

NYH Strength Plan

Phases: 4 weeks each Each set: 2x, 2-3x/wk	Glutes	Bridges	Plank	Leg press	Romanian dead lift	Band side steps
Base phase 1	<i>Prone hip extension</i> 5 sec hold each side, 5 reps	<i>Bridges</i> 5 sec hold, 10 reps	<i>Alternating side planks</i> 10 sec hold each side, 3 sets	<i>Body squats</i> 10 reps	<i>Single leg touch downs</i> 5 reps each side	<i>Side stepping squats</i> 10 reps right, 10 reps left
Balance/core phase 2	<i>Clams</i> 10 reps each side	<i>Single leg bridges</i>	<i>Quad. Alt arm/leg</i>	<i>Jump squats</i> 10 reps	<i>Windmills</i> 10 reps	<i>Side step ups</i> 10 reps
Strength phase 3	<i>Side plank with clams</i> 10 reps each side	<i>Bridge feet up on bench or ball</i>	<i>Mountain climbers in plank</i> 1 minute	<i>Jump squats to bench, stand, step down</i> 10 reps	<i>Multi plane lunges</i> 5 reps to each side	<i>Side step ups</i> 10 reps to lateral raises 10 each
Power phase 4	<i>Standing knee ups to hip extensions</i> 10 reps each	<i>Single leg bridge on bench or ball</i>	<i>Opposite knee to wrist in plank</i> 1 minute	<i>Burpees push up, jump up to bench</i> 30 seconds	<i>Multi plane lunges with touchdown</i> 5 reps to each side	<i>Skaters</i> 30 sec side to side

