

Period 7: Strength Training Plan II

Focus on proper movements and full range of motion; fully recover between exercises

Warm up: 15-20 mins easy run

Agility/Speed:

- Ladders: 3x 1 ins, 2 ins, zig-zag
- 2 x 30 sec jump rope
- 3 x 20 step taps

Strength (1-3 sets):

1. 25 reps Russian twist
2. 1 min side plank (30s each side)
3. 20 reps med ball DP throw
4. 5 reps med ball squat
5. 5 reps squat jumps (soon after previous)
6. 5 reps lunge
7. 5 reps scissor jump (soon after previous)
8. 5 reps (each side) lateral lunge
9. 5 reps (each side) lateral hops (soon after previous)
10. 5 reps weighted dips
11. 5 reps explosive dips (soon after previous)
12. 5 reps raised leg push-ups
13. 5 reps explosive push-ups (soon after previous)

Cool down: 15 mins + stretch