

GCA 2021

U15 _____

Name: _____



Warm Up :

FOAM ROLL x 5mins	Mini Band work: Squats & Lateral Step.
MOVEMENT PREP x6 reps	Bridge, Cat-Camel, Spider-man & Calf pumps, S/Leg Balance.

LANDING MECHANICS	POWER SQUAT DROPS X 6
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	EXERCISE	Week 1	Week 2	Week 3	NOTES
<u>A1</u>	COUNTER BALANCE SQUAT	3x8	3x10	3x12	
<u>A2</u>	PRESS UP (FULL DOWN-KNEES UP)	3x8	3x10	3x12	
<u>B1</u>	BRIDGE HOLDS	3x10sec	3x10sec	3x10sec	
<u>B2</u>	45 DEGREE TRX ROWS	3x8	3x8	3x10	
<u>C1</u>	REVERSE LUNGES	3x6e	3x6e	3x8e	
<u>C2</u>	D/B PULL OVER	3x8	3x10	3x10	
<u>D1</u>	SINGLE LEG BRIDGE	3x8e	3x8e	3x8e	
<u>D2</u>	1/2 KNEELING SHOULDER PRESS	3x8e	3x8e	3x8e	
<u>E1</u>	PLANK (FRONT & SIDE: LEFT/RIGHT)	20/15/15	20/15/15	25/15/15	
<u>E2</u>	OBLIQUE CRUNCH	3x8e	3x8e	3x8e	

CONDITIONING:	Mountain Climbers x10e side.	Burpees x 10	High Knees x 15 e side. x 2 rounds.
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Warm Down & Recovery : Stretch/Refuel/Rehydrate

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