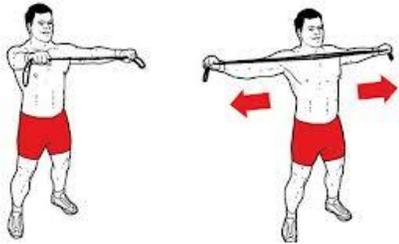
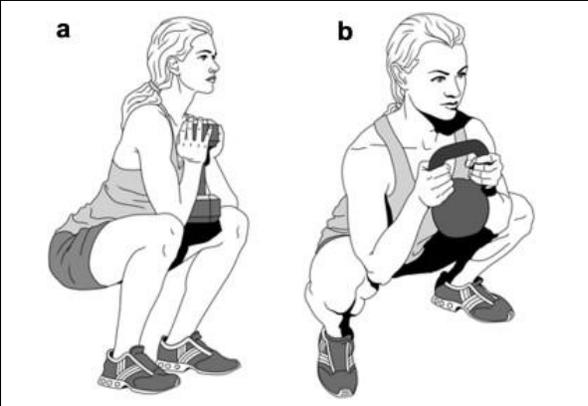
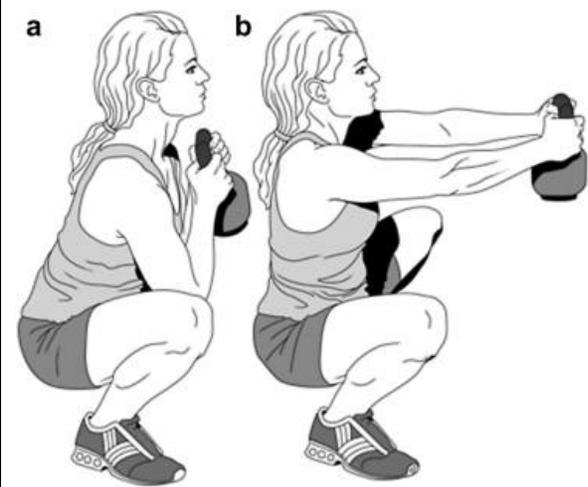


## Introduction week

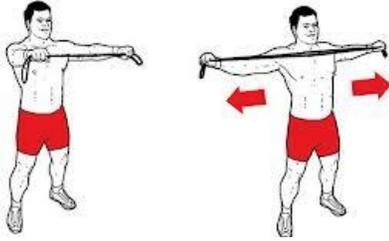
### Upper Body

Exercise	Description	Purpose	Cue	Sets	Reps	Example
Band Pull apart	With a light band, place hands just under shoulder height and pull band apart until shoulder blades pinch	Practice scapula retraction	Squeeze shoulder blades together	2-3	10-15	 <p>The diagram shows two illustrations of a person performing a band pull-apart. In the first illustration, the person is standing with feet shoulder-width apart, holding a resistance band with both hands at shoulder height, arms extended horizontally to the sides. In the second illustration, the person has pulled the band apart, and red arrows point inward from the hands towards the center of the chest, indicating the direction of the pull and the resulting scapular retraction.</p>
Overhead Shrug (Snatch Grip)	With a wide grip, have a dowel over the head with arms straight. Squeeze shoulder blades together and lift traps up to ears while turning elbows towards the front	Practice scapula retraction with elevation and internal rotation of the arms	Squeeze, shrug and roll	2-3	10-15	 <p>The photograph shows a person from behind, performing an overhead shrug. They are holding a wooden dowel with both hands, arms extended straight up over their head. A second person, wearing a teal shirt, is standing to the left, observing and providing feedback. The person performing the exercise has their shoulders shrugged up towards their ears, demonstrating the movement.</p>

Lower Body						
Exercise	Description	Purpose	Cue	Sets	Reps	Example
Goblet squat	In your squat stance and a weight cupped between the hands, squat down and back up while keeping a neutral posture	Practice squatting more upright with proper form	Stay tall and sit straight down	2-3	10-15	
Sumo heart beat	While holding the bottom of the squat, slowly place the weight away from you and return back to starting position	Maintain full foot contact on the ground while keeping balance	Feel the weight in the middle of your foot	2-3	10-15	

**Phase One**

**Upper Body**

Exercise	Description	Purpose	Cue	Sets	Reps	Example
Band Pull apart	With a light band, place hands just under shoulder height and pull band apart until shoulder blades pinch	Practice scapula retraction	Squeeze shoulder blades together	1-3	10-15	
Overhead Shrug (Snatch Grip)	With a wide grip, have a dowel over the head with arms straight. Squeeze shoulder blades together and lift traps up to ears while turning elbows towards the front	Practice scapula retraction with elevation and internal rotation of the arms	Squeeze, shrug and roll	1-3	10-15	

Lower Body						
Exercise	Description	Purpose	Cue	Sets	Reps	Example
Pole squat and fix	While holding on to a solid beam or pole, go to the bottom of squat while keeping full foot on the ground. Round the back and return to neutral position	Give athlete kinesthetic feeling of a good strong position at the bottom of a squat	Sit, square then fix	1-3	10-15	
Goblet squat	In your squat stance and a weight cupped between the hands, squat down and back up while keeping a neutral posture	Practice squatting more upright with proper form	Stay tall and sit straight down	1-3	10-15	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><b>a</b></p>  </div> <div style="text-align: center;"> <p><b>b</b></p>  </div> </div>
Squat						
Exercise	Description	Purpose	Cue	Sets	Reps	Example
Overhead squat on a box	With a dowel or light barbell overhead, squat down until you reach the box and then stand back up.	Starting with an easy height, the athlete can utilize all the learned cues and how they work in correspondence with another	Drive up against the bar, shoulders square, hips square back straight, squat straight down	3-5	8-12	
	Box Height					
	Week 2 – Above knee Week 3 – Below knee Week 4 – Mid shin					

Phase Two						
Upper Body						
Exercise	Description	Purpose	Cue	Sets	Reps	Example
Snatch Push Press	With the barbell behind the neck and hands at the snatch grip width, do a quarter squat and press the barbell overhead as you stand up	Get the barbell to an overhead position faster with "compacted" cues	Dip, Drive, Set	3-5	8-12	See below



**Lower Body**

Exercise	Description	Purpose	Cue	Sets	Reps	Example
Sumo heart beat	While holding the bottom of the squat, slowly place the weight away from you and return back to starting position	Maintain full foot contact on the ground while keeping balance	Feel the weight in the middle of your foot	1-3	10-15	

**Squat**

Exercise	Description	Purpose	Cue	Sets	Reps	Example
Tempo Overhead Squats	Do an overhead squat while controlling different sections of the movement	By increasing the tempo, the athlete has time to sort out their balance, coordination and body awareness.	Feet flat, hips square, chest up, shoulders high	3-5	5-7	
	Tempo					
	Week 5 – 5 secs down  Week 6 – 3 secs hold at bottom  Week 7 – 2 second hold ½ way down 2 second hold at bottom 2 second hold ½ way up					