















QITCP OFF SEASON TRAINING PROGRAM

Week 3 Session 1 & 2

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 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.)
3 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 BB Squat (narrow grip) 	Front	Grip BB at shoulder width Straight arms above head. Elbows level with ears. Squat to max. depth slowly. Use a broomstick or rolled up towel	3 x 10 reps Tempo 3:1:3
Single leg hop and "stick" Hop Short 		Hop less than 1m. Check for ankle, knee and hip flexion <ul style="list-style-type: none"> Knees above toes (not forward of) Nose above knees Flat Back 	3 sets of 10 reps
Scarecrow 	Back	- In strong positive (standing) - Upper are parallel to ground. - Arms on parallel plane to floor - Rotate Shoulders to lift hands to vertical	Use no weight Progress to small object (1-2kg) Tempo 3:1:3
Bwt Single Leg Squats (Free standing) 		Start at standing position, lower to best depth and return. Chin Up / Chest Up / Butt Out / Weight behind mid foot. Keep heel on the ground. Check calf flexibility if heel raises up. Arms balancing body.	Aim 5 each Leg to parallel thigh.

Exercise	Notes	Technique	Progression
Dips 		Arms on bench, in long seated position, feet on floor. Lower butt to floor by bending at elbows to 90 deg.	3 x 7 steps Tempo 3:1:2
MB Rotations – Trunk 	Bodyweight	See Lunge – Static Split Squat.	MB Rotations – Trunk
Close 			3 x 8 reps Tempo 2:1:1
Swiss Ball Double Leg Wall Squat (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 6 reps Tempo 3:3:2
Standing Pull Ups 1 Arm 		Set Scapula	3 x 6 reps (each arm) Tempo 3:1:3
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 3 circles
3-Way Sit Up 		In lying up position, knees bent to 90 deg. Arms ahead. Raise trunk up so elbows pass knees and return. Raise trunk up with a twist so arms go outside knees to one side and return. Raise trunk up with a twist so arms go outside other knee and return = 1 cycle	Hands on biceps Hands behind neck (close elbows) Hands behind neck (wide elbows) Increase reps 3 x 10 reps (cycles)
Back Extension – Slow Flex / Ext on Machine 	Floor	Feet pinned. Arms across chest. Squeeze Gluts together. Hold horizontal position. Lower to 90 deg. And return to start position (1 rep)	Alternative Use floor with hands behind back 3 x 12 reps