

U16 WEEKS 9-12 STRENGTH (DAY 1)



WARM UP

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|---|--|
| ☐ Jog - 5 minutes | ☐ Walking Lunge with rotation 6 each side |
| ☐ Inchworms 5 minutes | ☐ Worlds Greatest Stretch 6 each side |
| ☐ Bear Crawl Fwd/Back 6 | ☐ Banded W's 10 |
| ☐ Downward Dog to feet touch | ☐ Altitude Landings |

STRENGTH

DAY 1		
	WK 1	WK 2
Banded Squats or Squat Jumps	☐ 3 x 6	☐ 2 x 6
Push Ups - Fast	☐ 3 x 3	☐ 2 x 3
Arabesques	☐ 2 x 4es	☐ 1 x 4es
Banded Speed Rows	☐ 4 x 4	☐ 4 x 5
Hamstring iso bridge 180 degrees	☐ 1 x 15sec	☐ 2 x 30sec
Plank	☐ 2 x 30sec	☐ 2 x 30sec

DAY 2		
	WK 1	WK 2
Step Up Jumps	☐ 3x 6	☐ 2 x 6
Lateral Lunges	☐ 3 x 3es	☐ 2 x 3es
Lunge Jumps	☐ 2 x 4es	☐ 1 x 4es
Hamstring iso bridge 120 degrees	☐ 1 x 15sec	☐ 1 x 15sec
Band Chop - Low to High 1/2 kneeling	☐ 2 x 30sec	☐ 2 x 30sec
Banded Pull Downs	☐ 2 x 10	☐ 2 x 8

*es = each side