

Post Season Recovery Strength

| | Shoulders | Wrist/Elbow | Upper Body | Ankles | Knees (quad) | Hamstrings | Lower Back | Core |
|---------------------------------|---|---|---|---|---|---|--|--|
| Week 1 Day 1 and 3 | Internal / External Rotation 3 sets of 15 | Wrist Flexion/ Extension 3 sets of 20 | Dumbbell Push-ups 3 sets of 10 | Ankle raises (all directions) 2 sets of 20 | Resistance Quad Extensions (single/double) 2 sets of 10 | Hamstring Press-ups 3 sets of 10 | Arch Resistance Holds 3 sets of 30s | Hollow rock tuck extensions 3 sets of 15 *Alternates |
| Week 1 Day 3 and 4 | Upper flexion / Extension 3 sets of 15 | Pronation / Supination 3 sets of 20 | Triceps Push ups 2 sets of 10 | Tubing (all directions) 2 sets of 10 | Tubing knee Extensions 2 sets of 15 | Partner Hamstring Pulls *single and double 2 sets of 10 | Hollow / Arch Rocks 2 sets of 8 each position | Sit ups 3 sets of 10 *exaggerated hollow |
| Week 2 Day 1 and 3 | Open/Close Can 3 sets of 10 (1- 2lb) | Elbow flexion/ Extension 3 sets of 10 | Dumbbell Wall Handstand Press-ups 2 sets of 10 | Toe Crunches across floor x 1 | Single leg Squats 2 sets of 15 | Hamstring Foam Rolls (2 rolls) 3 sets of 10 | Resistant Heel Drive Holds 2 sets of 30s | Weighted torso ½ way Vup 3 sets of 10 |
| Week 2 Day 3 and 4 | Dumbbell Scapula Pulls 3 sets of 10 | Roll ups (weighted) 3 each grip | Chin ups / pull ups 2 sets of 5 each | Shin Walks (backwards) 1-2 | Lunge Walks 5 lengths | Hip Abductions 2-3 sets of 20 | Alternating Plank (arm/ legs) extensions) 3 sets of 15 | Plank hold (all directions) 2 sets of 30s |
| Week 3 Day 1 and 2 | Shoulder Extensions (both grips) 2 sets of 10 *weight bar | Tuck wall handstand wrist extensions 2 sets of 10 | Chin ups behind head 2 sets of 10 | Straight jumps Up to Panel (single and double) 2 sets of 10 | Partners Squats 2 sets of 10 | Single Leg Candlestick (panel) 3 sets of 10 | Resistance Panel Hold (back) 3 sets 30s | Resistance Panel (front/side) 2 sets 30s each |
| Week 3 Day 2 & 4 | Shoulder panel lifts 2 sets of 10 | Wall Handstand (front/back) 2 sets of 30 | Planch Lower downs (support) 2 sets of 10 | Double Panel Punches 2 sets of 10 | Frog Jumps 2 sets of 12 | Hamstring Push up holds 2 sets of 5 | Reverse Sit ups 3 sets of 10 | Physio Ball Roll outs 3 sets of 10 |

*This is also to be used as an injury programme