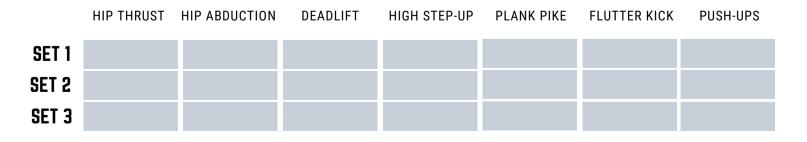


## AT HOME Strength training Weeks 13-16 | Days 1 & 3

## **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\*



\*AS MUCH AS POSSIBLE