

SESSION 1 WEEKS 1 TO 12

Lower Body Strength	Week 1			Week 2			Week 3			Week 4			Rest
Session 1 - Exercises	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	
Squat	3	3	6	3	4	6	3	5	6	2	5	6	2mins
Dumbbell RDL	3	4	4	3	5	4	3	6	4	3	4	4	2mins
Banded SA Row	3	4es	4	3	4es	4	3	5es	4	2	5es	4	2mins
DB Bulgarian Split Squat	4	3es	6	4	4es	6	4	5es	6	3	5es	6	2mins
SL Hamstring Bridge	4	3es	5	4	5es	5	4	7es	5	3	7es	5	2mins
Pallof Hold	4	20sec es	5	4	20sec es	5	4	20sec es	5	3	20sec es	5	2mins
DB Russian Twist	3	8	5	3	8	5	3	8	5	3	8	5	2mins

Lower Body Strength	Week 5			Week 6			Week 7			Week 8			Rest
Session 1 - Exercises	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	
Back Squat	4	3	6	4	3	6	4	3	6	4	3	6	2mins
Romanian Deadlift	4	6	6	4	6	6	4	6	6	4	4	6	2mins
SA DB Bent Over Row	3	4es	6	3	4es	6	3	4es	6	3	4es	6	2mins
SL Hamstring Bridge	3	6es	6	3	6es	6	3	6es	6	3	6es	6	2mins
Pallof Press	3	8es	6	3	8es	6	3	8es	6	3	8es	6	2mins
Deadbug	3	10	6	3	10	6	3	10	6	3	10	6	2mins

Lower Body Strength	Week 9			Week 10			Week 11			Week 12			Rest
Sessions 1 - Exercises	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	
Front Squat	4	3	7	4	3	7	4	3	7	4	3	7	2min
Romanian Deadlift	4	5	7	4	5	7	4	5	7	4	5	7	2min
Bent Over Rows	3	3	7	3	3	7	3	3	7	3	3	7	2min
Hamstring Bridge Walkouts	3	5	7	3	5	7	3	5	7	3	5	7	2min
Russian Twist	3	10	7	3	10	7	3	10	7	3	10	7	2min
Weighted Deadbug	3	12	7	3	12	7	3	12	7	3	12	7	2min

Key SA= Single Arm SL = Single Leg es = each side sec = second min = minute KB = Kettlebell DB = Dumbbell OH = Overhead m = metres RDL = Romanian Deadlift

WARM UP

Exercise	Sets	Reps		
Archer Stretch	1	6		
Frog Squats	1	8	Y-T-W Stretch	1 4
Worlds Greatest Stretch	1	10	Pressups	1 5
90/90	1	10	Banded Row- Light	1 4
Cat-Cow	1	6	Counter Movement Jump (CMJ)	2 3

SESSION 2 WEEKS 1 TO 12

Lower Body Strength	Week 1			Week 2			Week 3			Week 4			Rest
Session 2 - Exercises	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	
Goblet Squat	4	4	5	4	5	5	4	6	5	3	6	5	2mins
SL RDL	3	4es	5	3	5es	5	3	6es	5	3	4es	5	2mins
DB Bent Over Row	3	4es	5	3	5es	5	3	6es	5	3	4es	5	2mins
DB Reverse Lunge	4	4es	6	4	5es	6	4	6es	6	3	6es	6	2mins
Glute Bridge	3	4	5	3	5	5	3	6	5	3	4	5	2mins
DB Suitcase Marches	3	6es	5	3	6es	5	3	6es	5	3	6es	5	2mins
Sandbag Pull Through	4	10	6	4	10	6	4	10	6	3	10	6	2mins

Lower Body Strength	Week 5			Week 6			Week 7			Week 8			Rest
Sessions 2 - Exercises	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	
Split Squat	4	4es	6	4	4es	6	4	4es	6	4	4es	6	2mins
Hip Thrust	3	5	6	3	5	6	3	5	6	3	5	6	2mins
Band assisted Pullup	3	4	6	2	4	6	2	4	6	2	4	6	2mins
Goblet Squat	3	4	6	3	4	6	3	4	6	3	4	6	2mins
Russian Twist	3	8	6	3	8	6	3	8	6	3	8	6	2mins
Hollow Hold	3	20sec	6	3	20sec	6	3	20sec	6	3	20sec	6	2mins

Lower Body Strength	Week 9			Week 10			Week 11			Week 12			Rest
Sessions 2 - Exercises	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	Sets	Reps	Load/RPE	
Step Up	3	5es	7	3	5es	7	3	5es	7	3	5es	7	2min
SL Glute Bridge	4	4es	7	4	4es	7	4	4es	7	4	4es	7	2min
Lat Pull Down	4	5	7	4	5	7	4	5	7	4	5	7	2min
Goblet Squat	4	4	7	4	4	7	4	4	7	4	4	7	2min
Palloff Hold	4	20sec es	7	4	20sec es	7	4	20sec es	7	4	20sec es	7	2min
Plank Pull Throughs	3	12	7	3	12	7	3	12	7	3	12	7	2min

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Cat-Cow	1	6	Counter Movement Jump (CMJ)	2 3