



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

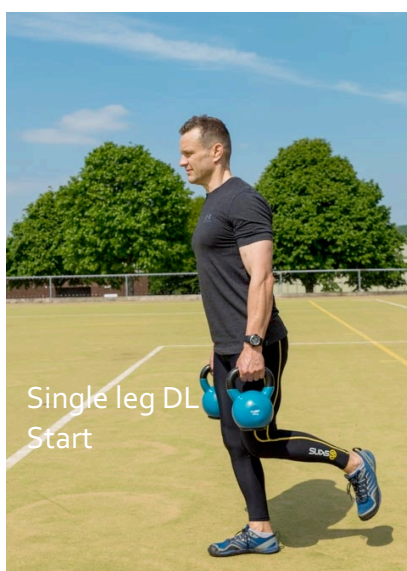
Monday & Thursday				
Trampette work to warm up				
	Reps	Sets	Rest	Tempo
Single leg loading				
Single leg DL	5	5	60	1131
Bulgarian split squat	8	2	60	3131
Step up and high knee raise	8	2	60	
Lunge with wood chop	8	2	60	
Dynamic core				
Plank with band around knees, then alternate hip extension	8	2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

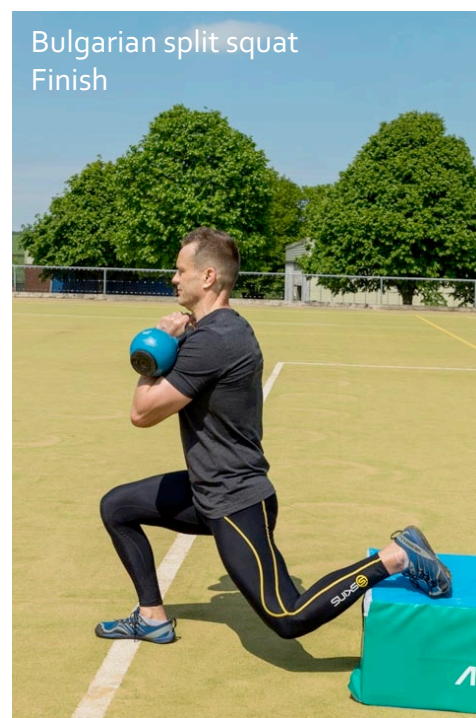


Tuesday & Friday				
Trampette work to warm up				
	Reps	Sets	Rest	Tempo
Single leg loading				
Single leg DL	8	2	60	
Squat + high knee raise	8	2	60	
Reverse lunge into step up + high knee raise	8	2	60	
Single leg press – 5 x 5 reps	8	2	60	
Dynamic core				
Hip rotation in press up position – take one leg through and rotate hips upwards	8	2	60	
Side star	5 - 8	2	60	
Medicine ball drills				
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.				







Step up and high knee raise
Start



Step up and high knee raise
Finish

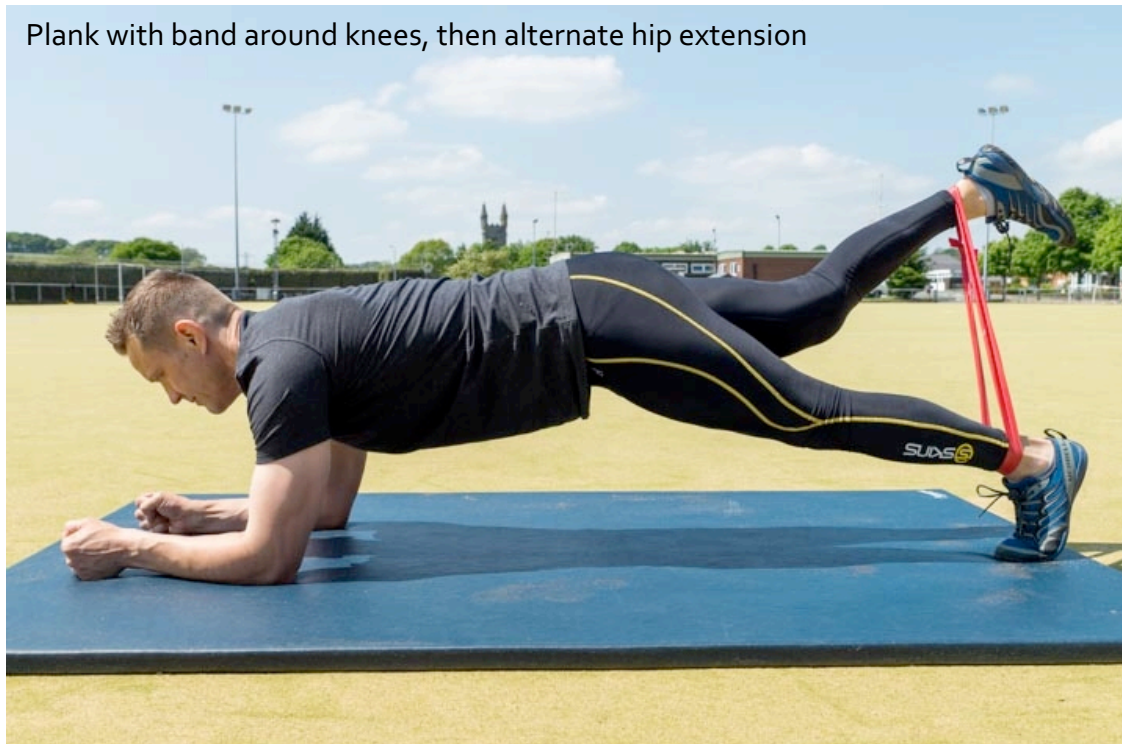


Lunge wood chop with medicine ball





Plank with band around knees, then alternate hip extension



Side plank
Start



Side plank
Finish



SL DL + press above head.
Start



SL DL
Finish





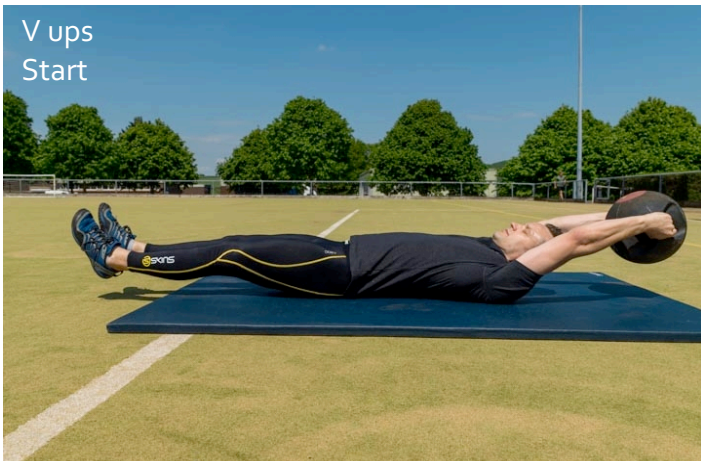




Side Star



V ups
Start



V ups
Finish



