Rotations below 90	☐ 3x 8	☐ 3 x 10	☐ 4 x 10	☐ 4 x 20sec
Mason Twist	☐ 3x 20es	☐ 3x 30es	☐ 4 x 30es	☐ 4 x 40es
Side Plank - from knees	☐ 3x 10sec es	☐ 3 x 15ses es	☐ 4 x 15sec es	☐ 4 x 20sec es

*es = each side