STRENGTH PROGRAMME WEEKS 1-8 (40 MINUTES)

Strength work should be performed twice a week. Focus should be on full range of motion and correct technique. Use the pictures and video links prmovided, or ask your coach for help if you are unsure.

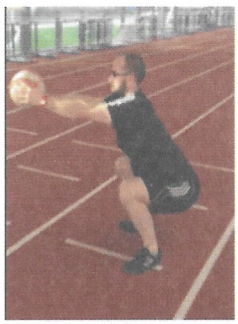
STRENGTH PROGRAMME WEEKS 1-8									
Perform 'Fab Four' Mobility and Activation Exercises prior to completing this programme									
EXERCISE	WEEKS 1&2		WEEKS 3&4		WEEKS 5&6		WEEKS 7&8		REST
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
1a. Squat Holding Netball	3	8	3	10	4	12	4	15	N/A
1b. Eccentric Press Up (lowering only, maintain good trunk alignment)	3	8	3	10	4	12	4	15	60secs
2a. Rear Foot Elevated Split Squat (reps are for each side)	3	8	3	10	4	12	4	15	N/A
2b. Bodyweight Hip Thrust (squeeze your glutes and hold at the top for 5 seconds)	3	8	3	10	4	12	4	15	60secs
3. Single Leg Squat to Bench	3	8	3	10	4	12	4	15	60secs
POST SESSION TRUNK CONDITIONING (10-15 mins)									
EXERCISE	WEEKS 1&2		WEEKS 3&4		WEEKS 5&6		WEEKS 7&8		REST
	REPS/TIME		REPS/TIME		REPS/TIME		REPS/TIME		
1a. Pull Together Plank Hold	30secs		30secs		35secs		35secs		N/A
1b. Side Plank from Knee with Hip Abduction Left	30secs each side		30secs each side		35secs each side		35secs each side		N/A
1c. Supine Leg Lowers	30secs		30secs		35secs		35secs		N/A
Perform 2 rounds of the above									
NOTES									
Exercises are often paired in the programme. This is indicated by the letters following the numbers. For example, in this programme exercise 1a and 1b are paired. Athletes should therefore perform 8 reps of the netball squat and then 8 reps of the eccentric press up before taking 60 seconds rest.									

PICTURES OF STRENGTH EXERCISES FOR WEEKS 1-8

1a. Netball Squat
Start/ Finish



Transition



1b. Eccentric Press Up- Start



Finish



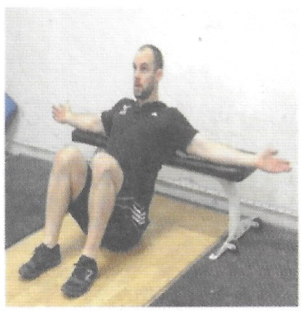
2a. RFE Split Squat-
Start/ Finish



Transition



2b. Hip Thrust- Start



Finish



3. Single Leg Squat
to Box- Start/
Finish



Transition



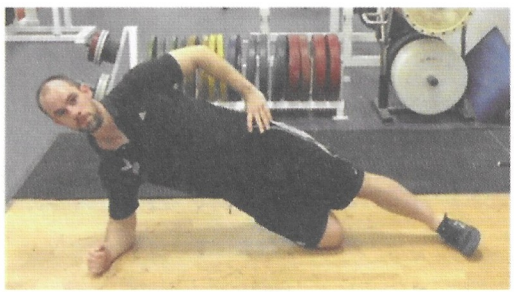
England netball

PICTURES OF TRUNK STRENGTH EXERCISES FOR WEEKS 1-8

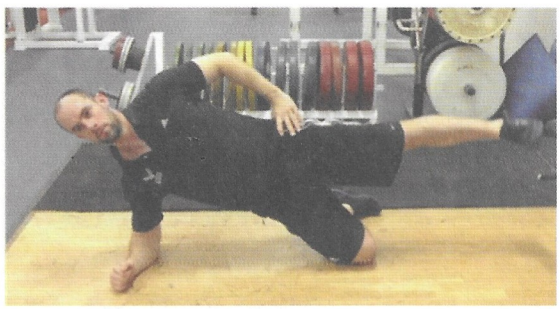
1a. Pull Together Plank Hold



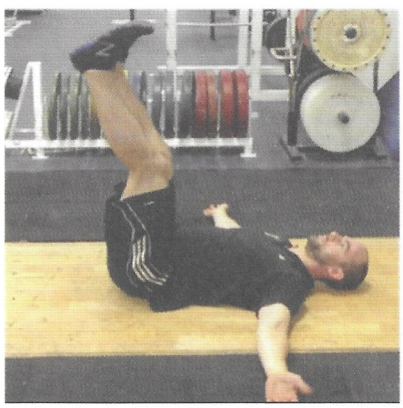
1b. Side Plank with Hip Abduction- Start



Finish



1c. Supine Leg lowers- Start/ Finish



Transition

