

# ATHLETIC DEVELOPMENT S&C PROGRAMME

EXERCISE	SETS x REPS
YOGA FLOW	2 x 3
GLUTE BRIDGE	3 x 10
LATERAL STEP UP	2 x 6 ES
PLANK SHOULDER TAPS	2 x 6 ES
HOP & HOLDS	2 x 6 ES

	OUTCOME	EXERCISE	SETS x REPS
1A	BILATERAL SQUAT	GOBLET SQUAT	3 x 10
1B	LANDING MECHANICS	ALTITUDE LANDINGS	3 x 4
2A	VERTICAL PRESS	1/2 KNEELING DB SINGLE ARM PRESS	3 x 8 ES
2B	HORIZONTAL PULL	INVERTED ROW	3 x 8
3A	UNILATERAL LUNGE	SINGLE LEG RDL	3 x 10 ES
3B	CORE BRACING	DEADBUG	3 x 6 ES

	OUTCOME	EXERCISE	SETS x REPS
1A	BILATERAL HINGE	TRAP BAR DEADLIFT	3 x 10
1B	JUMPING MECHANICS	BOX JUMP	3 x 4
2A	VERTICAL PULL	5 SECOND ECCENTRIC PULL UP	3 x 4
2B	HORIZONTAL PRESS	PRESS UP	3 x 8
3A	UNILATERAL SQUAT	REVERSE LUNGE	3 x 10 ES
3B	CORE ANTI-ROTATION	PALLOF PRESS	3 x 6 ES