



# AT HOME STRENGTH TRAINING WEEKS 9-12 | DAYS 2 & 4

## STRENGTH SESSION

- THE USE OF A RESISTANCE BAND AND DUMBBELLS ARE OPTIONAL BUT RECOMMENDED

ADVANCED ATHLETES CAN ADD MORE CHALLENGING VARIATIONS AND/OR EXERT MORE EFFORT IN EACH REP/SET.

1. **Dumbbell Hip Thrust:** 3 sets of 20 reps
2. **Dumbbell Bench Press:** 3 sets of 10-15 reps
3. **Belgian Split Squat:** 3 sets of 10 reps
4. **Weighted Singlet Leg RDL:** 3 sets of 10 reps
5. **Side-Lying Hip Raise:** 3 sets of 10 reps
6. **RKC Plank:** 3 sets of (30sec or AMAP\*)

	DUMBBELL HIP THRUST	DUMBBELL BENCH PRESS	SPLIT SQUAT	SINGLE LEG RDL	HIP RAISE	RKC PLANK
SET 1						
SET 2						
SET 3						

\*AS MUCH AS POSSIBLE