



GENERAL STRENGTH OPTION 1

1. Band rotator cuff-ER 00584



2 x 12 each arm

2. Hip abduction 05469



2 x 15 each leg

3. Stability ball single leg squat 00627



2 x 8 each leg

4. Lateral hopping balance 01257



2 x 8 each leg (stick land on before jumping & gain)

5. Power clean hang 00052



1 x 5,5,3,3

6. Deep squat 03553



1 x 5,5,3,3,3

7. Bench press 00338



1 x 5,3,3,3

8. Straight leg deadlift 03563



1 x 5,5,5,5

9. Weighted pull up 01876



1 x 5,3,3,3

10. Weighted sit up 03371



3 x 20 reps (minimum 15kg weight)



GENERAL STRENGTH OPTION 2

1. Upright row rotator cuff-ER 04069



3 x 15 reps

2. Stability ball single leg squat 00627



3 x 8 reps

3. Box deep squat 03562



5 x 6 reps

4. Bench press 00338



4 x 6 reps

5. Straight leg deadlift 03564



5 x 6 reps

6. Kneeling row 03584



4 x 6 reps

7. Half squat shoulder press 05105



4 x 6 reps

8. Pike 04840



3 x 20 reps

9. Side prone stabilization 00953



60s each way x 2