

### 3 day workout Program A age 10-13 yr old

Weeks 1-3

DAY 1			Day 3						
	Wk1	x5	Wk2	Wk1	Reps	Wk2	Reps	Wk3	Reps
Jump Squats		x5ea			x5		x5		x5
		x5ea			x5		x5		x5
		x5ea			x5		x5		x5
Front Bridge		2x:15			x10		x12		x15
					x10		x12		x15
Chin ups		x5			x10		x2		xmax
		x5			x10		x12		xmax
					xmax		xmax		
Body weight Squat		x10			x8ea		x8ea		x10ea
		x10			x8ea		x8ea		x10ea
		x10			x8ea		x8ea		x10ea
Dumbbell Row		x8ea			xmax		xmax		xmax
		x8ea			xmax		xmax		xmax
					xmax		xmax		xmax
Split Squats		x8ea			x15		x15		x15
		x8ea			x15		x15		x15
					x15		x15		x15
<b>2 leg hip lifts</b>		x10			x10ea		x10ea		x10ea
		x10			x10ea		x10ea		x10ea
Day 2									
	Wk1	Reps	Wk2						
Incline Pushup or push ups on ground		x8							
		x8							
		xmax							
Side Bridge		2x:10							
Kneeling Overhead press		x8							
		x8							
1 Leg SLDL reaching		x10a							
		x10ea							
		x10ea							
Lateral Squats		x8ea							
		x8ea							
Groin pad Squeeze		x3x:10							
		x3x:10							
Straight leg situps		x10							
		x10							

### 3 day workout Program A age 10-13 yr old

Week 4-6

DAY 1						Day 3							
	Wk1	x5	Wk2	Reps	Wk3	Rep		Wk1	Reps	Wk2	Reps	Wk3	Reps
Jump Squats		x5ea		x5ea		x5ea	Jump Squats		x5		x5		x5
		x5ea		x5ea		x5ea			x5		x5		x5
		x5ea		x5ea		x5ea			x5		x5		x5
Feet elevated Front Bridge		2x:15		2x:20		2x:30	Ball Rollouts		x10		x12		x15
									x10		x12		x15
Chin ups		x6		x6		x6	Inverted Row		x5		x6		xmax
		x5		x5		x6	Use Barbell		x5		x6		xmax
		x4		x5		xmax	Lower bar		xmax		xmax		
Sumo Deadlifts		x8		x10		x12	Split squats		x15		x15		x15
		x8		x10		x12			x15		x15		x15
		x8		x10		x12			x15		x15		x15
Dumbbell Row		x6ea		x6ea		x6ea	Push ups		xmax		xmax		xmax
		x6ea		x6ea		x6ea			xmax		xmax		xmax
		x6ea		x6ea		x6ea			xmax		xmax		xmax
Split squats		x8ea		x8ea		x8ea	Overhead Squat		x15		x15		x15
Add dumbbell in hands		x8ea		x8ea		x8ea	W/ Hockey stick		x15		x15		x15
		x8ea		x8ea		x8ea			x15		x15		x15
1 leg hip lift		x8ea		x10ea		x12ea	1 leg hip lifts		x10		x10		x10
		x8ea		x10ea		x12ea			x10		x10		x10
		x8ea		x10ea		x12ea			x10		x10		x10
Day 2													
	Wk1	Reps	Wk2	Reps	Wk3	Rep	CONDITIONING						
Push ups or Bench		x8		x8		x8	<b>x3 times a week after lifts</b> > Treadmill Sprints :20 sec sprints/ :40 sec rest Week 1 > 10/ wk 2 > 12/ wk 3 > 14 > Bike Sprints 1 min sec sprints/ 1:30 min rest Week 1 > 10/ wk 2 > 12/ wk 3 > 14 If available Sled Pushes Week 1 > x6; wk 2 > x8; wk 3 > x10 Medball Work if available: Before Lifts > Overhead Slams 3x10 > Standing side throws 3x6ea side > Standing Chest Throws 3x10						
		x8		x8		x8							
		x8		x8		x8							
Feet Elevated Side bridge		2x:10		2x:15		2x:20							
1/2 kneel Dumbbell press		8		x8		x8							
		x8		x8		x8							
		x8		x8		x8							
1 Arm 1 leg SLDL with reach		x10ea		x10ea		x10ea							
		x10ea		x10ea		x10ea							
		x10ea		x10ea		x10ea							
2 leg Hip Thrust off bench		x10		x10		x10							
		x10		x10		x10							
		x10		x10		x10							
Groin pad Squeeze		x3x:10		x4x:10		x5x:10							
		x3x:10		x4x:10		x5x:10							
Push ups		x8+8		x10+10		x12+12							
Scapulae Push ups		x8+8		x10+10		x12+12							