

Goal- Develop Pillar strength.



Session 1 - Complete twice a week for 5 weeks

Athletic Development

No	Exercise	Week 1			Week 2			Week 3			Week 4			Week 5		
		Sets	Reps	Recovery	Sets	Reps	Recovery	Sets	Reps	Recovery	Sets	Reps	Recovery	Sets	Reps	Recovery
1	<b>Push Ups</b>	3	12	60	3	12	60	3	15	60	3	15	60	4	15	60
2	<b>Hamstring Bridge</b> <a href="http://www.youtube.com/watch?v=sa6is">www.youtube.com/watch?v=sa6is</a>	3	30sec	40	3	30sec	60	3	35sec	60	3	35sec	60	3	40sec	60
3	<b>Lateral Bridge short lever</b> <a href="http://www.youtube.com/watch?v=ZiJLc">www.youtube.com/watch?v=ZiJLc</a>	3	30sec ES	60	3	30sec ES	60	3	30sec ES	60	3	30sec ES	60	3	30sec ES	60
4	<b>Reverse Lunge</b> <a href="http://www.youtube.com/watch?v=cfA1z">www.youtube.com/watch?v=cfA1z</a>	3	6 ES	60	3	6 ES	60	3	8 ES	60	3	8 ES	60	3	8 ES	60
5	<b>Supermans</b> <a href="http://www.youtube.com/watch?v=z6PjN">www.youtube.com/watch?v=z6PjN</a>	3	8	60	3	8	60	3	10	60	3	10	60	3	12	60
6	<b>Birdog (Pushup Position)</b> <a href="http://www.youtube.com/watch?v=No6U">www.youtube.com/watch?v=No6U</a>	3	6 ES	60	3	6 ES	60	3	8 ES	60	3	8 ES	60	3	10 ES	60
7	<b>Deadbugs</b> <a href="http://www.youtube.com/watch?v=rber">www.youtube.com/watch?v=rber</a>	3	8 ES	60	3	8 ES	60	3	10 ES	60	3	10 ES	60	3	12 ES	60
8	<b>Single Leg Inchworm</b> <a href="http://www.youtube.com/watch?v=owNf">www.youtube.com/watch?v=owNf</a>	3	4 ES	60	3	4 ES	60	3	6 ES	60	3	6 ES	60	3	6 ES	60
9	<b>Chin Ups</b>	3	AMRAP	60	3	AMRAP	60	3	AMRAP	60	3	AMRAP	60	3	AMRAP	60
10	<b>Bear Crawls</b> <a href="http://www.youtube.com/watch?v=xxxT">www.youtube.com/watch?v=xxxT</a>	3	15M	60	3	15M	60	3	15M	60	3	20M	60	3	20M	60