

# Six Week Strength Program

Week 1 and 2 -  
Oly Lifts - 5x5  
Others - 3 x12

Week 3 and 4  
Oly Lifts - 6x3  
Others - 4 x 8

Week 5 and 6  
Oly Lifts - 7x2  
Others - 5x5

Can be two days a week  
or three - If three go  
A,B,A then the next  
week B, A,B

Warm up - 10 of each  
Squats, Sampson Lunges, Disclocates, Quad  
Stretch, Scorpions  
Shoulder Maintance: 10 reps twice (5lbs)  
- Shoulder rotation  
- External Rotaions  
- W-Y

A.

Cleans (Oly)  
Push Press (Oly)  
Box Jumps  
Single Arm Row  
Lat Raises  
Front Raises  
Reverse Fly

B.

Back Squat (Oly)  
Dead Lift (Oly)  
Bench  
Pull-ups  
KB Swings  
Biceps  
Triceps

## Ankle Stability Circuit



Warm up - 1 Foot Shuffle, L & R (about 12- 15 steps each way)

- Start by standing on one foot
- Lift heel up and step to the side, lift toes up and step to the side
- Repeat until you reach to 12 to 15 steps then shuffle back to starting position with the same foot
- When finished shuffling back to starting position, switch foot and repeat

One Leg - Eyes Open & Closed (20 seconds or 10-12 reps each)

- 1) Standing
  - Stand on one foot for 20 seconds and repeat with other foot with eyes open
  - Stand on one foot for 20 seconds and repeat with other foot with eyes closed
- 2) ¼ Squat
  - Stand on one foot and get into ¼ squat position. Stay into that position for 20 seconds and repeat with the other foot with eyes open
  - Repeat the same thing but now with eyes closed
- 3) Calf Raise (straight Leg)
  - Stand on one foot, keeping the leg straight, lift heel up & off the ground and bring it back on the ground. Repeat with the other foot with eyes open
  - Repeat again with eyes closed
- 4) ¼ Squat & Calf Raise
  - Stand on one foot and get into ¼ squat position. Pop up with legs straight and stand tall on your toes (heel off the ground). Immediately get back to starting position. Repeat with the other foot with eyes open
  - Repeat again with eyes closed
- 5) ¼ Squat & Toe Pop (pause at top)
  - Stand on one foot and get into ¼ squat position. Pop up with legs straight and stand tall on your toes (heel off the ground). Once standing tall and on toes, hold that position for 2-4 seconds and get back to starting position. Repeat with the other foot with eyes open
  - Repeat again with eyes closed

Core and Ankle Stability Every day