

## Part 1 - Session A: Weeks 1-8 (of an 18-week program)

Session A aims to develop general strength and core stability. Perform a warm-up of 5-10min of low intensity exercise prior to undertaking the strength exercises.

Complete 2 sets of 12 reps. 1. Bench press



2. Wide grip lat pulldown



Complete 2 sets of 12 reps.

3. Half front squat



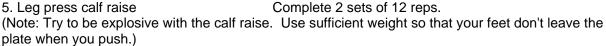
Complete 2 sets of 12 reps.

4. Wide grip straight leg deadlift



Complete 2 sets of 10 reps.

5. Leg press calf raise









6. Bridging

Complete 2 sets of 10 reps.



7. Prone stabilization (Note: Lower your hips every 10 seconds.) Complete 2 sets of 30 seconds







8. Single leg side lying stabilization

Complete 2 sets of 8 on each side.







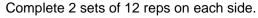
(Note: Complete the session with a slow but dynamic cool-down.)



## Part 2 - Session B: Weeks 9-18 (of an 18-week program)

Session B moves to more of a *power phase*, while also incorporating a variety of stability exercises focused on prevention of injury.

9. Single leg squat









10. Single leg straight leg deadlift Complete 2 sets of 8 reps.

(Note: Be aware of your pelvis position and don't let it rotate with the movement.)



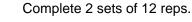




11. Alternating leg press throw Complete 2 sets of 10 reps. (Note: Use minimal weight for this exercise and focus on fast explosive movements.)



12. Lunge reach









13. Squat jumps Complete 2 sets of 8 reps. (Note: Use minimal weight for this exercise also and focus on fast explosive movements.)







14. Bridging

Complete 2 sets of 10 reps.



15. Prone stabilization (Note: Lower your hips every 10 seconds.)

Complete 2 sets of 30 seconds.







16. Single leg side lying stabilization

Complete 2 sets of 8 on each side.



(Note: Complete the session with a slow but dynamic cool-down.)