



12's Team Strength and Band Training

Mini Band Exercises

Banded Metabolic Squats 3 x 15 with 20 seconds rest

Elvis Knees 3 x 15 reps with 30 sec rest between sets

Lying Clams 3 x 10 on Each side with 30 sec rest between sets

Lateral Walking clams 3 x 8 on Each Side with 30 sec rest between sets

Body Weight Strength and Jump Technique Exercises

Exercise	Reps	Rounds	Rest
2 minutes jump rope warm up			Move straight to circuit
BW Rear lunge	8 ES	4	Perform as a circuit completing one exercise and moving to the next. Have 30 seconds rest between exercises and 3 minutes rest between rounds.
BW Walking Lunges	8 ES		
BW Squat	8		
Step Ups	8 ES		
Knee Push Ups	8		
Reach & Catch	8		
Lateral Jump to stick	8 ES		
Dead Bug Foundation	8 ES		

JANUARY PROGRESSIONS

Exercise	Reps	Rounds	Rest
3 minutes jump rope warm up			Move straight to circuit
DB Rear lunge	8 ES	4	Perform as a circuit completing one exercise and moving to the next. Have 30 seconds rest between exercises and 3 minutes rest between rounds.
DB Walking Lunges	8 ES		
DB Squat	8		
Step Ups	12 ES		
Knee Push Ups	12		
Reach & Catch Single leg	8 ES		
Lateral Jump to single leg stick	8 ES		
Dead Bug Foundation	12 ES		
Sky Diver	12		