

3 day workout Program A age 14-20 yr old

Weeks 1-3

DAY 1						Day 3						
	Wk1	Reps	Wk2	Reps	Wk3	Rep	Wk1	Reps	Wk2	Reps	Wk3	Reps
Dumbbell Snatch		x5		x5ea		x5ea	Jump Squats		x5		x5	x5
		x5ea		x5ea		x5ea	Vest on 3rd wk		x5		x5	x5
		x5ea		x5ea		x5ea			x5		x5	x5
Front Bridge		2x:15		2x:20		2x:30	Ball Rollouts		x10		x12	x15
									x10		x12	x15
Chin ups		x8		x		x4	Inverted Row		x10		x2	xmax
		xmax		x6		x4	Use Barbell		x10		x12	xmax
				xmax		xmax			xmax		xmax	
Sumo Deadlift		x12		x10		x8	Split Squats		x15ea		x15ea	x15ea
with weight		x12		x10		x8	Use weight if able		x15ea		x15ea	x15ea
		x12		x10		x8			x15ea		x15ea	x15ea
Dumbbell Row		x8ea		x8ea		x8ea	Push ups		xmax		xmax	xmax
		x8ea		x8ea		x8ea	Elevate feet		xmax		xmax	xmax
		x8ea		x8ea		x8ea	if able		xmax		xmax	xmax
Split Squats		x8ea		x8ea		x8ea	Overhead Squat		x15		x15	x15
2nd week add weight		x8ea		x8ea		x8ea	W/ Hockey stick		x15		x15	x15
if able		x8ea		x8ea		x8ea			x15		x15	x15
Shoulder Circuit		x15ea		x15ea			1 leg Hip lifts		x10ea		x10ea	x10ea
T-W		x15ea		x15ea					x10ea		x10ea	x10ea
Day 2						CONDITIONING						
	Wk1	Reps	Wk2	Reps	Wk3	Rep	x3 times a week after lifts					
Bench Press		x8		x6		x4	> Treadmill Sprints					
		x8		x6		x4	:15 sec sprints/ :45 sec rest					
		xmax		xmax		xmax	Week 1 > 10/ wk 2 > 12/ wk 3 > 14					
Side Bridge		2x:10		2x:15		2x:20	> Bike Sprints					
Kneeling Overhead press		x8		x8		x8	:30 sec sprints/ 1 min rest					
		x8		x8		x8	Week 1 > 10/ wk 2 > 12/ wk 3 > 14					
				x8		x8	If available Sled Pushes					
1 Leg SLDL		x10a		x10a		x10a	Week 1 > x6; wk 2 > x8; wk 3 > x10					
		x10ea		x10ea		x10ea	Medball Work if available: Before Lifts					
		x10ea		x10ea		x10ea	> Overhead throws 3x10					
2 leg Hip Thrust off bench		x8		x8		x8	> 1/2 kneel side throws 3x6ea side					
(add weight after 2nd week)		x8		x8		x8	> Kneeling Chest Throws 3x10					
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						

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Week 4-6

DAY 1						Day 3							
	Wk1	Reps	Wk2	Reps	Wk3	Rep	Wk1	Reps	Wk2	Reps	Wk3	Reps	
Dumbbell Snatch		x5		x5		x5	Jump Squats		x5		x5		x5
Gradually increase weight		x5ea		x5ea		x5ea	Vest		x5		x5		x5
		x5ea		x5ea		x5ea			x5		x5		x5
Feet elevated Front Bridge		2x:15		2x:20		2x:30	Ball Rollouts		x10		x12		x15
Chin ups		x5		x3		x8	Inverted Row		x5		x8		xmax
Weight if needed		x5		x3		x8	Use Barbell		x5		x8		xmax
		xmax		xmax		xmax	Feet Elevated		xmax		xmax		
Double Sumo Deadlift		x8		x10		x12	Lunges		x8ea		x8ea		x8ea
with weight		x8		x10		x12	Use weight if able		x8ea		x8ea		x8ea
		x8		x10		x12			x8ea		x8ea		x8ea
Dumbbell Row		x6ea		x6ea		x6ea	Push ups		xmax		xmax		xmax
		x6ea		x6ea		x6ea	Elevate feet		xmax		xmax		xmax
		x6ea		x6ea		x6ea	if able		xmax		xmax		xmax
1 Leg R.F.E		x8ea		x8ea		x8ea	Overhead Squat		x15		x15		x15
2nd week add weight		x8ea		x8ea		x8ea	W/ Hockey stick		x15		x15		x15
if able		x8ea		x8ea		x8ea			x15		x15		x15
Shoulder Circuit		x15ea		x15ea		x15ea	Stability ball hip lift		x10		x10		x10
I-T-W-L		x15ea		x15ea		x15ea			x10		x10		x10
Day 2													
	Wk1	Reps	Wk2	Reps	Wk3	Rep	CONDITIONING						
Bench Press		x5		x3		x8	x3 times a week after lifts > 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						
		x5		x3		x8							
		xmax reps		xmax reps		xmax							
Feet Elevated Side bridge		2x:10		2x:15		2x:20							
Standing overhead press		8		x8		x8							
		x8		x8		x8							
		x8		x8		x8							
1 Arm 1 leg SLDL		x10ea		x10ea		x10ea							
with 1 dumbbell		x10ea		x10ea		x10ea							
		x10ea		x10ea		x10ea							
2 leg Hip Thrust		x10		x10		x10							
off bench		x10		x10		x10							
(add weight after 2nd week)		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							
Feet Elevated if able													