

KILLARNEY COUGARS

STRENGTH AND CONDITIONING

✚ **STRETCHES** to be held for 20 seconds with 5 second break between each set, do 2 times.

Hamstrings, Glutes, Lower Back, Quads and Groin.

✚ **MOBILITY** exercises to be done for 30 seconds with 10 second break between each set, do 2 times.

Squats, Wall Sits, Side Lunges, Lunge With Arm Rotation and Push ups.

✚ **CORE** exercises to be done for 30 seconds with 10 second break between each set, do 2 times.

Bridge, Ab Cycle, Scissor Kicks, Bird Dog, Plank.

✚ **CARDIO** exercises to be done for 30 seconds with 10 second break between each set, do 2 times. Shuttle runs no time limit, find your range and try to beat it do 2 sets.

Star Jumps, Wall Jumps, Burpees, Skipping, Shuttle runs.

Stretches

- ❖ Sets – 2
- ❖ Time – 20 sec
- ❖ Break – 5 sec

Mobility

- ❖ Sets – 2
- ❖ Time – 30 sec
- ❖ Break – 10 sec

Core

- ❖ Sets – 2
- ❖ Time – 30 sec
- ❖ Break – 10 sec

Cardio

- ❖ Sets – 2
- ❖ Time – 30 sec
- ❖ Break – 10 sec

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- ✓ Tick the box when you have completed a set of the exercise.
- ✓ There should be a tick for each set completed. E.g Hamstrings

<u>STRECHES</u>	<u>HAMSTRINGS</u>	<u>GLUTES</u>	<u>LOWER BACK</u>	<u>QUADS</u>	<u>GROINS</u>
<u>MONDAY</u>	✓ ✓				
<u>TUESDAY</u>					
<u>WEDNESDAY</u>					
<u>THURSDAY</u>					
<u>FRIDAY</u>					
<u>SATURDAY</u>					

<u>MOBILITY</u>	<u>SQUATS</u>	<u>WALL SITS</u>	<u>SIDE LUNGES</u>	<u>LUNGE...</u>	<u>PUSH UPS</u>
<u>MONDAY</u>					
<u>TUESDAY</u>					
<u>WEDNESDAY</u>					
<u>THURSDAY</u>					
<u>FRIDAY</u>					
<u>SATURDAY</u>					



KILLARNEY COUGARS **STRENGTH AND CONDITIONING**

<u>CORE</u>	<u>BRIDGE</u>	<u>AB CYCLE</u>	<u>SCISSOR KICKS</u>	<u>BIRD DOG</u>	<u>PLANK</u>
<u>MONDAY</u>					
<u>TUESDAY</u>					
<u>WEDNESDAY</u>					
<u>THURSDAY</u>					
<u>FRIDAY</u>					
<u>SATURDAY</u>					

<u>CARDIO</u>	<u>STAR JUMPS</u>	<u>WALL JUMPS</u>	<u>BURPEES</u>	<u>SKIPPING</u>	<u>SHUTTLE RUNS</u>
<u>MONDAY</u>					
<u>TUESDAY</u>					
<u>WEDNESDAY</u>					
<u>THURSDAY</u>					
<u>FRIDAY</u>					
<u>SATURDAY</u>					



KILLARNEY COUGARS
STRENGTH AND CONDITIONING
STRETCHES



HAMSTRINGS



GLUTES



LOWER BACK



QUADS



GROIN

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STRENGTH AND CONDITIONING
MOBILITY



SQUATS



WALL SITS



SIDE SQUATS



**LUNGE WITH ARM
ROTATIONS**



PUSH UPS

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CORE



BRIDGE



AB CYCLE



BIRD DOG



SCISSOR KICKS



PLANK