



TRAINING SESSIONS

MONTH 1



Dear Parents,

It can be a little scary not knowing when (and how) to introduce strength training to your athlete. You know they need to learn the fundamentals *before* they begin lifting weights, but you're not sure where to start.

Which is why I created this course- to provide parents like you with a way to oversee your child's introduction to strength training. Now they can learn the basic movements *before* they start lifting weights with their friends (or with the team).

I've trained nearly a thousand athletes, from elementary school to high school, from D1 Collegiate Teams to Professional Sports Teams. I've seen firsthand the performance abilities required of athletes at each level. We're going to start your athlete with the basics.

If you're looking for the smart way to introduce your athlete to strength training, then this program is for you.

My goals for this training program are to:

- help you introduce strength training to your athlete
- develop your athlete's foundational level of strength that they will build from in the years to come

Wherever your athlete's sports career takes them, I am grateful that you would entrust me to be part of it.

God Bless,

A handwritten signature in black ink, appearing to read 'Mark'.

Mark

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COOL DOWN



Reading the Program

The Warm Up should be performed before each training session.

The exercises in the training sessions are meant to be performed separately. Meaning, you will have your athlete complete one set of the exercise, rest, then repeat the second set of the same exercise. They will continue this until they have completed all sets, at which point you will move them to the next exercise.

The exception to this is when you see the exercises grouped into a Superset. You will know the the exercises are in a Superset when the term 'Superset' directly follows the exercise number. Superset means that you will have your athlete perform the first exercise for the prescribed number of repetitions then immediately move to the subsequent exercise and complete all prescribed repetitions for that exercise. Once they have completed both exercises within the Superset, they will rest. Following the rest period, they will repeat the Superset. They will continue this until they have completed all prescribed sets.

If you are uncertain of how to perform a particular exercise, then click the video icon; you will then be taken to a demonstration of that specific exercise.

Foam Rolling

(Optional)



Calves

:15-:20 seconds each



Hammys

:15-:20 seconds each



Glutes

:15-:20 seconds each



Quads

:15-:20 seconds each

Static Stretching



(Right)



(Middle)



(Left)

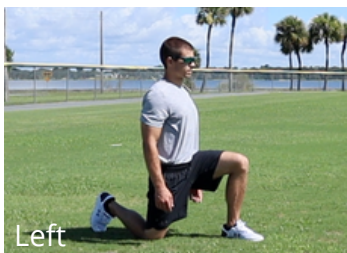
Hammy Stretch

:05-:10 seconds each



Squat

:05-:10 seconds



Left

Leaning Hip Flexor

:05-:10 seconds



Right

Leaning Hip Flexor

:05-:10 seconds



Left

Calf Stretch

:05-:10 seconds



Right

Calf Stretch

:05-:10 seconds



Cobra

:05-:10 seconds

MONTH 1

Day 1

-Weeks 1 & 2-

Reminders

Supersets: Have your athlete perform all exercises within the superset back-to-back before they take the rest period. Once they complete the rest period, repeat the superset. Continue this for prescribed number of sets.

Videos: If you are uncertain of how to perform an exercise, then click the 'video' icon and you will be taken to a video demonstration of that exercise.

 Est.: 25min.

Warm Up

(See Page 5)

Jumping Jacks

1 Set x 50 Reps



Exercises 1 & 2 (Superset)



Hip Bridge

2 Sets x 8 Reps



Plank

2 Sets x :15 second HOLD



Rest :30 seconds

Exercise 3



Bodyweight Squat

2 Sets x 8 Reps



Rest :30 seconds

Exercises 4 & 5 (Superset)



Incline Push Ups
2 Sets x 8 Reps



Row (with Band)
2 Sets x 8 Reps



Rest :60 seconds

Exercises 6 & 7 (Superset)



Dips (off bench)
2 Sets x 8 Reps



Straight-Leg Sit Up
2 Sets x 6 Reps



Rest :30 seconds

Cool Down
(See Page 27)

Cool Down

Jog (or) Walk

(:60 seconds)



(Right)



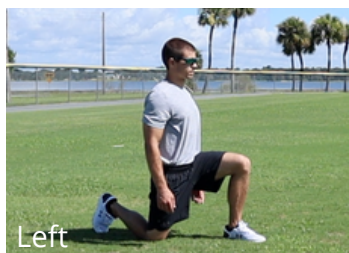
(Middle)



(Left)

Hammy Stretch

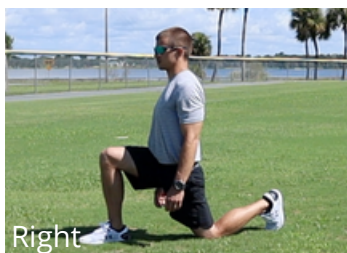
:10-:15 seconds each



Left

Leaning Hip Flexor

:10-:15 seconds



Right

Leaning Hip Flexor

:10-:15 seconds



Left

Calf Stretch

:10-:15 seconds



Right

Calf Stretch

:10-:15 seconds

Optional

Foam Roll

(see page 5)