



## Athlete Development Physical Preparation Session

- Please complete this session at least once a week. This can be completed **up to** 5 times a week.
- Complete these exercises with control. All exercises should be slow on the way down (2-3seconds), hold (2-3seconds) and up.
- Please ask the coaches for guidance if you don't understand the exercise.

Exercise	Repetitions	Sets	Recovery	Notes
Jump Squat	6-10	1-3	60secs	Stand with feet shoulder width apart. Bend your knees and hips till your bum is just above the height of your knee. From this position, jump and then land back into a squat. Stand up and repeat the exercise. Maintain form.
Backward Lunge	8-20 each leg	1-3	60secs	Stand with your feet together, step one foot backwards. Make sure your front shin stays vertical. Place your back leg up to the centre.
Supine row	6-10	1-3	60secs	Hang of a bar/rope. Pull yourself up till your chest touches the bar/rope and back down again. This is one repetition.
Push up	6-20	1-3	60secs	Push up's can be completed on your knees or your feet. If you cannot do 10 straight (keeping your technique then go on to your knees. There needs to be a straight line from your knees to your shoulders.
Superman's	20	1-2	30secs	Kneel on all fours. Either hand or feet only or opposite hand and feet (like superman)
Side plank with lowers	45seconds	1-2	30secs	Lay on your side. Come up onto your elbow then lower you pelvis down till it touches the ground. Repeat this for 30 secs and then repeat on the other side.

Email – [info@lionssports.academy](mailto:info@lionssports.academy) for help on any of the exercises