

Strength Training Week 9

Exercise 1 – 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

Exercise 2 – Prone Get Up 3x5

Coaching Points

- * Push with arms
- * Body weight neutral
- * Land in athletic position

Exercise 3 – Plank Ups 5x3

Coaching Points

- * Hands slightly wider than shoulder width
- * Keep feet together
- * Keep Back straight



Exercise 4 – Plank Knee Ins 6x3 (each side)

Coaching Points

- * Start with feet together
- * Keep back straight
- * Knee drives towards elbow

Exercise 5 – Plank (1 min hold)

Coaching Points

- * Keep upper body straight
- * Keep hips low