



PORT BULLDOGS



Pre – Season and 2011

Strength Program

A program designed to increase strength, muscle size and assist in weight gain. Target group includes youth and those who are lightly built, not for those trying to lose weight.

Frequency = minimum 2 – maximum 4 times a week

There are 2 separate weight programs. Make sure to swap each session, never repeat the same routine consecutively

4 sets for all exercises, maximum 1 minute rest between sets, see table for repetitions. Use the below table to record what weights you are lifting, reps and sets (wt = weight in kilo's)

	Time/reps	wt	wt	wt	wt	wt	wt	wt	wt
Warm Up Bike/Run	5mins								
Dumbell Squat	12								
Jumping Lunges	10 per leg								
Chin ups close grip	max								
Dumbell Row - 1 Arm	8 per arm								
Barbell bent over row	10								
Barbell upright rows	10								
Dumbell shrugs	15								
Crunches	30								
Plank Holds	30secs								
stretch muscles used									

	reps	wt	wt	wt	wt	wt	wt	wt	wt
Warm Up Bike/Run 5mins									
Deadlifts	8								
Calf Raises	20								
Bench Press	8								
Incline Flys	10								
Dumbell Shoulder Press	10								
Front Raise	10								
Lying Tricep Extensions	10								
Barbell Bicep Curls	10								
Hyper-extensions	20								
stretch muscles used									

For 2XU Compression Garments, Fitness Clothing, Power Balance Bands and Suunto Heart Rate Monitors – SEE MURKY



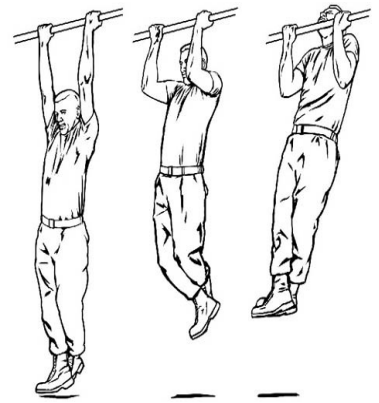
Strength Program – Program 1 Diagrams



Dumbbell Squats



Jumping lunges, swap legs each jump



close grips chin ups



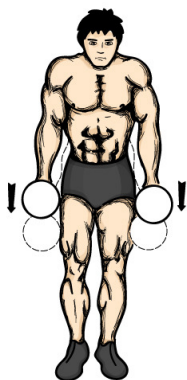
Dumbbell 1 arm rows



Barbell Bent Over Rows



Upright Rows



Dumbbell Shrugs



Crunches



Plank Holds

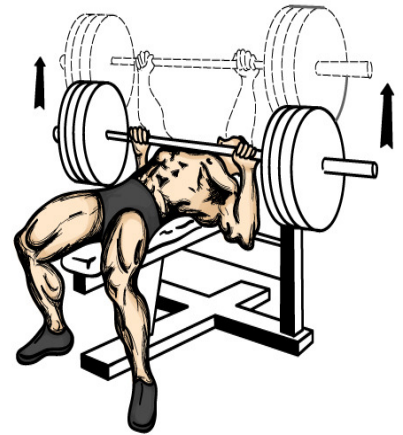
Strength Program – Program 2 Diagrams



Deadlifts



Calf Raises



Bench Press



Incline Flys



Dumbbell shoulder press



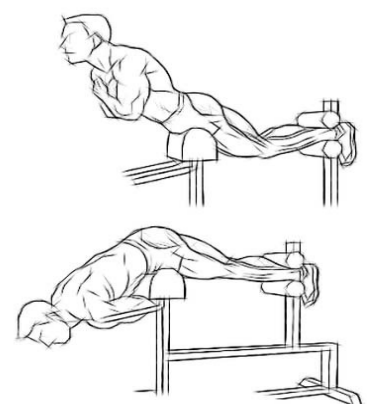
Front Raises



Lying tricep extension



Barbell Bicep Curl



Hyper-extension