



# AT HOME STRENGTH TRAINING WEEKS 13-16 | DAYS 1 & 3

## 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. **Knee Banded Hip Thrust:** 3 sets of 20 reps
2. **Knee-Banded Hip Abduction:** 3 sets of 20 reps
3. **Weighted Stiff Leg Deadlift:** 3 sets of 10-15 reps
4. **Bodyweight High Step-up:** 3 sets of 10-15 reps each leg
5. **Decline Plank Pike:** 3 sets of 10-15 reps
6. **Flutter kick:** 3 sets of 30sec
7. **BodyWeight Push-Ups:** 3 sets of AMAP\*

	HIP THRUST	HIP ABDUCTION	DEADLIFT	HIGH STEP-UP	PLANK PIKE	FLUTTER KICK	PUSH-UPS
SET 1							
SET 2							
SET 3							

\*AS MUCH AS POSSIBLE