



Youth Squad Land Training

Week 1

Warm up of the week – Complete before each session

1. Foam roll quads – as needed
2. Foam roll back – as needed
3. Foam roll hamstrings – as needed
4. Downward Dog – 2 sets of 10 reps
5. Cat Cow – 2 sets of 10 reps (up and down)
6. Bear Crawl – 2 sets of 10 reps
7. Bird Dog – 2 sets of 10 reps
8. Star Jump – 2 sets of 00:30
9. Butt Kick – 2 sets of 8





Youth Land Training

Week 1

Session 1: Lower body and core

Circuit (4 rounds) – three or more exercises back to back with little rest

- Air Squats – 10 reps
- Hip Thrusts – 5 reps
- Tuck Jump – 8 reps

Superset (5 rounds) – two exercises back to back with little rest between

- Calf Raise – 10 reps
- Lateral Bound – 8 reps

Core set

Bicycle Crunch – 3 sets of 12 reps

Crunches – 4 sets of 10 reps

Cardio

- Skipping – 10 sets of 0:45 with 15 rest





Youth Land Training

Week 1

Session 2: Upper body and core

Superset (5 rounds) – two exercises back to back with little rest between.

- Tricep Push Up – 5 sets of 10 reps
- Pike Push Up – 5 sets of 5 reps

Circuit (4 rounds) – three or more exercises back to back with little rest between.

- Bicycle Crunch – 12 reps
- Leg Pull In – 8 reps
- Leg Raise – 6 reps
- Decline Push Up – 6 reps

Set

Crunches – 4 sets of 10 reps

Supermans – 3 sets of 1:00

Cardio

- Walking – 1 set of 30:00 at A1 Heart Rate





Youth Land Training

Week 1

Session 3: Lower body and core

Circuit (5 rounds) – three or more exercises back to back with little rest between.

- Lunge Jumps – 5 reps
- Hip Thrust – 5 reps
- Step Ups – 5 reps

Superset (5 rounds) – two exercises back to back with little rest between.

- Burpees – 6 reps
- Lunges – 5 reps

Superset (4 rounds) – two exercises back to back with little rest between.

- Bicycle Crunch – 12 reps
- Supermans – 6 reps

Cardio

- Cycling – 1 set of 30:00 at A2 Heart Rate





Youth Land Training

Week 1

Session 4: Upper and Lower Body with Core

Circuit (5 rounds) – three or more exercises back to back with little rest between.

- Mountain Climber – 8 reps
- Tricep Push Up – 8 reps
- Single Leg Glute Bridge – 5 reps (each leg)

Superset (5 rounds) – two exercises back to back with little rest between.

- Tuck Jump – 6 reps
- Burpees – 5 reps

Core

- Plank – 5 sets of 1:00
- Flutter Kick – 5 sets of 1:00

Cardio

- Walking – 1 set of 30:00





Youth Land Training

Week 1

Session 5:

Circuit (5 rounds) – three or more exercises back to back with little rest between.

- Lunge Jumps – 5 reps
- Decline Push Ups – 6 reps
- Pike Push Ups – 8 reps

Superset (5 rounds) – two exercises back to back with little rest between.

- Hip Thrust – 6 reps
- Tuck Jump – 5 reps

Superset (4 rounds) – two exercises back to back with little rest between.

- Flutter Kicks – 30 Seconds
- Leg Raise – 15 reps

Cardio

- Skipping – 15 sets of 45 on 15 off

