



## **BUSHIES Summer Program**

### **Christmas Home Strength Program**

#### **Program 1 (General Strength Phase 1) WEEK 1-6**

**Warm up** - 5 min full body cardio (run, cycle, row, skip etc), 10 x push ups, burpees, mountain climbers, leg swings, calf pumps

<b>Exercise</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4 UNLOAD</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Tempo (sec)</b>	<b>Rest (sec)</b>	<b>Intensity (1-10)</b>
<b>1.a Squats</b>	2 x 10	2 x 12	3 x 12	2 x 10	3 x 12	4 x 12	3.1.3	0	7
<b>b Single leg squat</b>	2 x 6	2 x 8	3 x 10	2 x 6	3 x 8	4 x 10	3.1.3	0	7
<b>c Hamstring Curls</b>	2 x 10	2 x 12	3 x 12	2 x 10	3 x 12	4 x 12	3.1.3	0	7
<b>2.a Split squats (elevated back leg)</b>	2 x 10	2 x 12	3 x 12	2 x 10	3 x 12	4 x 12	3.1.3	0	7
<b>3.a Push ups</b>	2 x max	2 x max	3 x max	2 x max	3 x max	4 x max	3.1.3	0	7
<b>b Tricep dips</b>	2 x max	2 x max	3 x max	2 x max	3 x max	4 x max	3.1.3	0	7
<b>4. Front to side bridge rotations</b>	2 x 12	2 x 14	2 x 16	2 x 12	2x 18	2 x 20	1.5.1	0	7
<b>5. Ab Hand walk out</b>	2 x 12	2 x 14	2 x 16	2 x 12	2x 18	2 x 20	3.5.3	0	7
<b>6. Front bridge</b>	1 x max	1 x max	1 x max	1 x max	1 x max	1 x max	Hold	60 sec	7

## PROGRAM DESCRIPTION



The order of the program is explained below





### Program 1




1. SUPERSETS - Complete 1a → 1b → 1c then repeat for the number of sets i.e. (2 sets of 10 exercises) – complete 1a, 1b, 1c x 2 then move to 2a
2. REST – No rest for cardio effect
3. TEMPO – This is in seconds and relates to the time an exercise should be performed for i.e (2.5.2) Therefore it will be 2secs in the down phase, 5 sec hold, then 2 secs in the up phase
4. INTENSITY – Scale of full body exertion (1-10)
5. **Complete strength program 2-3 days per week – (not consecutively)**
6. Be sure to warm down, stretch and recover after session

## EXERCISE DESCRIPTION

### Strength / Core and Balance Exercises

#	Exercise	Description
1 a	Squats 	Regular squats – legs shoulder width apart, chest up, back straight, knees tracking out over toes, lead with hips, push weight through heels on up.
b	Single Leg squats 	Single leg – chest up, back straight, knee tracking over toe, lead with hips, push weight through heels on way up. MAKE SURE HIP STAY EVEN

c	<p>Hamstring curls</p> 	<p>Use exercise ball, soccerball or football. Lay on back, knees bent at 90 deg, place feet on ball, hips off the ground. Roll ball towards bum and away as far as possible without feet coming off or losing balance. Maintain strong core</p>
2 a	<p>Split Squats</p> 	<p>Lunge with back leg slightly elevated on a step or something with similar height – straight up and down, weight over front leg – feel burn in bum</p>
3 a	<p>Push ups</p> 	<p>On knees or toes – hands shoulder width apart, hands directly under shoulders, back straight, bum down, head in a neutral position looking 30cm in front of hand position on the ground</p>
b	<p>Seated dips</p> 	<p>Use a chair or ledge, back facing, legs slightly bent or out straight, use arms to lower as far as possible then raise up- be sure to keep back as close to the edge as possible – no looping effect</p>

4 a	<p>Front to side bridge rotations</p> 	<p>Start in side bridge position with bottom arm tracking over strong shoulder and top arm straight in the air – should be a straight line from shoulders to feet. Hold for 5 seconds and change to opposite side without dropping. Maintain strong core and shoulder</p>
5	<p>Bridge (front, left, right)</p> 	<p>Front – support on forearms and up on toes, straight back, bum down. Side – open hips, one forearm on the ground, same leg on the ground, opposite arm reaching up.</p>
6	<p>Ab Hand Walkout</p> 	<p>Start in standing position, reach down in a hamstring stretch and touch hands on the ground. Walk hands out activating core muscles until body is vertical, reach out with left arm and hold position for 5 seconds. Walk hands all the way back in and stand up, repeat with right arm</p>