

u16s Program

1. Half Kneeling Adductor
 - Keep back straight
 - Sit hips back onto heel
 - Rotate straight to change stretch
2. Single Leg Landings
 - Absorb the landings
 - Control before standing
 - No knee/chest collapse
3. Walking Overhead 'A' March
 - Hip into armpit
 - Extend through stance leg
 - Push opposite shoulder to roof
4. Single Leg Hop
 - Jump from hip, no swing
 - Absorb landing
 - Stabilise
5. Loaded Front or Goblet Squat
 - Screw into ground/knees out
 - Chest up, strong trunk
 - Squeeze glutes
6. Forward Reactive Bound
 - Minimal ground contact
 - Stick landings
 - Fully extend
7. Lateral Bound + Stick
 - Absorb landing
 - Stabilise finish position
 - Control knee
8. Pushup
 - Chest to ground
 - Elbows 45°
 - Trunk and hips straight
9. Single Leg RDL
 - STRAIGHT BACK!!!!
 - Push heel behind, extend leg
 - Keep square
10. Horizontal Row
 - Hands to chest
 - Keep hips up
 - Angle changes difficulty
11. Walking Lunge
 - Keep upright
 - Control knee and hip
 - Movement still up and down
12. Plate Rotation
 - Brace whole from hips down
 - Head follows chest/plate
13. Band Pallof Press
 - Soft knees and hips
 - Shoulders level
 - Don't lean against load

Week 1 + 2	Week 3 + 4	Week 5 + 6
3x10 each side	3x10 each side	3x10 each side

3x3 each leg	3x4 each leg	3x5 each leg
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3x10m	3x10m	3x10m
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3x3 each leg	3x4 each leg	3x5 each leg
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3x10	3x15	3x20
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3x4	3x5	3x6
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3x3 each leg	3x4 each leg	3x5 each leg
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3x10	3x15	3x20
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3x5 each leg	3x6 each leg	3x8 each leg
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3x10	3x15	3x20
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3x8 each leg	3x10 each leg	3x12 each leg
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3x10 each side	3x15 each side	3x20 each side
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3x10 each side	3x12 each side	3x15 each side
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