

# STRENGTH

## Term 4 children's program

- Overview of whole body strength session
- Strength is performed after a complete warm up
- **3x per week for best results**



# Whole body strength – Lower body strength – Upper body strength

1. Do the exercises below 3x per week – take note of the ‘Comments – Challenge’ comments above and phase comments below – images and explanations on the coming pages
2. **Warm up** – Full dynamic warm up & activation exercises listed below
3. **Recovery** – Aerobic recovery 1 + full body stretch (+ hot and cold showers – time permitting)
4. **Frequency** – 3x times per week
5. **Training Focus** – strength (endurance), stabilization, technique

Activation		Sets	Reps	Speed	O	I	Wt (kg's)	Recovery (sec's)	Comments	C1 benchmark	C2 benchmark
1	Alligator push up	3	15m	Moderate	1	Warm up		60	Flat back - elbows tight (in)	15 meters	20 meters
2	Overhead MB slam x5 + squats x5	3	30 sec's	Explosive	2	90%	2kg+	60	Posture & slam!!!	45 seconds	60 seconds
Main segment											
1	Push up	3	12+	Controlled	1	100%	None	60	Fingers under shoulders - core	15	25
2	Burpies	3	12+	Explosive	2	100%	None	60	Vary hand positions	12	20
3	Bench dips	3	10+	Controlled	3	100%	None	60	Hands close - back straight	12	25
4	Lunge w. rotation	3	8+/side	Controlled	4	100%	1kg+	60	Core engagement	8	20
5	Skipping rope	3	45+secs	Controlled	5	100%	1kg+	60	Tempo - progressive building	60 seconds	90 seconds
6	Woodchopper	3	8+/side	Controlled	6	100%	2kg+	60	Explosive - maintain posture	8	20
7	Jump squat	3	10+	Explosive	7	100%	None	60	Elbows in - core engagement	12	20

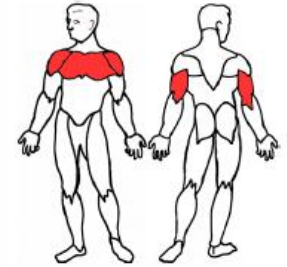
## Phase Comments:

Weeks 3-4: + 2 reps per exercise

Weeks 5-7: + 3 reps per exercise

Weeks 8-9: same as weeks 5-7 – adaptation – consolidate technique

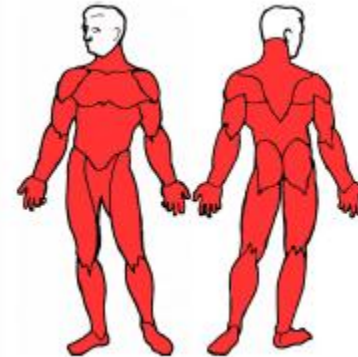
# Whole body strength – Lower body strength – Upper body strength



## Push up

Start with the body straight & the hands approximately shoulder width apart or slightly wider. Lower the chest towards the floor, keeping the neck in line with the spine then push up to the start position.

**Cautions** - Maintain neutral spinal curves & warm up the wrists before commencing the push ups. Do not allow the elbows to hyperextend at the completion of the push up.

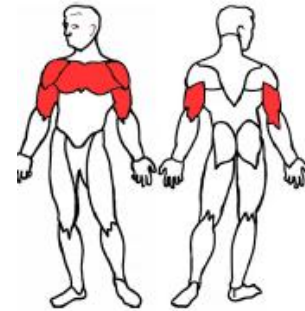


## Burpee

Perform a burpee then jump straight up. Maintain a rigid torso while in the push up position & keep the neck in line with the spine. To modify the exercise, vary the position of the hands on the floor. To increase the resistance, hold dumbbells in your hands

**Cautions** - Do not allow the torso to sag or the elbows to hyperextend.

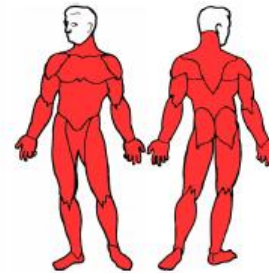
# Whole body strength – Lower body strength – Upper body strength



## Bench dip

Ensure that the hands are secure on the bench with the feet on a box or another bench. The hips should begin close to the bench with the hands approximately shoulder width apart. Lower the hips as far as comfortable then push back to the start position. The range of movement may vary depending on the flexibility of the shoulders. Continue to look forward during both phases of the exercise.

**Cautions** - If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this exercise. Do not allow the elbows to hyperextend at the completion of the exercise.



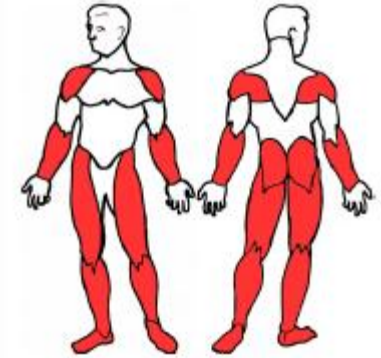
## Cautions

Do not allow the knee of the lead leg to travel past the foot unless specified otherwise by an exercise professional.

## The Lunge w. Rotation

Start with the torso slightly rotated with the medicine ball at approximately chest height. Step forward with a heel to toe pattern & rotate the medicine both ways across the body. Maintain a stable torso as the ball is rotated. Do not allow the shoulders to sway forward during the lunges. The knees should track in line with the centre of the feet. The length & depth of the lunge may vary depending on strength & flexibility levels. The speed of the rotation may

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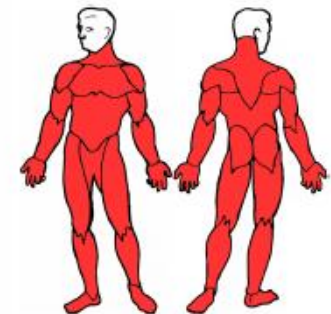


## Jump rope

Keep the shoulders above the hips & continue to look forward during the skips.

Skip twice on each leg before alternating & keep on the balls of the feet & not the heels. Increase the speed of the skips & decrease the contact time with the ground to progress the exercise.

**Cautions** - Gradually increase the speed of the skipping & do not aggressively lock out the knees at the end of extension.

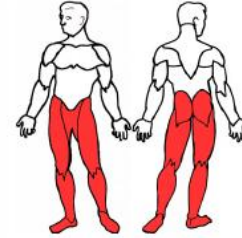


## Woodchopper

Rotate the arms in front of the body in a figure of eight pattern from the ankles to above the head. The speed of the movements & the weight of the medicine ball can vary depending on the requirements of the exercise.

**Cautions** - Control the amount of spinal flexion, extension & rotation throughout all phase of the exercise. If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.

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## Cautions

Do not allow the torso to flex or the knees to buckle inwards. Do not allow the heels to contact the ground before the balls of the feet.

## Jump Squat

Start with the hips approximately shoulder width apart or slightly wider with the feet facing forward. Jump straight up & absorb the landing to approximately a half squat position then continue jumping for the prescribed repetitions.