

Junior & Pre-Squad Strength & Conditioning

Warm Up

Complete two of the temperature raisers below for 50 seconds each followed by 10 secs rest:

- Skipping
- Jogging on the spot
- High knee jogging
- Mountain climbers
- Spiderman switches

Set 1

3 x 6 press ups

Take 30 seconds rest between sets

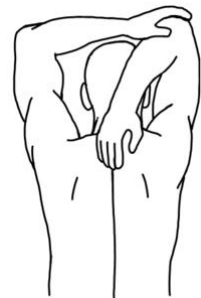
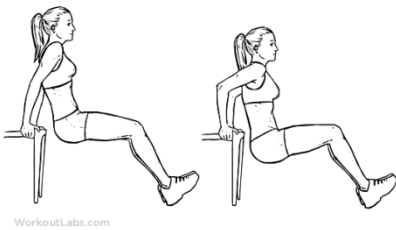
Half press up are fine if full press ups are too challenging make sure you do them properly .



Set 2

4 x 5 triceps dips with 30 secs rest between sets.

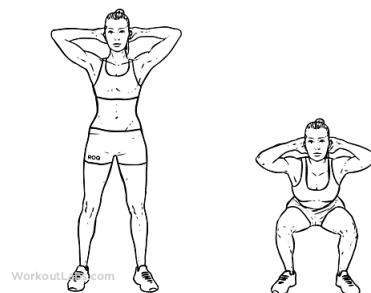
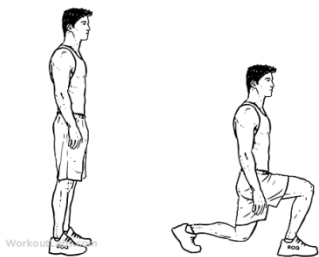
Triceps Stretch – hold for 20 sec x 2 rest for 15 secs between stretches



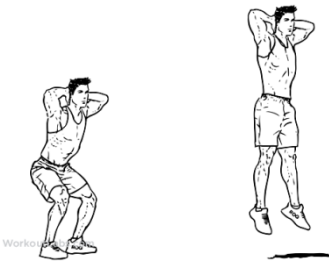
Set 3

2 x 6 inline lunges each leg with 30 secs rest between sets.

3 x 8 full squats (hands on chest) with 15sec (done slowly).



3 x 3-5 squat jumps with 10 sec rest.

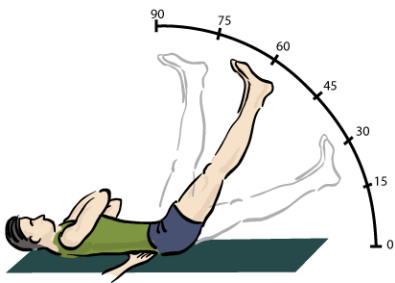


Set 4

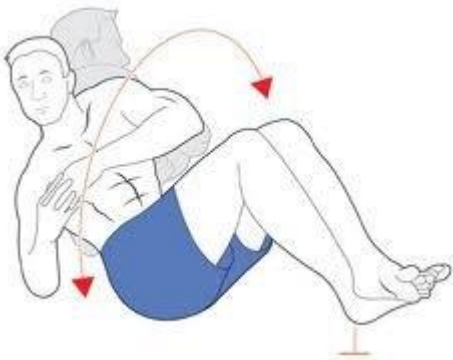
4 x 5 combination of abdominal work of your choice with 30 secs rest between sets.

Choose from:

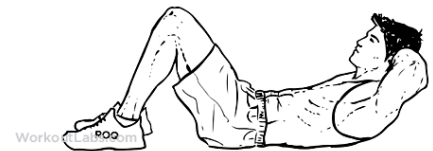
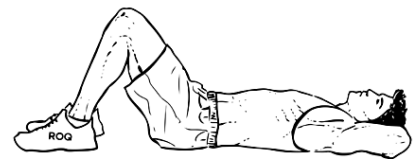
Leg Raise with partner push downs



Sit up with twist



Crunches



V sits

