

U16 WEEKS 5-8 STRENGTH (DAY 2)



WARM UP

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| ☐ Hip Internal Rotation - 1 x 10m | ☐ 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 Bound - 3 x 6 each |

STRENGTH

	DAY 1		
	WK 1	WK 2	WK 3
Step Up Jumps	☐ 3x 6es	☐ 4 x 6es	☐ 4 x 6
Banded OH Press	☐ 4 x 4	☐ 4 x 5	☐ 4 x 6es
Curtsey Lunges	☐ 3x 6es	☐ 4 x 6es	☐ 4 x 6es
SA Lat Pull Downs	☐ 3 x 6es	☐ 4 x 6es	☐ 4 x 6es
Hamstring iso bridge 120 degrees	☐ 3x 10 sec	☐ 3x 15 sec	☐ 3 x 20 sec
Shoulder Banded Reverse Throw	☐ 3x 8	☐ 3 x 10	☐ 3 x 12
Side Plank	☐ 3x 10sec es	☐ 3x 15sec es	☐ 3 x 20sec es
Band Chop - High to low 1/2 kneeling	☐ 3x 5es	☐ 3 x 6es	☐ 3 x 7es

*es = each side