

Leg Strength

Under 13 and 15

1. Single calf raise and lower heel. 1 leg at a time.
2. Step back into lunge. Good technique. Keep knee in line with the foot.
1 leg at a time.

Do 1 set until you can't do any more.

Under 17 and 19

1. Single calf raise and lower heel. 1 leg at a time. 1 set until you can't do any more.
2. Leg press or Squat or Lunge. 1 set of 8 to 10 repetitions.

Best weight you can manage. Good technique.

If you cannot do these do step back into lunge as above.

Seniors

1. Single calf raise and lower heel. 1 leg at a time. 1 set until you can't do any more.
2. Squat or Lunge. 1 set of 6 to 8 repetitions. Best weight you can manage.

Heavy with good technique.

All Body Strength

Juniors - All body strength

Strength 2 x a week

		Weight
Leg Press or Lunges	15 Repetitions at your best weight	
Lat Pull down	15 Repetitions at your best weight	
Chest press	15 Repetitions at your best weight	
Seated row	15 Repetitions at your best weight	
Shoulder press	15 Repetitions at your best weight	

Rest for 30 seconds between each exercise

Do this twice per session. Rest for 1 min between each set

If you cannot use a gym. Do a circuit training class.

Seniors - All body strength

2 x per week

Warm up set	Reps	Weight	Rest
Dumbbell Lunges	15-20 Reps		30-60 secs
Cable - Back Rhomboid - 1 arm twist	15-20 Reps		30-60 secs
Cable - Chest press - 1 arm twist	15-20 Reps		30-60 secs
Cable row - 2 arm pull - elbows in	15-20 Reps		30-60 secs
Dumbbell shoulder press	15-20 Reps		30-60 secs

Rest 30-90 secs between sets

Set 1 and Set 2	Reps	Weight	Rest
Dumbbell Lunges	8-10 REPS		120-150 s
Cable - Back Rhomboid - 1 arm twist	15-20 Reps		30-60 secs
Cable - Chest press - 1 arm twist	15-20 Reps		30-60 secs
Cable row - 2 arm pull - elbows in	15-20 Reps		30-60 secs
Dumbbell shoulder press	15-20 Reps		30-60 secs

Rest 30-90 secs between sets