

U/13

## Land Warm Up

10 repetition in each direction for warm up exercises.

Rotations Forward, Backwards, Ins & Outs, Push Ups, Lateral Walks  
Squats, Over Head Press, Over Head Squats, Lunges, One Leg RDL's

## Exercises

Chest Throw: 3 sets x 10 repetitions

Trap Bar Squat: 3 sets x 10 repetitions

Inverted Row: 3 sets x 10 repetitions

Plank: 3 sets x 30 seconds

1 minute rest between sets

U/15

## Land Warm Up

10 repetition in each direction for warm up exercises.

Rotations Forward, Backwards, Ins & Outs, Push Ups, Lateral Walks

Squats, Over Head Press, Over Head Squats, Lunges, One Leg RDL's

Band Squats, Lateral Lifts, Side Walks, Straight Leg Walks, Monster Walks forward & backwards

Y movement T movement R movement Suspension Training

## Exercises

Dumbbell Chest Press on Swiss Ball: 4 sets x 5 repetitions (Left + Right)

Front Squat: 4 sets x 5 repetitions

Pull Up: 4 sets x 5 repetitions

Toes To Bar: 4 sets x 5 repetitions

1.30minute rest between sets

U/17

## Land Warm Up

10 repetition in each direction for warm up exercises.

Rotations Forward, Backwards, Ins & Outs, Push Ups, Lateral Walks

Squats, Over Head Press, Over Head Squats, Lunges, One Leg RDL's

Band Squats, Lateral Lifts, Side Walks, Straight Leg Walks, Monster Walks forward & backwards

Y movement T movement R movement Suspension Training

Tennis Balls Reaction Drills

## Exercises

Incline Bench Press: 2 sets x 5 repetitions, 3 sets x 3 repetitions

Back Squat: 2 sets x 5 repetitions, 3 sets x 3 repetitions

Weighted Pull Up: 2 sets x 5 repetitions, 3 sets x 3 repetitions

Farmers Walk: 5 sets x GYM length (10/20meters)

1.30/2minutes rest between sets