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) * **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 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) * **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 |
| 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) * **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)  •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