

Session 1 and 3 - Muscular Endurance				
	Exercise	Rep	Key points	Link
A	SL Hammy bridge off box	15ES	Keep hips level throughout and squeeze glutes at the top of the bridge.	<a href="#">Link</a>
B	SL between box hold	10sec ES	Keep hips up high and level throughout the hold with the abdominals and glutes braced.	<a href="#">Link</a>
C	Hammy walk out (4steps)	8	Keep hips up high and level throughout the movement.	<a href="#">Link</a>
D	3 position DL Calf raises	10,10,10	Maintain an even tempo throughout the movement	<a href="#">Link</a>

## Session 2:

Session 2 - Strength and Power				
	Exercise	Rep	Key points	Link
A	Nordic lower for 4sec	4	Maintain body position is a straight line from knees to head, keeping the hips extended.	<a href="#">Link</a>
B	Supine hamstring leg switches	4ES	Drive heel down and hips up throughout the movement.	<a href="#">Link</a>
C	Pogos (High /fast)	8	Aim to jump as high as possible with as short a ground contact time as possible.	<a href="#">Link</a>
D	Calf holds against the wall 3sec + Switch	3ES	Maintain a strong, long position through hip and knee. Aim to push the floor and wall away from each other. Rapidly exchange limbs	<a href="#">Link</a>