

STRENGTH #1 (PUSHING)

DYNAMIC WARM-UP

- Elbow to instep with rotation (6 times left, 6 times right)
- Bear crawl (10 steps forward and backward)
- Movement series (perform each movement for 20 metres, then repeat)
 - Forward march
 - Forward skip
 - Forward march to skip to acceleration
 - Shuffle
 - Shuffle to acceleration
 - Backwards run
 - Three tuck jumps to sprint

POWER PAIRING

Perform each of the upper-body and lower-body exercises, taking a 60-second rest after each.

- Long jump and stick landing (3 times - walk back between jumps)
- Medicine ball overhead throwdown (5 times)

STRENGTH SERIES

- Lower-body squatting movement (front, back, split, etc. - 3-5 sets of 5 reps)
- Tuck jump (3-4 sets of 3-6 reps)

rest 90 seconds and repeat

- Upper-body pushing exercise (push-up, bench press, shoulder press, etc. - 3-5 sets of 5 reps)
- Explosive upper-body push (medicine ball throw, fast push-up, etc. - 3-4 sets of 3-6 reps)

rest 90 seconds and repeat

- Single-arm upper-body press (landmine press, shoulder press, etc. - 3 sets of 3-6 reps)
- Single-leg lower-body movement (lunge, split squat, etc. - 3 sets of 3-6 reps)
- Torso/core exercise of choice (3 sets of 10-12 reps)

rest 60 seconds and repeat