

# Riddell Sport Academy

Grades 7 and 8

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# Advanced Fitness

## ~Warm up~



Prehab	Notes	Time/Reps
Clam Shells	Hips and knees stacked on each other	6 each side
Quadruped T Spine	Look towards ceiling when rotating	6 each way
Prone Ys	Lying on stomach, arms making a 'Y'	10 pulses
Movement		
Jog	Light laps around the gym	2-3 laps
Shuffle	Hips stay low, feet never cross	There & back
Cross over	Back leg crosses in front	There & back
Cross under	Back leg crosses behind	There & back
Dynamic Stretching/ Mobility		
Lunge-hip flexor	Raise the arm opposite to the front knee	5 each side
Sweeps	Few steps between, and reach for floor	8 each side
Lateral lunge	Sit towards heel, as deep as you can	5 each side
747	Arms out at side, starting on one leg	5 each side
Walking quad stretch	Hold at the ankle, for a few seconds then switch sides	5 each side
Invisible Hurdles	Step over and go under invisible hurdles	4 each side

## ~Power~

				Week 1		Week 2		Week 3		Week 4	
#	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
1A	Snap Downs		1 min	3	5	3	6	3	8	3	8
1B	Single Hops		1 min	3	5	3	6	3	8	3	8
2	Medicine Ball Scoop Throw		2 min	2	4	2	5	2	5	2	5

## ~Strength~

				Week 1		Week 2		Week 3		Week 4	
#	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
1	Wall Push Ups	212	1 min	2	5	2	6	3	6	3	8
2	Quadruped Hip Hinge	121	1 min	2	8	2	10	3	10	3	12
3A	Standing Lunge	212	1 min	2	5e	2	6e	3	6e	3	8e
3B	Partner Row	212	1 min	2	5	2	6	3	6	3	8
4A	Crawling		1 min	2	½ crt	2	½ crt	3	½ crt	3	½ crt
4B	Supine to Prone Upper Body Roll		1 min	2	5e	2	5e	3	5e	3	5e
5	Plank		1 min	2	30s	2	40s	2	50s	2	50s

## ~Movement~

				Week 1		Week 2		Week 3		Week 4	
#	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
1	Seated Arm Drive		1 min	4	4s	4	4s	4	5s	4	5s
2	Ladders		1 min	4	2	4	2	4	2	4	2
3	Ankleing		1 min	2	2	2	2	3	2	2	2
4	A Skips		1 min	2	2	2	2	3	2	2	2
5	Skiping		1 min	2	2	2	2	3	2	4	2