

Bodyweight S&C Program v1.

This session will be suitable for all abilities

Please ensure you read the notes and suggestions for each sections before starting. If you uncertain about this programs suitability for you please contact trinity@camsportsperformance.com

Complete the 4 sections below in order.

1. Mobilise

Complete 1 x 5p/s of each

Childs Pose

Knee Rolls

½ Kneeling Rotations

[Video - Click Here](#)

2. Activate

Complete 2 x 5 SLOW reps (p/s) of each

Deadbug

[Video -Click Here](#)

Split Squat

[Video - Click Here](#)

3. Strength

Challenge Strength Endurance, the body's ability to exert moderate force repetitively. Using Strength Endurance training will maintain muscle mass, help to maintain basic strength and decrease body fat levels.

Complete x 3 sets of 5-12 (p/s) reps of each drill

Rest for 1 – 1.5 minutes between sets

Complete section A before moving to section B

Notes and Suggestions

*Don't rush reps or rest

*We suggest you use the lower sets and reps on the first session, then progress up through the set and reps session by session.

*If movements are very easy be inventive with loading, e.g. Use a back pack stuffed with books.

A1. Reverse Lunge

[Video - Click Here](#)

A2. Plank w/ Leg Lifts

[Video - Click Here](#)

B1. Bodyweight Squat

[Video - Click Here](#)

B2. Deadbug

[Video -Click Here](#)

If you would like more options email trinity@camsportsperformance.com or keep an eye on the College Gym [Facebook Page](#) for new workouts

Train hard, train smart and enjoy.