
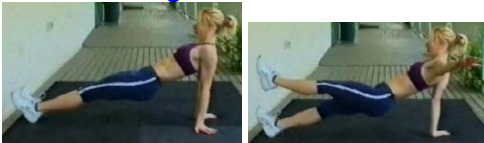





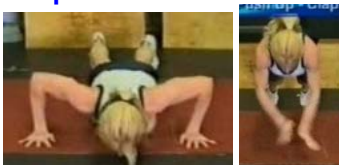


QITCP OFF SEASON TRAINING PROGRAM

Week 7 Session 1

Exercise	Notes	Technique	Progression
2 Point Front Bridge 	Inc. One foot, One hand	Shoulder Blades retracted. Stomach drawn in. Flat Back. Straight line.	3 x 15 sec holds <ul style="list-style-type: none"> Add limb movement slow from static Add limb movement fast from static Add 3 point Add 2 point Add external resistance (partner etc.)
2 Point Back Bridge 	Hands and feet Inc. One foot, One hand Inc. opp / same side	Straight line Gluts contracted	3 x 15 sec holds. <ul style="list-style-type: none"> Add limb movement slow Add limb movement fast Add 3 point Add 2 point Add external resistance (partner etc.)
Overhead DB Single Leg Squat (Narrow grip) 	Front Side	Head up, Chest Up. Flat foot. Bend at ankle, knee and hip Sit backwards as low as possible	Barbell to 10 reps Dumbbells to 10 reps
Dips 		Arms on bench, in long seated position, feet on floor. Lower butt to floor by bending at elbows to 90 deg.	Bent Knees Straight Leg 3 x 12 reps
Run Jump and "stick" 			Add longer Jump from 1 stride. 2 x 10 jumps
SB Single Leg Wall Squats (dynamic) 		Start with static squat position – High, Medium, Low Chin Up / Chest Up / Butt Out / Weight behind mid foot. Arms across chest. Arms above head.	3 x 10 reps Tempo 3:3:2
Leg Raises – Hanging 		Vertical hang from bar or wallbars. Straight legs raised to horizontal, slowly lower. No swinging – slow movements only	Raise feet above head If nowhere to hang. Continue with floor routine
Push Up Clap 		3X 12	until fatigue 3 sets