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| Strength and Conditioning Progressions |
| If at any point you suffer from ANY PAIN OR DISCOMFORT STOP. Reps and Sets: you are aiming to do between 8-10 Reps over 4 sets. If the weight you are doing allows you to get to 10 (WITH **EXCELLENT FORM**) then think about increasing the weight, if you can’t get to 8 (WITH **EXCELLENT FORM**) then drop the weight down. Start at Level 0, if the exercise is too easy move up to Level 1, if it is too challenging move down a level. Do 1 exercise from each group (1-3) each session. |
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|  |  |  | **Level -2** | **Level -1** | **Level 0** | **Level 1** | **Level 2** |
| Exercise 1 | Squat | Squat Hold | Box Squat (drop bum onto box) | Goblet Squat | Front Squat | Back Squat |
| Lunge | Lunge Hold | Reverse Lunge | Goblet Lunge | Weighted Lunge (with plate/dumbell) | Walking Lunge (with plate/dumbell) |
| Exercise 2 | Push | Press up Hold | Inclined Press Ups (Arms on box) | Press Up  | Weighted Press up | Bench Press |
| Pull | Inverted row lowers | Inverted Row | Inverted row with knees bent | Inverted Row with straight legs | Single arm row |
| Exercise 3 | Vertical Pull | Chin lowers | Chin ups with band |  Assisted Chin ups (partner or machine) | Pull Up | Loaded Pull Up |
| Hinge | Kneeling Hip Hinge | Bridge |  Stiff leg deadlift against a wall (facing away) | Single leg straight leg deadlift (with dumbell) | Weigted stiff leg deadlift (with disc held to chest) |
|  | Trunk | **Any 3 exercises from the following. 30-45s of each aiming for 6mins of work total:** Lateral holds, Supine Hold, Prone Hold Front plank, side plank leg raises, alkenas, superman plank, shoulder touches, V -sits, star side plank, crunches, sit ups, dish hold, heel taps. |