



Preparation Phase

Strength Day 2, Coaching Cues

A1. Sandbag Squat

- Chest tall, look straight ahead.
- Toes are pointed out about 30 degrees.
- Stance is wide so that knees are at about 90 degrees at the bottom of the movement.

A2. Single Leg SLDL

- Keep shoulders hips and knee in a line as you push your hip back and lower your torso.
- Knee of working leg should be bent about 10 degrees.
- Keep the hips level, shoulders back.
- Try doing the whole set without allowing the other leg to touch the ground.

B1. Alternating Iso Hold DB Bench

- Hold one dumbbell as you press the other.
- Keep tension in the pectoral of the side you are holding.

B2. Split Squat to Row

- Pull with the opposite arm of the leg that is forward.
- Hips should move straight up and down.
- Use full range of motion in the shoulder but do not lean forward or backwards in the rowing motion.

C1. Swiss Ball Hip Raise to Bridge

- Squeeze the glutes to get the hips off the floor.
- Keeping the glutes tight, bring the ball in toward you forming a 90 degree angle of the knees.

C2. W Raise

- Lie face down on the floor.
- Retract the shoulders and make a "W" with your arms.
- You should feel this in your shoulders and upper back, not the lower back.