Increase core stability, proprioception, flexibility and eccentric hamstring strength.

**4 Week Exercise/Activity Programme Overview** Client Name: Men’s Lacrosse Aim:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week No | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Warm Up  | 10-minute pre training warm up.• Jumping jacks for (1 minute).•Jump twists (for 1 minute).•Jumping lunges (10 each leg).•Big arm circles (10 reps).•Jumping squats then 3 punches when in the squat (45 seconds).•Arm stretches (3 minutes) | * Rest Day
 | 10 minutes warm up.• Mountain climbers (10 each leg).• Jumping jacks for (1 minute).•Jump twists (for 1 minute).•Jumping lunges (10 each leg).•Big arm circles (10 reps).•Jumping squats then 3 punches when in the squat (45 seconds).•Arm stretches (3 minutes) | 10 minutes warm up.• Mountain climbers (10 each leg).• Jumping jacks for (1 minute).•Jump twists (for 1 minute).•Jumping lunges (10 each leg).•Big arm circles (10 reps).•Jumping squats then 3 punches when in the squat (45 seconds).•Arm stretches (3 minutes) | 10 minutes warm up.• Mountain climbers (10 each leg).• Jumping jacks for (1 minute).•Jump twists (for 1 minute).•Jumping lunges (10 each leg).•Big arm circles (10 reps).•Jumping squats then 3 punches when in the squat (45 seconds).•Arm stretches (3 minutes) | * Rest Day
 | * Rest Day
 |
| 1 | * **Plank Dips** (3 sets, 12 reps)
* **flutter kicks** (3 sets, 12 reps)
* **knee crunches** (3 sets, 12 reps)
* **Russian twists** (3 sets, 12 reps)
* **Heel taps** (3 sets, 12 reps)
* **Cycling Crunches** (3 sets, 12 reps)
* **Leg circles** (3 sets, 12 reps)
* **Mountain climbers** (3 sets, 12 reps)

Challenge – plank hold (30 second), (45 seconds), (1 minute).  | * Rest Day
 | * **Superman Plank** (3 set, 12 reps)
* **Plank front raise** (with beans), (3 sets, 12 reps)
* **Shoulder raises to dog downs** (3 sets, 12 reps)
* **Reverse toe taps.** (3 sets, 12 reps)
* **Towel pull** (3 sets, 12 reps)
* **Prone overhead press** (3 sets, 12 reps)
 | * **Lax stick stork** (4 x 30 seconds) 2 reps R, 2 reps L
* **Squats** (3 sets, 12 reps)
* **Jumping lunges** (3 x 12) 6 reps each leg.
* **One leg deadlift** (3 sets, 12 reps)
* **Calf raises**

(3 sets, 12 reps)* **Mountain climbers** (3 sets, 12 reps)
* **Modified scissors** (3 sets, 12 reps)
* **Wall sit** ( 3 x 45 seconds)
 | * **Seat Straddle** (hold for 5 seconds, x 3)
* **Seat stretch** (Hold for 5 seconds, x 4)
* **Low lunge twist** (5 reps x 3 sets)
* **Standing hamstring stretch** (hold for 45 seconds x 3)
* **Low lunge** (5 reps each leg, hold for 45 seconds)
* **Side bend stretch** (hold for 3 seconds x 2 each side)
* **Extended puppy pose** (Hold for 30 seconds x 3)
* **Seated neck release into triceps stretch** (hold for 30 x 3)
* **90/90 stretch** (hold for 45 seconds alternate legs)
 | * Rest Day
 | * Rest day
 |
| 2 | * **Plank Dips** (3 sets, 12 reps)
* **Flutter kicks** (3 sets, 12 reps)
* •**knee crunches** (3 sets, 12 reps)
* •**Russian twists** (3 sets, 12 reps)
* **Heel taps** (3 sets, 12 reps)
* **Cycling Crunches** (3 sets, 12 reps)
* **Leg circles** (3 sets, 12 reps)
* **Mountain climbers** (3 sets, 12 reps)

Challenge – | * Rest Day
 | * **Superman Plank** (3 set, 12 reps)
* **Plank front raise** (with beans), (3 sets, 12 reps)
* **Shoulder raises to dog downs** (3 sets, 12 reps)
* **Reverse toe taps.** (3 sets, 12 reps)
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* **Squats** (3 sets, 12 reps)
* **Jumping lunges** (3 x 12) 6 reps each leg.
* **One leg deadlift** (3 sets, 12 reps)
* **Calf raises**

(3 sets, 12 reps)* **Mountain climbers** (3 sets, 12 reps)
* **Modified scissors** (3 sets, 12 reps)
* **Wall sit** (3 x 45 seconds)
 |  •**Seat Straddle** (hold for 5 seconds, x 3)•**Seat stretch** (Hold for 5 seconds, x 4)•**Low lunge twist** (5 reps x 3 sets)•**Standing hamstring stretch** (hold for 45 seconds x 3)•**Low lunge (5 reps each leg**, hold for 45 seconds)•**Side bend stretch** (hold for 3 seconds x 2 each side)•**Extended puppy poses** (Hold for 30 seconds x 3)•**Seated neck release into triceps stretch** (hold for 30 x 3)•**90/90 stretch** (hold for 45 seconds alternate legs) | * Rest Day
 | * Rest Day
 |
| 3 | * **Plank Dips** (3 sets, 15 reps)
* **Flutter kicks** (3 sets, 15 reps)
* **knee crunches** (3 sets, 15 reps)
* **Russian twists** (3 sets, 15 reps)
* **Heel taps** (3 sets, 15 reps)
* **Cycling Crunches** (3 sets, 15 reps)
* **Leg circles** (3 sets, 15 reps)
* **Mountain climbers** (3 sets, 15 reps)
 | * Rest Day
 | * **Superman Plank** (3 set, 12 reps)
* **Plank front raise** (with beans), (3 sets, 12 reps)
* **Shoulder raises to dog downs** (3 sets, 12 reps)
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* **Wall sit** (3 x 45 seconds)
 | •**Seat Straddle** (hold for 5 seconds, x 3)•**Seat stretch** (Hold for 5 seconds, x 4)•**Low lunge twist** (5 reps x 3 sets)•**Standing hamstring stretch** (hold for 45 seconds x 3)•**Low lunge** (5 reps each leg, hold for 45 seconds)•**Side bend stretch** (hold for 3 seconds x 2 each side)•**Extended puppy pose** (Hold for 30 seconds x 3)**•Seated neck release into triceps stretch** (hold for 30 x 3)•**90/90 stretch** (hold for 45 seconds alternate legs) | * Rest Day
 | * Rest Day
 |
| 4 | * **Plank Dips** (3 sets, 15 reps)
* **Flutter kicks** (3 sets, 15 reps)
* **knee crunches** (3 sets, 15 reps)
* **Russian twists** (3 sets, 15 reps)
* **Heel taps** (3 sets, 15 reps)
* **Cycling Crunches** (3 sets, 15 reps)
* **Leg circles** (3 sets, 15 reps)
* **Mountain climbers** (3 sets, 15 reps)

Challenge –  | * Rest Day
 | * **Superman Plank** (3 set, 12 reps)
* **Plank front raise** (with beans), (3 sets, 12 reps)
* **Shoulder raises to dog downs** (3 sets, 12 reps)
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(3 sets, 12 reps)* **Mountain climbers** (3 sets, 12 reps)
* **Modified scissors** (3 sets, 12 reps)
* **Wall sit** (3 x 45 seconds)
 | •**Seat Straddle** (hold for 5 seconds, x 3)•**Seat stretch** (Hold for 5 seconds, x 4)•**Low lunge twist** (5 reps x 3 sets)•**Standing hamstring stretch** (hold for 45 seconds x 3)•**Low lunge** (5 reps each leg, hold for 45 seconds)•**Side bend stretch** (hold for 3 seconds x 2 each side)•E**xtended puppy poses** (Hold for 30 seconds x 3)•**Seated neck release into triceps stretch** (hold for 30 x 3)* **90/90 stretch** (hold for 45 seconds alternate legs)
 | * Rest Day
 | * Rest Day
 |
| Cool down | 10-minute post training cool down* Opening and closing the gates
* Feed the chickens
* Walking heel raisers
* Walking lunges then twist
* Cobra Abdominal stretch into child’s pose
* Gluteal stretch
* Chest to Knee lower back stretch
* Cat and Camel stretch
* Lunge Knee flexor
* Butterfly stretches
* Arm stretches
 | * Rest Day
* (add in Thread the needle)
 | 10-minute post training cool down•Opening and closing the gates • Feed the chickens• Walking heel raisers• Walking lunges then twist• Cobra Abdominal stretch into child’s pose• Gluteal stretch• Chest to Knee lower back stretch• Cat and Camel stretch• Lunge Knee flexor • Butterfly stretches• Arm stretches | 10-minute post training cool down•Opening and closing the gates • Feed the chickens• Walking heel raisers• Walking lunges then twist• Cobra Abdominal stretch into child’s pose• Gluteal stretch• Chest to Knee lower back stretch• Cat and Camel stretch• Lunge Knee flexor • Butterfly stretches• Arm stretches | 10-minute post training cool down•Opening and closing the gates • Feed the chickens• Walking heel raisers• Walking lunges then twist• Cobra Abdominal stretch into child’s pose• Gluteal stretch• Chest to Knee lower back stretch• Cat and Camel stretch• Lunge Knee flexor • Butterfly stretches• Arm stretches | * Rest Day
 | * Rest Day
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Max pushups in a minute

12-minute run – measure distance on strava or any app

Stork stand

Bent arm Plank until failure

Oblique flexibility test