

Strength Training Week 7

Dynamic Warm up 10 minutes

High knees
Skips
Light jogging
Stretches

Exercise 1 – Bottom Out Squats 8x3

Coaching Points

- * Keep upper body high
- * Legs stay low in squat position
- * Back straight

Exercise 2 – Alternate Splitter Lunge 12x3

Coaching Points

- * Squeeze core
- * Knee over ankle
- * Trail knee above ground

Exercise 3 – Plank Knee Twists 12x3

Coaching Points

- * Press up position
- * Engage core
- * Drive knee to opposite arm

Exercise 4 – Shoulder Taps 12x3

Coaching Points

- * Press up Position
- * Engage core
- * Distribute weight for stability

Exercise 5 Mountain Climbers 12x3

Coaching points

- * Back/upper body stable (no lifting upwards)
- * Keep working foot off ground
- * Push from hips

