



Exercise Progressions

Quadricep Exercises



	EXERCISE	REP RANGES	GOAL BEFORE PROGRESSING	WAYS TO PROGRESS	QR CODE
Easier	<u>Double Leg Wall Sit</u>	Start 3x30-90 seconds	90 seconds	Deeper sit or progress onto next variation	
	<u>Single Leg Wall Sit</u>	Start 3x30-90 seconds	90 seconds	Deeper sit or progress onto next variation	
	<u>Split Squats - Front Rack</u>	Start 3x8-12	3x12 quality repetitions	Add weight to hands or progress onto next variation	
Harder	<u>Front Foot Elevated Split Squat</u>	Start 3x8-12	3x12 quality repetitions	Add weight to hands	

Calf Exercises



Easier



Harder

EXERCISE	REP RANGES	GOAL BEFORE PROGRESSING	WAYS TO PROGRESS	QR CODE
<u>Calf Raises - Bodyweight</u> <u>Double Leg Off Floor</u>	Start 3x8-12	3x25 quality repetitions	Progress to single leg, Slow down tempo/speed, increase range of motion	
<u>Calf Raises - Bodyweight</u> <u>Double Leg Deficit Off Step</u>	Start 3x8-12	3x25 quality repetitions	Progress to single leg, Slow down tempo/speed, increase range of motion	
<u>Sled Push</u>	3x10 metres	Aim to push >50% of bodyweight	Increase weight	
<u>Single leg calf raise with weight Off Step</u>	Start 3x6-8	Aim to hold 50% of bodyweight	Slow down tempo/speed, increase range of motion, increase weight	

Plyometric - Intensive








Note: Plyometrics are very high loads on the knees, so progress very slowly over time!

Easier



Harder

EXERCISE	REP RANGES	GOAL BEFORE PROGRESSION	WAYS TO PROGRESS	QR CODE
<u>Squat Jump</u>	3x5	Smooth repetitions, quick off the floor	Progress to single leg variation	
Altitude landing	3x5	Smooth repetitions, quick off the floor	Increase height, or progress to single leg	
<u>Depth Jump</u>	3x5	Smooth repetitions, quick off the floor	Increase height, or progress onto next variation	
<u>Double Leg Hurdle Jump Repeated</u>	3x8 hurdles	Smooth repetitions, quick off the floor	Progress onto next variation	
<u>Single Leg Repeated Hurdle Hop</u>	3x8 hurdles	Smooth repetitions, quick off the floor	Increase height of hurdles	

Plyometric - Extensive






Note: Plyometrics are very high loads on the knee and calf, so progress very slowly over time!

Easier



Harder

EXERCISE	REP RANGES	GOAL BEFORE PROGRESSION	WAYS TO PROGRESS	QR CODE
<u>Double leg pogo</u>	3x10sec	3x30seconds	Progress to next variation	
Split stance pogo	3x10sec	3x30seconds	Progress to next variation	
<u>Single Leg Pogo</u>	3x10sec	3x30seconds		




Power Exercises



Easier





Harder

EXERCISE	REP RANGES	GOAL BEFORE PROGRESSION	WAYS TO PROGRESS	QR CODE
<u>Double Leg Box Jump</u>	3x5	Smooth repetitions, quick off the floor	Increase height or progress to next variation	
<u>Single Leg Box Jump</u>	3x5	Smooth repetitions, quick off the floor	Increase height or progress to next variation	
<u>Quick Step up</u>	3x5	Smooth repetitions, quick off the floor	Increase weight	



Gluteal Exercises

<div>Easier</div> <div>↓</div> <div>Harder</div>	EXERCISE	REP RANGES	GOAL BEFORE PROGRESSION	WAYS TO PROGRESS	QR CODE
	<u>Side Lying Hip Abduction</u>	3x30	Smooth repetitions	Add a band around the knees, or progress onto next variation	
	<u>Side Plank + Hip Abduction</u> <u>Short Lever</u>	3x20	Smooth repetitions	Add a band around the knees, or progress onto next variation	
	<u>Standing Hip Abduction</u>	3x12	Smooth repetitions, quick off the floor	Increase height of hurdles	