

Martin's Christmas Present to ONC...

S&C program (2-3x per week)

Any questions contact Martin

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Stages	Exercises to do 2-3 x per week				
	Press-ups (4x 10)	Front Plank (3 sets. Time depends on core strength)	Single-leg box squat (knee height box) 3x 15 each leg	Fire-hydrants (3x 15 each leg)	Mobility (practice all of the below 2 x 6)
Stage 1	Press-up lowers	Front Plank	Double-leg strict box squat (tap don't sit)	Fire-hydrants	Inchworm, Flat back Inchworm, Flat back Inchworm toe taps, Spiderman, Dynamic ankle mobility plantar-dorsi, Squat, Squat and reach, Overhead Squat, Lunges, Lunge and squeeze, Lunge switches, Cossack holds, Cossack with hand support, Cossack squats
Stage 2	Press-up lower with pauses		Single-leg lower down to sit		
Stage 3	Hands off and press-up		Single-leg down sit then up		
Stage 4	Strict hands off press-ups		Strict single-leg box squat (no sit just tap bum on bench then up)		
Stage 5	Press-ups full range				
Aim(mid-Jan 2015)	All players able to do 20 full range full press-ups	All players hold a good plank position for 3min+ (5min is bronze)	All players be able to do 20 well controlled single-leg box squats (each leg, box just below knee height)	All players able to perform 20 well-controlled reps each side	Good quality and range of movement in all exercises

Videos made available on Martin's Youtube channel: www.youtube.com/martingallyer