

Session A	Link To Videos	Progressions	Technical Points
Squat Variation (Goblet/Back Squat) or Leg Press or Leg Extension	<a href="https://www.youtube.com/watch?v=NlrcxSkwui8">https://www.youtube.com/watch?v=NlrcxSkwui8</a>	Once comfortable with Squat pattern can add load	Ensure we are reaching 90 degrees knee angle
Box Jumps	<a href="https://www.youtube.com/watch?v=NBV9-kTuHEk">https://www.youtube.com/watch?v=NBV9-kTuHEk</a>	Increase height of box	Squat down then use arms to get momentum
Romanian Deadlift or Dumbbell Hinge	<a href="https://www.youtube.com/watch?v=yac3o7xnA4s">https://www.youtube.com/watch?v=yac3o7xnA4s</a>	Once comfortable with Hinge pattern can add load	Ensure knees don't bend and keep back flat
Press Up Shoulder Taps	<a href="https://www.youtube.com/watch?v=vyFBdDj7EbQ">https://www.youtube.com/watch?v=vyFBdDj7EbQ</a>	Can add 5kg plate to back, slow tempo of exercise down	Don't swing hips, imagine there is a glass of water on your back
Bench Press (Barbell or Dumbell)	<a href="https://www.youtube.com/watch?v=U2wKgoUAEMo">https://www.youtube.com/watch?v=U2wKgoUAEMo</a>	Increase load	Ensure dumbbell/barbell comes all the way down to chest
Weighted Side Lunges	<a href="https://www.youtube.com/watch?v=tUg1DXhHm8">https://www.youtube.com/watch?v=tUg1DXhHm8</a>	Increase Load	Aim to get as low as possible, knee over toe on working leg
Single Leg Calf Raises	<a href="https://www.youtube.com/watch?v=ZK4DvJLd3V8">https://www.youtube.com/watch?v=ZK4DvJLd3V8</a>	Hold dumbell in opposite hand to working leg	Keep leg straight and through full range of motion
Side Plank Dips	<a href="https://www.youtube.com/watch?v=ibyUMvwwMTc">https://www.youtube.com/watch?v=ibyUMvwwMTc</a>	Slow down tempo of exercise	Keep control, don't bounce up off the floor
Session B			
Trap Bar Deadlift or Hip Thrust (can use hip thrust machine)	<a href="https://www.youtube.com/watch?v=WzvsIU9FW6O">https://www.youtube.com/watch?v=WzvsIU9FW6O</a>	Once comfortable can add load	Don't arch back and on hip thrust push through heels
Bulgarian Split Squat Jumps	<a href="https://www.youtube.com/watch?v=o422UGQXVgs">https://www.youtube.com/watch?v=o422UGQXVgs</a>	Aim to jump as high as possible	Keep same rhythm and ensure front knee doesn't fall inwards
Lat Pulldown	<a href="https://www.youtube.com/watch?v=lueEJGjTuPQ">https://www.youtube.com/watch?v=lueEJGjTuPQ</a>	Increase weight	Keep core tight and pull all the way down to top of chest
Sideplank Knee Drive	<a href="https://www.youtube.com/watch?v=9XtKtWU3cjc">https://www.youtube.com/watch?v=9XtKtWU3cjc</a>	Slow down tempo of exercise	Don't let hips sink low
Overhead Press (Dumbell or Barbell)	<a href="https://www.youtube.com/watch?v=B-aVuyhvhLHU">https://www.youtube.com/watch?v=B-aVuyhvhLHU</a>	Increase weight	Ensure full range of motion, push all the way up at the top
Lateral Hops	<a href="https://www.youtube.com/watch?v=pHyWzHnSLY">https://www.youtube.com/watch?v=pHyWzHnSLY</a>	Aim to jump further and still stick the landing	Squat into landing to help absorb impact
Hamstring Bridge	<a href="https://www.youtube.com/watch?v=bNO4IR20TEk">https://www.youtube.com/watch?v=bNO4IR20TEk</a>	Walk feet out further or increase time period, elevate feet	Keep hips high
Dish Hold	<a href="https://www.youtube.com/watch?v=Bgn1Qdz7_8s">https://www.youtube.com/watch?v=Bgn1Qdz7_8s</a>	Increase time period	Push middle of the back into the floor