




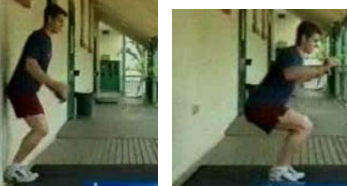

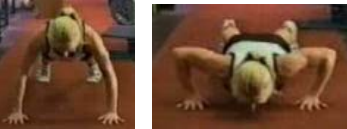




QITCP OFF SEASON TRAINING PROGRAM

Week 1 Session 2

| Exercise | Notes | Technique | Progression |
|---|-----------------|--|--|
| Front Bridge  | Elbows and Feet | Shoulder Blades retracted. Stomach drawn in. Flat Back. Straight line. | 2 x 30 sec (30 sec rest). |
| Back Bridge  | Hands and feet | Straight line Gluts contracted | 2 x 30 sec (30 sec rest). |
| Side Bridge  | Elbows and Feet | Straight line front and back. Hips square, shoulders square. Straight line on sides. Stomach drawn in. Retracted shoulder blades | 2 x 30 sec (30 sec rest). |
| Single Leg Stance Squat  | | Head up, Chest Up. Flat foot. Bend at ankle, knee and hip Sit backwards as low as possible Arms balance Lower to moderate bend at knee, ankle and hip – HOLD (5 sec) | <ul style="list-style-type: none"> Basketball (or Medicine Ball) thrown from hand to hand while SLS |
| Protraction / Retraction  | | Shoulders are drawn back and DOWN Hold for 2 sec and protract | 2 sets of 15 reps |
| Double foot Jump and "stick" - Jump Short  | | Jump 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 |
| Swiss Ball Double Leg Wall Squat (static) - Medium  | | Start with static squat position – High, Medium, Low Chin Up / Chest Up / Butt Out / Weight behind mid foot. Arms across chest. Arms above head. | Hold for 10 secs. |
| Push Up Standard  | | Hands outside shoulder width. Nose & Chest to floor | Standard 3 sets of 8 reps |

| 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. | Bent Knees Straight Leg |
| Back Extension – Bwt Arms at side  | Floor | Lying prone on the floor. Hands out in front on floor. Squeeze Glutes together. Raise chin, chest and trunk off the floor and hold. | Hands down by sides Raise nose 30-40 cm off the floor 3 sets of 10 reps |