

## LEVEL 4- STRENGTH

### Home exercise programme

#### Start date

1. Trampette work
2. Single leg loading
3. Posterior chain progress resistance
4. Core work
5. Intro medicine ball drills

Testing procedure for progression:	
1	Single leg press 5 reps body weight
2	Triple hop test 90% LSI
3	20 consecutive hops pain free

### TRAINING PLAN

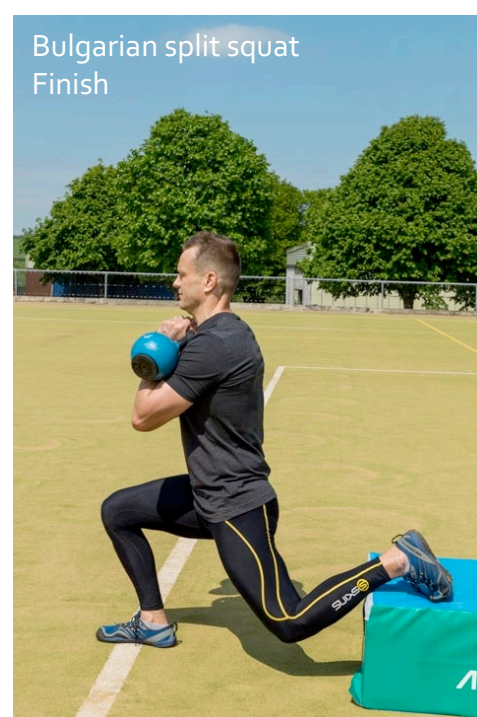
Monday & Thursday				
Trampette work to warm up				
	Reps	Sets	Rest	Tempo
<b>Single leg loading</b>				
Single leg DL	5	5	60	1131
Bulgarian split squat	8	2	60	3131
Step up and high knee raise	8	2	60	
Lunge with wood chop	8	2	60	
<b>Dynamic core</b>				
Plank with band around knees, then alternate hip extension	8	2	60	
Side plank resting on left elbow– right elbow on head, then rotate R elbow to L hand (on the floor).	8	2	60	
<b>Medicine ball drills</b>				
SL DL + press above head.	8	2	60	
Twisting lunge	8	2	60	
Seated throw above head	8	2	60	

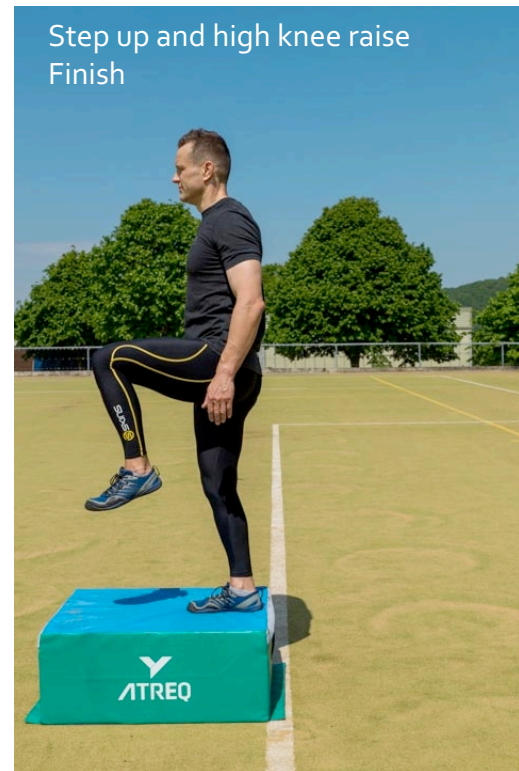
Tuesday & Friday				
Trampette work to warm up				
	Reps	Sets	Rest	Tempo
<b>Single leg loading</b>				
Single leg DL	8	2	60	
Squat + high knee raise	8	2	60	
Reverse lunge into step up + high knee raise	8	2	60	
Single leg press – 5 x 5 reps	8	2	60	
<b>Dynamic core</b>				
Hip rotation in press up position – take one leg through and rotate hips upwards	8	2	60	
Side star	5 - 8	2	60	
<b>Medicine ball drills</b>				
V – ups	8	2	60	
Opening arc	8	2	60	
Hot salsa	8	2	60	
Hay bales – feet hip width apart – squat and bounce medicine ball, catch and lift above head.	8	2	60	

### TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
Single leg loading	Single leg loading		Single leg loading	Single leg loading
Dynamic core	Dynamic core		Dynamic core	Dynamic core
Medicine ball drills	Medicine ball drills		Medicine ball drills	Medicine ball drills
Goblet squats			Goblet squats	
CV as able.				







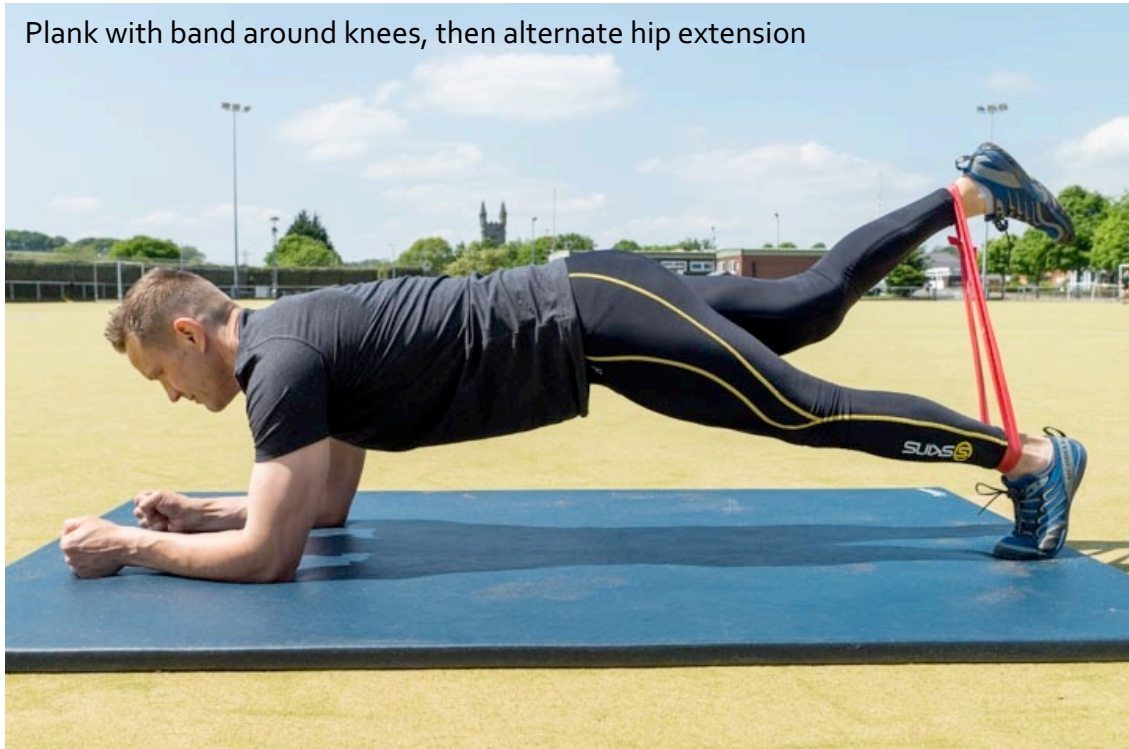
### Lunge wood chop with medicine ball







Plank with band around knees, then alternate hip extension



Side plank  
Start



Side plank  
Finish



SL DL + press above head.  
Start



SL DL  
Finish









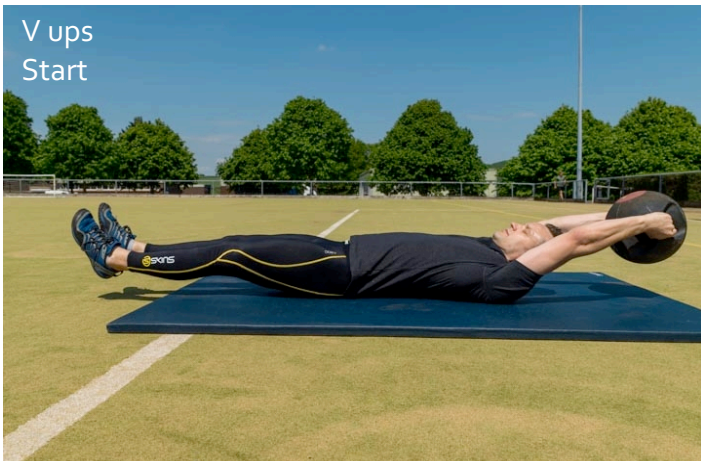




Side Star



V ups  
Start



V ups  
Finish







Open arc  
Start



Open arc  
Finish



Hot Salsa  
Start



Hot Salsa  
3



Hot Salsa  
2



Hot Salsa  
4

