



AT HOME STRENGTH TRAINING WEEK 9 -12 | DAYS 1 & 3

STRENGTH SESSION - THE USE OF A RESISTANCE BAND IS OPTIONAL BUT RECOMMENDED
ADVANCED ATHLETES CAN ADD MORE CHALLENGING VARIATIONS
AND/OR EXERT MORE EFFORT IN EACH REP/SET.

1. **Single Leg Hip-Thrust:** 3 sets of 10 reps
2. **Body-weight Push-ups:** 3 sets AMAP*
3. **Goblet Deep Squat:** 3 sets of 20 reps
4. **Body-weight Chin-Up:** 3 sets of 7-10 reps
5. **Dumbbell Romanian Deadlift:** 3 sets of 10 reps
6. **Banded Seated Hip Abduction:** 3 sets of 20-30 reps
7. **Body-weight Side Plank:** 3 sets of 1-minute

	HIP THRUST	PUSH-UP	SQUAT	CHIN-UP	DEADLIFT	HIP ABDUCTION	SIDE PLANK
SET 1							
SET 2							
SET 3							

*AS MUCH AS POSSIBLE