

# Strength workout – Wk1

## Dynamic Warm up 10 minutes

High knees  
Skips  
Light jogging  
Stretches

## Exercise 1- Pogo Jumps 3x10

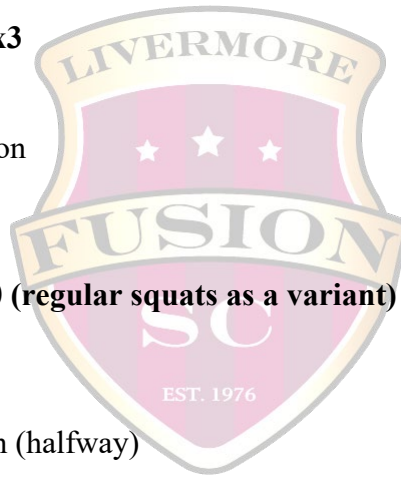
Coaching points

- \* Feet underneath hips
- \* Land on balls of feet
- \* Flex feet up while jumping

## Exercise 2 – Vertical Jumps 3x3

Coaching Points

- \* Hips forward at starting position
- \* Use arms for leverage
- \* Land with knees bent



## Exercise 3 – Pulse Squats 3x20 (regular squats as a variant)

Coaching Points

- \* Keep upper body high
- \* Legs stay low in squat position (halfway)
- \* Back straight

## Exercise 4 – Tuck Jumps 3x5 (knees to chest as a variant)

Coaching Points

- \*Hips below knees at the bottom
- \*Knees above hips at the top
- \*Finish back into squat position

## Exercise 5 – Hand Release Push-Ups (push-ups/knee push-ups as a variant)

Coaching Points

- \*Hands Slightly wider than shoulder width
- \* Keep feet together
- \* Hold for 5 seconds at bottom and push off