

## KU RING GAI LITTLE ATHLETICS HOME EXERCISE PROGRAMS

Thank you for using this program to develop strength in your Little Athletes! This program design requires minimal equipment and can be performed in the home environment by your child and yourself. If utilised properly, this program will assist with athletic development and enhance performance whilst reducing the risk of injury.

Find the program that is suitable for your child's age. Pick days in the week to do this program. It is recommended to leave a day in between for recovery, especially if your child has not had much experience in strength training. Complete each superset or triple set with minimal rest in between exercises, and allow up to 2 minutes rest in between sets. Please click on the names of the exercises for links to instructional videos. This program should be repeated over a minimum of 4 weeks (during which you may increase repetitions if you are noticing an improvement in strength, e.g. less fatigue, easier to complete exercises with good form).

Please do not forget to warm up adequately and cool down with at least 5-10 minutes stretching after each workout. If you have any questions regarding the exercises please do not hesitate to contact us at [david@trinityhp.com.au](mailto:david@trinityhp.com.au).

**Please note that these programs are designed to be general in nature and do not consider existing injuries, functional deficiencies or limitations. If you or your child have an existing injury, functional deficiency or limitation you should seek advice from a health professional before commencing the program. Trinity Health and Performance would be happy to assist in this matter if required.**

Here's to good health and strong athletes! Enjoy the workout!

Warm regards,

Trinity Health and Performance

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## Boys and Girls age 6-8

Exercises	Sets and Reps
Day A 1a. <a href="#">Glute Bridges</a> 1b. <a href="#">Shoulder Taps</a> 1 second hold  2a. <a href="#">Wall Sit Holds</a> (with bands if available) 2b. <a href="#">Stationary Bear Crawl</a>  3a. <a href="#">Plank Hold</a> 3b. <a href="#">Dead Bugs</a>	3x12 3x16 (8 each side)  3x45s 3x16 (8 each side)  3x45s 3x 16 (8 each side)
Notes: 1a. Use bands around knees if available 1b. Feet wider apart is easier, closer together is more challenging. Choose appropriate difficulty 2a. Use bands around knees if available 2b. Start with lifting one limb off the ground at a time, progress to opposite hand and foot lift offs when more confident and able to maintain good form. 3a. Hold as long as possible on toes, only regress to knees if necessary	
Day B 1a. <a href="#">Clam Shells</a> (with bands if available) 1b. <a href="#">Glute bridges with adductor squeeze</a>  2a. <a href="#">Negative Push Ups</a> 3 seconds 2b. <a href="#">Prone T Lift Off</a>  3a. <a href="#">Side Plank Holds</a> 3b. <a href="#">Mountain Climbers</a>	3x20 (10 each side) 3x12  3x8 3x10  3x30s per side 3x30s
Notes: 1a. Use bands around knees if available 2a. 3 seconds before chest touches the ground 2b. Feel for strong squeeze between the shoulder blades. Avoid shrugging shoulders towards ears	

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## Boys and Girls age 9-12

Exercises	Sets and Reps
<b>Day A</b> 1a. <a href="#">Frog Pose Glute Bridge</a> 1b. <a href="#">Side Plank with Clams</a> 1c. <a href="#">Shoulder Taps</a> with 2 seconds hold  2a. <a href="#">Inclined Push Ups</a> 2b. <a href="#">Dead Bugs</a> 2c. <a href="#">Hamstring Bridge</a>	3x12 3x10 per side 3x20 (10 each side)  3x10 3x20 (10 each side) 3x12
<b>Notes:</b> 1b. Use bands around knees if available 1c. Feet wider apart is easier, closer together is more challenging. Choose appropriate difficulty 2a. Keep elbows at about 45 degrees from the side of your body	
<b>Day B</b> 1a. <a href="#">Kneeling Hip Hinge</a> 1b. <a href="#">Prone T Lift Off</a> 1c. <a href="#">Bear Crawls Forward</a>  2a. <a href="#">Hollow Hold</a> 2b. <a href="#">Glute Bridges with Adductor Squeeze</a> 2c. <a href="#">Alternating Side Planks</a>	3x15 3x15 3x12 steps  3x30s 3x12 3x10 turns
<b>Notes:</b> 1b. Feel for strong squeeze between the shoulder blades. Avoid shrugging shoulders towards ears 2a. Having hands and feet closer together is easier, further apart is harder. Choose appropriate level of difficulty. Maintain good format all times 2c. 1 turn = switching to opposite side, then back to starting position.	

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## Boys and Girls Age 13-15

Exercises	Sets and Reps
Day A 1a. <a href="#">Couch Hip Thrusts</a> 1b. <a href="#">Bodyweight Romanian Deadlift</a> 1c. <a href="#">Push Ups</a>  2a. <a href="#">Prone T</a> and <a href="#">Y Lift Offs</a> 2b. <a href="#">Bear Crawls Forward and Backwards</a> 2c. <a href="#">Dead Bugs</a>	3x12 3x12 3x10  3x10 each 3x10 steps each direction 3x30 (15 each side)
<b>Notes:</b> 1a. Use bands around knees if available. 1b. Only hinge as low as possible while maintaining good form with neutral spine and core engaged. 1c Keep elbows at about 45 degrees from the side of your body 2a. Feel for strong squeeze between the shoulder blades. Avoid shrugging shoulders towards ears	
Day B 1a. <a href="#">Frog Pose Glute Bridge</a> 1b. <a href="#">Reverse Lunges</a> 1c. <a href="#">Copenhagen Holds</a>  2a. <a href="#">Commandoes</a> 2b. <a href="#">Leg Lowers</a> 2c. <a href="#">Russian Twists</a>	3x15 3x20 (10 each side) 3x30s each side  3x12 3x 15 3x20 (10 each side)
<b>Notes:</b> 1b. At the lowest point of the lunge both knees should be at around 90 degrees bend 1c. Resting point on knee is easier, further down towards ankle is harder. Choose appropriate difficulty 2a. Each rep = from hands to elbows, then back to hands	

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### Boys and Girls Age 16+

Exercises	Sets and Reps
Day A 1a. <a href="#">Couch Hip Thrusts</a> 1b. <a href="#">Bodyweight Romanian Deadlifts</a> 1c. <a href="#">Curtsey Lunges</a>  2a. <a href="#">Push Ups</a> 2b. <a href="#">Prone T</a> and <a href="#">Y Lift offs</a> 2c. <a href="#">Shoulder Taps</a> with 4 second holds  3a. <a href="#">Dead Bugs</a> 3b. <a href="#">Plank with Reach</a> 3c. <a href="#">Hollow Rocks</a> (alternative: <a href="#">Hollow Hold</a> )	3x12 3x12 3x16 (8 each side)  3x12 3x10 each 3x20 (10 each side)  3x30 (15 each side) 3x20 (10 each side) 3x15 (3x45s)
Notes: 1a. Use bands around knees if available. 1c. Front knee should always be directly above the ankles. Maintain stability of the knee by preventing it from shifting side to side or moving too far over the toes. 2a. Keep elbows at about 45 degrees from the side of your body 2b. Feel for strong squeeze between the shoulder blades. Avoid shrugging shoulders towards ears 3c. 1 rock = lifting hips and shoulders off the ground once	
Day B 1a. <a href="#">Frog Pose Glute Bridge</a> 1b. <a href="#">Bodyweight Squats</a> 1c. <a href="#">Single Leg Romanian Deadlift</a>  2a. <a href="#">Commandoes</a> 2b. <a href="#">Prone W Lift Off</a> 2c. <a href="#">Bird-Dog</a>  3a. <a href="#">Forward and Backward Bear Crawls</a> 3b. <a href="#">Overhead Lunges</a> (alternative – Overhead Farmer’s Carry) 3c. <a href="#">Copenhagen Holds</a>	3x15 3x12 3x16 (8 each side)  3x20 (10 each side) 3x12 3x20 (10 each side)  3x 16 steps each direction 3x12 (3x50m) 3x30s each side
Notes: 1b. Use bands around knees if available. 1c. It can be helpful to reach for something on the ground, e.g. top of a water bottle. 2b. Feel for strong squeeze between the shoulder blades. Avoid shrugging shoulders towards ears 3c. Resting point on knee is easier, further down towards ankle is harder. Choose appropriate difficulty	

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