

13's to 15's OFF SEASON STRENGTH / POWER TRAINING

STRENGTH SESSION				
Exercise	Reps	Sets	Tempo	Comments
WP Bench Step Ups	10 ES	4	2:0:2	Hold the weight plate close to chest
DB Bulgarian Split Squat	8 ES	4	3:1:1	Keep shoulders down and back
WP Step Lunges	6 ES	4	2:0:2	Hold the weight plate close to chest
DB Romanian Deadlift	10	4	2:0:2	Keep a flat back
Alternating Renegade Rows	10 ES	4	2:1:2	Start on knees if unable to do toes
DB Neutral Grip Row	8	4	2:0:2	Maintain a flat back
DB Chest Press	10	4	2:0:2	Do this on the floor so the elbows stop at 90'
Push Ups with feet elevated	8	4	2:0:2	Keep hips tucked under and back flat
DB Prone Y's	8	4	2:1:2	Keep nose to ground and squeeze shoulder blades together

Notes:

WP = Weight Plate; **DB** = Dumbbell; **ES** = Each Side; **FREE** = No weight, just bodyweight used.

Tempo = Muscle loading, Hold, Muscle effort (Eccentric, Isometric, Concentric efforts)

Reps = Choose a weight that creates momentary fatigue on the last 1 to 2 reps. Eg: If the program states 10 reps then you should not be able to perform 11, If you can then you need to increase the weight.

MED BALL SESSION					
ORDER	EXERCISE	REPS	TEMPO	SETS	REST
WU	5 min run then 2 x 10 push ups			1	NA
A1	Squat Push Press	10	Fast	4	3 MIN
A2	Squat Jump to Upward throw	8	Fast		
A3	Double Horizontal Jump to throw	6	Fast		
B1	Slams	10	Fast	4	3 MIN
B2	Rotational Ball Throws	8 ES	Fast		
B3	Single Arm Wall Throws	6 ES	Fast		
C1	Sit Up to Stand Up	10	NA	4	3 MIN
C2	Russian Twists	15 ES	NA		
C3	Med Ball To Knee with Dish Hold	10	NA		