

U16 WEEKS 5-8 STRENGTH (DAY 1)



WARM UP

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| ☐ Hip Internal Rotation - 10 each | ☐ Knee Hugs - 5 es |
| ☐ Segmental Glute Bridge - 1 x 10m | ☐ Lateral Lunge - 5 es |
| ☐ Lateral Line Stretch (Standing) - 2 x 4x3 breaths es | ☐ Pillar March Linear - 2 x 10 steps each |
| ☐ Quad Thoracic Spine Rotation (1 leg abduction) - 4 es | ☐ Pillar Skip Linear - 3 x 10 steps each |
| ☐ Inverted Hamstrings - 5 es | ☐ Lateral hurdle hop double contacts - 3 x 6 each |

STRENGTH

	DAY 1			
	WK 1	WK 2	WK 3	WK 4
Eccentric Squats w mini band	☐ 3x 6	☐ 3x 6	☐ 4 x 6	☐ 5 x 6
Eccentric Push Ups	☐ 3x 3	☐ 3x 5	☐ 4 x 5	☐ 5 x 5
Banded RDLS	☐ 3x 10	☐ 3x 12	☐ 3 x 14	☐ 3 x 14
Supine Pull Ups	☐ 3 x 12	☐ 3 x 12	☐ 4 x 12	☐ 5 x 12
Hamstring iso bridge 120 degrees	☐ 3x 10 sec	☐ 3x 15 sec	☐ 3 x 20 sec	☐ 3 x 20 sec
Shoulder Banded Throw	☐ 3x 8	☐ 3 x 10	☐ 3 x 12	☐ 3 x 12
Long Level Plank	☐ 3x 20	☐ 3x 30	☐ 3 x 40	☐ 3 x 40
Bird Dogs - Arms & Legs	☐ 3x 8	☐ 3 x 10	☐ 3 x 12	☐ 3 x 12

*es = each side