

# SPORTS SPECIFIC STRENGTH PROGRAM SETS 1-4

**DURATION:** 10 mins per set

**EQUIPMENT:** Floor and wall

**BEST PERFORMED:** Pre workout

**PINK:** Highlighted in pink are my TOP 5 exercises



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*Technique - Programs - Training sessions*

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# SPORTS SPECIFIC STRENGTH - SSS1

DURATION: 10 MINUTES

## 1. DOWN DOG – SINGLE LEG LIFTS

- While standing, walk your hands down your legs to the floor
- Walk your hands along the floor keeping your heels on the floor
- With straight legs, push your heels into the floor and allow your chest to fall towards the floor, keeping your bum elevated
- Lift your left leg to its end range, squeezing your left glute muscles
- With control, allow your leg to fall back to its original position
- Alternate other leg

SETS: 3 (10secs rest) REPS: 16



## 2. PUSH UPS

- Be certain your shoulder, hip and ankle joint all line up
- Lower yourself slowly, by flexing at the elbow joint
- Engage your lower tummy muscles when elevating, limiting shoulders and triceps

SETS: 3 (10secs rest) REPS: 6



## 3. ALTERNATING PRONE LEG PLANKS

- Make your way into a push up position and lower yourself down to your supporting elbows
- Maintaining a strong position of your pelvis, lift one leg off the floor to its end range, squeezing your glutes
- Lower the leg and alternate other leg  
Don't allow your pelvis to rotate

SETS: 3 (10secs rest) REPS: 16



## 4. SUPERMANS

- Lay face down arms with your out in front of you
- In sync, lift both your left arm and your right leg, taking both to their end range  
Lower both arm and leg and alternate

SETS: 3 (10secs rest) REPS: 16



## 5. BODY SQUATS

- Stand tall, arms extended, maintaining heels on the floor, with your eyes fixed straight ahead
- Lower into a squat engaging your glute muscles and lower tummy muscles, particularly on the way up

SETS: 3 (10secs rest) REPS: 8



## VIDEO

# SPORTS SPECIFIC STRENGTH - SSS2

DURATION: 10 MINUTES

## 1. SINGLE LEG HIP SWINGS

- Stand and balance on one leg while unlocking the knee
- Simply swing your other leg, with arms in an exaggerated running stride

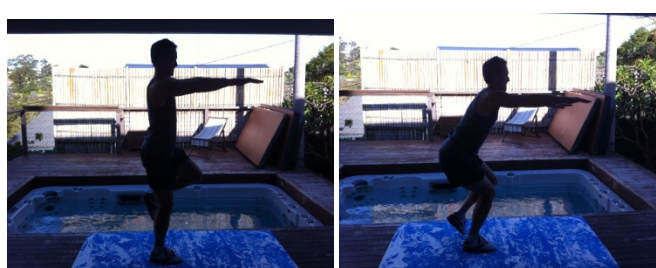
SETS: 2 REPS: 10 each leg



## 2. SINGLE LEG SQUATS

- Stand on one leg, holding strong posture
- Perform half squats concentrating on your knee tracking over your 2<sup>nd</sup> toe

SETS: 3 REPS: 6 each leg



## 3. ALTERNATING CYCLE DRILL

- Lying face up, pressing your lower back into the floor
- Perform a cycling movement with your legs

SETS: 3 REPS: 20



## 4. SINGLE LEG HIP PRESS

- Lying face up, left one leg off the floor
- Press your hip towards the sky, lowering it to the floor
- Squeezing your glutes on the way up – attempting to minimise hamstring activation

SETS: 2 REPS: 12 each leg



## 5. SIDE LYING LEG ABDUCTORS

- Lying on your side, elevate both legs off the floor
- Keeping the top leg fairly straight take it up towards the sky

SETS: 3 REPS: 8 each leg



## VIDEO

# SPORTS SPECIFIC STRENGTH - SSS3

DURATION: 10 MINUTES

## 1. PUSH UPS/ TRACK STARTS

- Perform one push, then holding that starting position
- Bring one knee up towards your chest, squeezing your lower tummy muscles, then taking back squeezing your glutes x 2
- Repeat – 1 PU - 2 x track start on other leg

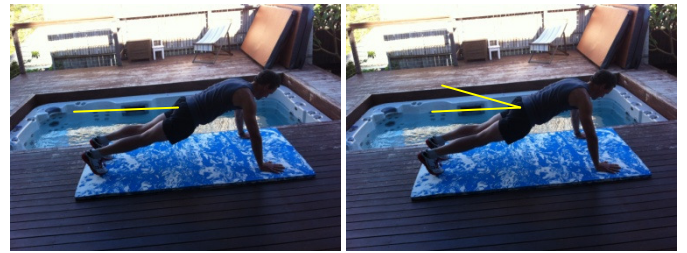
SETS: 3 (10secs rest) REPS: 1 push up/2 track starts L - 1 push up/2 track starts R x 5



## 2. PUSH UP/ LATERALS

- Holding the starting position for a push up
- Left your left leg 12 inches from the floor and take the leg laterally about a foot
- Resist twisting/ rotating your body

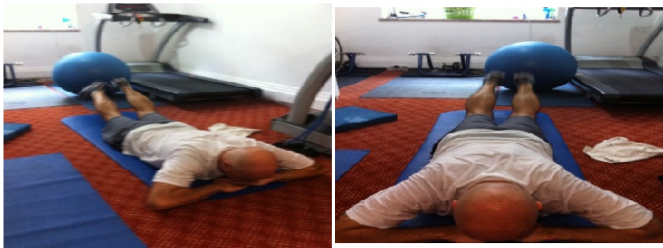
SETS: 3 (10secs rest) REPS: 8 each leg



## 3. PRONE – SWIM KICKS

- Lying face down arms out in front
- Lift both legs off the floor and simulate a swim kick
- Kicking from the hip – NOT knee

SETS: 3 (10secs rest) REPS: 20



## 4. HIP FLEXOR STRETCH/ RECT FEM

- Kneeling, pick up your back leg and press your hip forward

SETS: 1 REPS: 30 secs each leg



## 5. GLUTE –FIGURE 4 STRETCH

- Lying prone, bend your knee and have it fold under your body
- Straighten your hips

SETS: 1 REPS: 60 secs each leg



## VIDEO

# SPORTS SPECIFIC STRENGTH - SSS4

DURATION: 10 MINUTES

## 1. LUNGES

- Take a big step forward keeping your feet parallel
- Holding strong upright posture, take your back knee towards the floor
- Be certain your knee is behind your toes

SETS: 2 (10secs rest) REPS: 10 each leg



## 2. SINGLE WALL PRESS

- Lying face up with your legs flush up against the wall
- Cross your left leg over your right
- Slide your right foot down the wall till your sole is flush against the wall
- Press your hip out away from the wall, squeezing your glute

SETS: 3 (10secs rest) REPS: 10



## 3. FIGURE 4 CRUNCH

- Lying face up with your legs flush up against the wall
- Cross your left leg over your right, and take your right leg off the wall
- Hands behind your head – crunch, leaving a gap between your chin and chest

SETS: 2 (10secs rest) REPS: 20 each leg



## 4. SIDE DROPS

- Support yourself on your left side – left hand with arm straight - then, down to your feet
- Your right arm is facing and reaching towards the ceiling
- Allow your left hip to drop towards the floor, using your side muscles to return to the original position

SETS: 3 (10secs rest) REPS: 12 side



## 5. BOUNCING

- Nothing more than bouncing on the spot - springing
- On the balls of your feet – like a ball

SETS: 3 (10secs rest) REPS: 60 seconds



## VIDEO