

# GCA 2021

U15

Name: \_\_\_\_\_



Warm Up :

FOAM ROLL x 5mins	<a href="#">Mini Band work: Squats &amp; Lateral Step.</a>
<a href="#">MOVEMENT PREP</a> x6 reps	Bridge, Cat-Camel, Spider-man & Calf pumps, S/Leg Balance.

LANDING MECHANICS	<a href="#">POWER SQUAT DROPS X 6</a>	<a href="#">CMJ with Stick x 6</a>
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	EXERCISE	Week 4	Week 5	Week 6	NOTES
<u>A1</u>	<a href="#">COUNTER BALANCE SQUAT</a>	3x10	3x10	3x12	
<u>A2</u>	<a href="#">PRESS UP (FULL DOWN-KNEES UP)</a>	3x10	3x10	3x10	*Attempt some full reps first set if able
<u>B1</u>	<a href="#">BRIDGE HOLDS</a>	3x15sec	3x15sec	3x20sec	
<u>B2</u>	<a href="#">45 DEGREE TRX ROWS</a>	3x10	3x10	3x10	
<u>C1</u>	<a href="#">REVERSE LUNGES</a>	3x10e	3x10e	3x12e	
<u>C2</u>	<a href="#">D/B PULL OVER</a>	3x10	3x12	3x12	
<u>D1</u>	<a href="#">SINGLE LEG BRIDGE</a>	3x8e	3x8e	3x8e	
<u>D2</u>	<a href="#">1/2 KNEELING SHOULDER PRESS</a>	3x8e	3x10e	3x10e	
<u>E1</u>	<a href="#">PLANK (FRONT &amp; SIDE: LEFT/RIGHT)</a>	25/15/15	30/20/20	30/20/20	
<u>E2</u>	<a href="#">OBLIQUE CRUNCH</a>	3x10e	3x10e	3x12e	

CONDITIONING:	<a href="#">Bear Crawls ( forward/back/left/right) x 20sec,,</a>	<a href="#">Star Jumps x 10</a>	<a href="#">Mountain Climbers x10e side.</a>
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Warm Down & Recovery : Stretch/Refuel/Rehydrate