





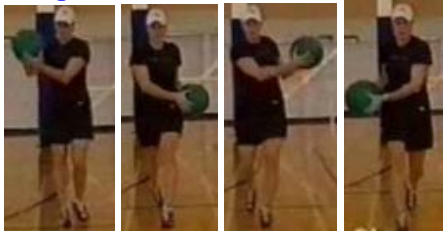


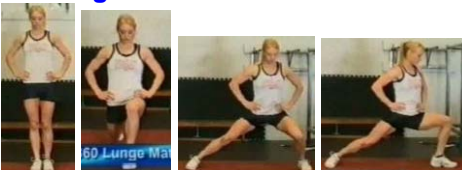


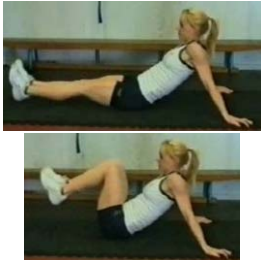


QITCP OFF SEASON TRAINING PROGRAM

Week 5 Session 1

Exercise	Notes	Technique	Progression
3 Point Front Bridge 	Inc. One foot, One hand	Shoulder Blades retracted. Stomach drawn in. Flat Back. Straight line.	3 x 20 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.)
3 Point Back Bridge 	Hands and feet Inc. One foot, One hand Inc. opp / same side	Straight line Gluts contracted	3 x 20 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.)
In place Squat jumps (no arms) 	Front Side	To 90 deg. Full extension on take off. Accurate landings to take off spot. Check that waistband remains horizontal. Hands on hips	Small numbers for technique Increase to 30 reps or 30 secs.
Chair Press 		Holding this position. Push down, to do a reverse shoulder shrug. Thighs parallel to ground	3 x 10 reps
DB Overhead 2 Leg Squat (wide grip) 	Front Side	Grip BB wide grip Straight arms above head. Elbows level with ears. Squat to max. depth slowly.	Broomstick to 10 reps Barbell to 10 reps Dumbbells to 10 reps
Push Up Wide 		3 X 10	Wide
MB Fig. 8's at stomach 	Bodyweight	See Lunge – Static Split Squat.	MB Fig. 8's at stomach 3 x 20 reps

Exercise	Notes	Technique	Progression
SB Single Leg Wall Squats (static) High 		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 8 reps Tempo 3:2:2
Dips 		Arms on bench, in long seated position, feet on floor. Lower butt to floor by bending at elbows to 90 deg.	Bent Knees 3 x 12 reps Tempo 3:1:2
360 Lunge Matrix 		Step and return in one movement. Add hands above head. <ul style="list-style-type: none"> Lunge forward and return slowly Lunge sideways(90 deg foot) and return Lunge sideways (straight foot) and return Lunge to rear and return Complete the circle 	3 x 10 circles
Incline Push Ups Stage 2 		Use box or bench at 1m in height. Hands shoulder width apart. Body stiff, shoulder blades retracted at all times. Bend at elbows so chest brushes the bench / box. Push to return to starting position.	Move from High Box to Low Box 3 x 6 reps Tempo 3:1:1
Lying Pull Ups 		Set Scapula	Feet on ground Feet on box 3 x 8 reps Tempo 3:1:2
Knee raises – Floor 		Lie on floor. Legs long and together. Bend knees and bring to chest slowly. Return slowly to start position	3 x 12 reps