

Day 1	Week 1	Week 2	Week 3	Week 4	Notes	
Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest	Notes
1a) Box Jumps	3x5	3x5	3x5	3x5	-	
1b) Long Jumps	3x5	3x5	3x5	3x5	-	
1c) Tuck Jumps	3x5	3x6	3x7	3x8	30 sec.	
2a) Barbell Lunge	3x10 each leg	3x10 each leg	4x8 each leg	4x8 each leg	-	
2b) Dumbbell Single-Arm Row	3x10 each arm	3x10 each arm	4x8 each arm	4x8 each arm	30 sec.	
3a) Bench Press	3x10	3x10	4x8	4x8	-	
3b) Physioball Leg Curls	3x8	4x8	4x9	4x10	30 sec.	
4a) Dumbbell Box Step-Up	3x8 each leg	3x8 each leg	3x8 each leg	3x8 each leg	-	
4b) Chin-Ups	3x8	3x8	3x9	3x10	-	
4c) Med Ball Push-Ups	3x10	3x10	3x12	3x12	30 sec.	
5) Plank	2x60 sec.	2x75 sec.	3x60 sec.	3x90 sec.	30 sec.	
Day 2	Week 1	Week 2	Week 3	Week 4	Notes	
1a) Single-Leg Hurdle Hops	3x5 each direction	3x5 each direction	3x5 each direction	3x5 each direction	-	
1b) Barbell Squat Jumps	3x8	3x8	3x8	3x8	-	
1c) Skater Jumps	3x5 each direction	3x5 each direction	3x5 each direction	3x5 each direction	30 sec.	
2a) Back Squat	3x10	3x10	3x8	4x8	-	
2b) Dumbbell Lateral Raise	3x10	3x10	4x10	4x10	30 sec.	
3a) Dumbbell Incline Press	3x10	3x10	4x8	4x8	-	
3b) Back Hypers	3x10	3x10	4x10	4x10	30 sec.	
4a) Barbell Reverse Lunge	3x10 each leg	3x10 each leg	3x10 each leg	3x10 each leg	-	
4b) Seated Rows	3x10	3x10	3x10	3x10	-	
4c) Dumbbell Standing Overhead Press	3x12	3x12	3x10	3x8	30 sec.	
5) Side Plank	2x30 sec. each side	2x45 sec. each side	3x40 sec.	3x50 sec.	30 sec.	
Day 3	Week 1	Week 2	Week 3	Week 4	Notes	
1a) Hurdle Jumps	3x5				-	
1b) Long Jump	3x5				-	
1c) Tuck Jumps	3x5				30 sec.	
2a) Leg Extensions	4x12				-	
2b) Lat Pulldown	3x10				30 sec.	
3a) Dumbbell Bench	3x10				-	
3b) Machine Hamstring Curl	3x10				30 sec.	
4a) Dumbbell Split Squat	3x10 each leg				-	
4b) Push-Ups	3x10				-	
4c) Dumbbell Curl to Press	3x10				30 sec.	