

Wenona Athletics Team

Strength and Weights Routine

Warm up

- Skipping, rope, Rowing machine/treadmill/bike, Push ups, FitBall sit-ups, Supermans
- stretches

For the Juniors and less experienced;

- FitBall pushups, FitBall planks, piggyback sprints, wheelbarrow intervals, chin-ups, partner frog leaps, resisted sprints (Theraband / skip rope around hips),
- Steps ups, jump ups (box)
- Finish with a set of plyometrics and 6x20m sprints

For the Seniors (to be done progressively with dumbbells / kettleweights / bar / bar plus weights)

Cleans (floor to chest)

Squats (butt to box) then squat jumps;

Step ups

Romanian Deadlifts (single leg)

Retro lunges (on box, backwards floor toe touch and return)

Power Cleans (from hips)

Renegade rows (plank, dumbbell single arm row)

Snatch (floor to overhead)

Sled Pulls (Prowlers) – parachute, rope resisted

Combined

- Snatch – 2 press – 2 squat
- Clean – 2 squat – 2 press
- Lunge – 2 press – lunge – 2 press

Complex

- Fast bar Military press with half split lunges each press
- with lateral splits
- with full split lunges