

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.

1. Bench press Complete 2 sets of 12 reps.



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 Complete 2 sets of 12 reps.
(Note: Try to be explosive with the calf raise. Use sufficient weight so that your feet don't leave the plate when you push.)



6. Bridging Complete 2 sets of 10 reps.



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

Complete 2 sets of 12 reps on each side.



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

Complete 2 sets of 12 reps.



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

Complete 2 sets of 30 seconds.

(Note: Lower your hips every 10 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.)