

Exercise	Sets	Reps	Time	Load	Rest	Comments
<b>Body weight circuit</b>	3	10			30secs between sets	Try 5 different exercises e.g. squats, press ups, burpees, crunches, lunges
<b>Dumbbell squat push press</b>	3	10		60%, 70%, 65% 75%	1minute	Change the load % each week, but keep sets and reps the same.
<b>Dumbbell squat under upright row</b>	3	10		60%, 70%, 65% 75%	1minute	
<b>Dumbbell squat jumps</b>	4	5		40%	2 minute	Good rest, fast movements.
<b>Run</b>		6	90% of 150m time		1:2	Front 5 do 50m, rest do 150m.

## ENHANCING SPORTS PERFORMANCE



This session is to be done twice per week, three times if you do not have a match.

