Strength Programme Weeks 9-16

STRENGTH PROGRAMME WEEKS 9-16 (40 MINS)									
Perform 'Fab Four' Mobility Exercises and Activation Exercises prior to completing this programme.									
EXERCISE	WEEKS 9&10		WEEKS 11&12		WEEKS 13&14		WEEKS 15&16		REST
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
1a. Goblet Squat	3	8	3	10	4	12	4	15	
1b. Bench Press Up	3	8	3	10	4	12	4	15	60 secs
2a. Rear Foot Elevated Split Squat with Double Pulse at Bottom (reps are for each side)	3	8	3	10	4	12	4	15	
2b. Cook Hip Lift (squeeze your glutes and hold at the top for 5secs, reps are for each side)	3	8	3	10	4	12	4	15	60 secs
3. Single Leg Squat Holding Netball	3	8	3	10	4	12	4	15	60 secs

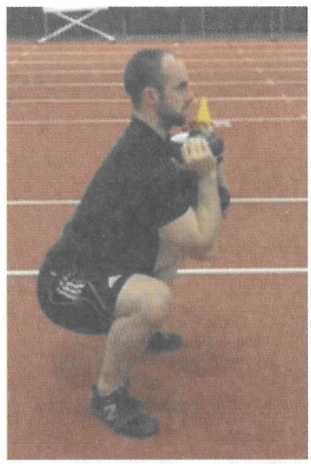
POST SESSION TRUNK CONDITIONING (10-15 MINS)					
EXERCISE	WEEKS 9&10	WEEKS 11&12	WEEKS 13&14	WEEKS 15&16	REST
	REPS/TIME	REPS/TIME	REPS/TIME	REPS/TIME	
1a. Pertubated Front Plank	30 secs	30 secs	35 secs	35 secs	n/a
1b. Adductor Bridge	30 secs each side	30 secs each side	35 secs each side	35 secs each side	n/a
1c. Swimming Legs	30secs	30secs	35secs	35secs	n/a
Perform 2 rounds of the above					

PICTURES OF STRENGTH PROGRAMME – WEEKS 9-16

1a. Goblet Squat- Start/ Finish



Transition



1b. Bench Press Up

Start/Finish:



Transition



2a. RFE Split Squat (Double Pulse)- Start/ Finish



Transition



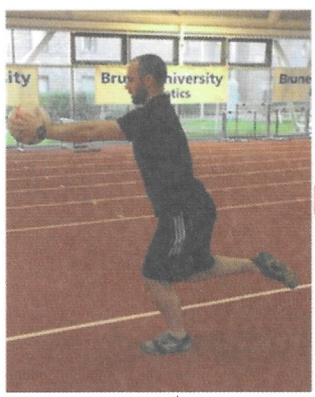
2b. Cook Hip Lift- Start



Finish



3. Single Leg Squat Holding Netball- Start/ Finish



Transition

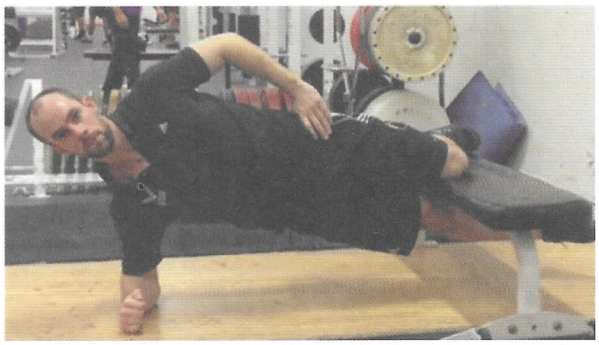


PICTURES OF TRUNK STRENGTH EXERCISES - WEEKS 9-16

1a. Pertubated front Plank



1b. Adductor Bridge



1c. Swimming Legs- Position A



Position B

