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Strength & Conditioning Program

DAY 1

A1) [split squat](#): 3 x 10

A2) [single leg bridge](#): 3 x 12

A3) half-kneeling shoulder press (feet elevated push-up*): 3 x 8-10

B1) push-ups: 3 x 8

B2) [lateral squat](#): 3 x 10

B3) [dead bug](#): 3 x 10

C1) [single leg hip thrust](#): 3 x 12

C2) [side plank dips](#): 3 x 30 seconds

C3) [copenhagen planks](#): 3 x 30 seconds

*modification/alternate





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Strength & Conditioning Program

DAY 2

- A1) [rear foot elevated split squat](#): 3 x 6-8
 - A2) [nordic hamstring](#): 3 x 6-8
 - A3) [plyo-push up](#): 3 x 8
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- B1) [bent over row \(prone T/Y*\)](#): 3 x 10
 - B2) [plank](#): 3 x 30 seconds
 - B3) [single leg heel raise](#): 3 x 12
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- C1) sit-ups: 3 x 30 seconds
- C2) [curtsy lunge](#): 3 x 10
- C3) pull-ups (dips*): 3 x 10

*modification/alternate

