

## Pre-season Strength training

Here are 5 sessions that will get your beginners started in pre-season. If they are new to strength training, then it is best to do little and often.

Work on frequency of training before increasing the load or duration of the sessions.

Try 3 times a week to start, alternating the sessions, for 3 weeks. Then you will be ready to change and move to different work.



For warm ups see here: <http://www.youtube.com/user/excelsiorgroupsport/videos>

**It is important to warm up properly**, the video clips show different alternatives. By doing a different warm up with each session, you get more variety.

### Session 1

#### Weight to lift, repetitions and sets:

- This is a super set training sequence. Therefore complete 1a (Squat pull to armpit), rest for 45 -60 secs, complete 1b (Overhead Press), rest for 45 – 60 secs and repeat. Do all 3 double sets before moving to 2a and 2b etc. Do 3 sets of 12-14 reps for each exercise.

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The Workout:

#### Exercise 1a Dumbbell squat pull to armpit

Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart.

Hold the dumb bells in a neutral position palms facing the body.

Bend your legs, keeping your heels on the ground until your thighs are parallel with the floor.

Straighten your legs and then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards under the armpit in a controlled manner. As the dumb bells are lifted extend the legs further and finish on your toes.

Lower the dumb bell in a controlled manner.

Breathe naturally during the movement.

## **Exercise 1b Dumbbell overhead press**

Raise dumbbells to your shoulders in standing, with palms facing inwards.  
Extend your elbows and press the dumbbells above your head.  
Return to start position level with your shoulders.  
Keep back straight and look forward during the lift.  
You can have your knees slightly bent for balance, but the work must come from the arms.

## **Exercise 2a Medicine ball squat**

Stand upright with your shoulders back and your arms holding a medicine ball to your chest.  
Keep your stomach pulled in and your feet shoulder width apart.  
Start the movement by sitting at the hips and then bend at the knees.  
Finish the movement when the buttocks are virtually on the ground.  
Breathe naturally during the movement.

## **Exercise 2b Dumbbell upright row**

Hold the dumbbells in front of your thighs, with palms facing towards you.  
Bring them under your chin by lifting your elbows higher than your shoulders.  
Keep your back straight throughout.  
Return them to start position.

## **Exercise 3a Medicine ball good morning**

Stand upright with your shoulders back and your arms holding a medicine ball behind your head.  
Keep your stomach pulled in and your feet shoulder width apart.  
Start the movement by bending forward at the waist, keeping the knees slightly bent.  
Finish the movement when the chest is parallel to the ground.  
Breathe naturally during the movement.

## **Exercise 3b Leg thrusts**

Lie on your back with your feet pointing upwards approximately perpendicular to the floor.  
Keep your legs slightly bent.  
"Push" with your hips to lift your buttocks off the floor, your legs may straighten slightly more during this.  
Breathe naturally during the exercise.

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## Session 2

### Weight to lift, repetitions and sets:

- Do the exercises in the sequence shown. E.g. 1x set of 1a, rest 45 -60 secs, then 1 x set of 1b, rest 45-60 secs, then 1x set of 1c etc.
- Having completed all 5 exercises, rest for 90 -120 sec then repeat for a total of 3 / 4 rotations. Do 12-14 reps of each exercise.

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### The Workout:

#### Exercise 1a Single leg DB Dead Lift

Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart.

Hold the dumb bells in a neutral position palms facing the body.

Bend your legs, keeping your heels on the ground until your thighs are parallel with the floor.

Straighten your legs and then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards under the armpit in a controlled manner. As the dumb bells are lifted extend the legs further and finish on your toes.

Lower the dumb bell in a controlled manner.

Breathe naturally during the movement.

#### Exercise 1b Wide arm Press Ups

Lie on the floor face down with your hands level with your shoulders, about one hand's width away.

Raise your body off the floor by extending your arms, then lower again.

Keep your shoulders, hips and ankles in a straight line.

#### Exercise 1c Backward lunges

Stand upright with your shoulders back holding the dumb bells to your side.

Keep your stomach pulled in and your feet shoulder width apart.

Start the movement by lifting the leg at the hips and simultaneously bending the knee.

From this position step back into a position so the shin of the front leg is perpendicular to the floor.

Keep the upper body straight up.

Using the buttocks push back from the floor to stand up again.

Repeat using the other leg.

Breathe naturally during the movement.

#### Exercise 1d Lunge and reach

Hold a dumbbell with both hands in standing

Step forwards into a lunge position with your right leg and lower the dumbbell until it touches the floor in front of your right foot.

Keep both legs bent as you lunge, taking care to keep the front knee in line with your big toe.

Return to standing and repeat on the other side.

You can do this exercise lunging backwards and sideways too, always keeping the knees in line with your toes.

## Exercise 1e Cycling

Lie on your back with legs up in the air.

Lift your hips off the floor and support with your hands, keeping your elbows on the floor.

Cycle your legs in the air, making sure your heel comes close to your backside each time, and that the leg is then fully extended.

## Session3

### Weight to lift, repetitions and sets:

- Do 12-14 reps of each exercise, rest 45-60 seconds, 3 sets.
- This is a straight sets programme; therefore do all 3 sets for each exercise before moving on to the next exercise. EG: 3 x sets of DB squat jump raise to armpits with 45 – 60 sec rest in between each set, then move to Med ball overhead alternate Lunges and complete all 3 sets etc.

### The Workout:

#### Exercise 1 Dumbbell Squat Jump, Raise to armpits.

Stand with feet shoulder width apart, dumbbells at the sides of your legs with palms facing inwards.

Jump into the air as high as you can.

At the same time pull the dumbbells up towards your armpits.

Land with bent knees and straighten arms so that the dumbbells are again by your sides.

Repeat rapidly so the jump up and down is continuous.

#### Exercise 2 Medicine Ball overhead alternate lunges.

Start with feet shoulder width apart, holding a medicine ball directly above your head with arms straight.

Step forward with right leg and bend both knees to roughly 90 degrees.

The right shin will be perpendicular with the floor, the left shin just above and parallel to the floor.

Push off the right leg and return to the start. Repeat with left leg going forward.

Keep the medicine ball directly above your head at all times.

Control the knee position so that it remains in line with your big toe.

#### Exercise 3 Dumbbell alternate shoulder press

Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart.

Hold the dumbbells at shoulder height palms facing towards you.

Start the movement with the dumb bells at the shoulders then straighten one arm to press one dumb bell overhead.

Lower the dumb bell to the shoulder and then press the other dumb bell overhead.

Breathe out as the dumb bell is pressed and in as it is lowered.



## Exercise 4 Dumbbell from hip high pull snatch

Hold the dumbbells with palms facing towards you, at hip level with legs slightly bent.  
 Stand up and lift the dumbbells up to your chest keeping your elbows higher than your shoulders.  
 Come up on to your toes and continue lifting the dumbbells until they are above your head.  
 Return to the start position.  
 Keep the dumbbells close to your body throughout the lift.  
 Do the whole lift in a smooth, controlled fashion, pulling the dumbbells up, like pulling your t shirt off.

## Exercise 5 Bent knee oblique twist sit up.

Lie on back with knees bent at 90 degrees, both feet flat on floor, fingertips touching temples.  
 Lift head off the floor and sit up.  
 Touch right elbow to the left knee.  
 Lower down slowly.  
 Repeat, but with left elbow touching right knee.

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**Remember to use your warm ups and cool downs to work in 3 planes**



**If you are stuck on the exercises, look at the Excelsior youtube channel for guidance.**

**Our Sports Training System offers a comprehensive weekly guide including video clips, hand outs and interactive podcasts.**

<http://www.excelsiorgroup.co.uk/page/Excelsior-Sports-Training-System>

## Session 4

### Weight to lift, repetitions and sets:

- Do 12-14 reps of each exercise, rest 45-60 seconds, 3 sets.
- This is a super set training sequence. Therefore complete 1a (Med ball overhead squat and alternate leg lunge), rest for 30 -45 secs, complete 1b (Elevated Press ups), rest for 30 -45 secs and repeat. Do all 3 double sets before moving to 2a and 2b etc.

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### The Workout:

#### **Exercise 1 a Medicine Ball overhead squat with alternate lunges.**

Start with feet shoulder width apart, holding a medicine ball directly above your head with arms straight.

Squat down by bending both legs until thighs are parallel to the floor, keeping heels flat on floor.

Stand back up and then step forward with right leg and bend both knees to roughly 90 degrees.

The right shin will be perpendicular with the floor, the left shin just above and parallel to the floor.

Push off the right leg and return to the start. Repeat with left leg going forward. That is 1 repetition.

Keep the medicine ball directly above your head at all times.

Control the knee position so that it remains in line with your big toe.

#### **Exercise 1b Press ups, feet elevated:**

Put your hands on the floor and raise your feet onto a small bench, chair or step.

Straighten your arms and keep your shoulders, hips and ankles in a straight line.

Lower your chest to the floor by bending your arms, keeping body in a straight line.

Push up off the floor by straightening your arms.

#### **Exercise 2 a Dumbbell lateral step up.**

Stand next to a small bench, step or chair, holding dumbbells at your sides.

Step up onto the bench with the inside leg, bringing the other leg up and level with the foot that is on the bench.

Step down first with the outside leg, then the inside leg.

Repeat on the other side.

Make sure that the foot that is on the bench is flat and stable.

#### **Exercise 2b Dumbbell squat pull to armpit**

Start with dumbbells by your sides, palms facing inwards.

Bend knees and squat down until thighs are parallel to the floor.

Keep heels down at this stage.

Straighten legs and come up onto toes.

At the same time bring the dumbbells up towards your armpits.

Return to start position.

## Exercise 3a Medicine ball step up and rotate.

Stand with left leg forward, right leg back, holding the medicine ball with both hands, arms straight and to your left side.

Keeping your left knee bent and stable, bring the right knee up and forward so that it is level with your right hip.

At the same time bring the medicine ball across your chest until it is at your right side. Return your right leg behind your body and the medicine ball to your left side, level with your waist.

Repeat on the other side.

## Exercise 3b Side plank

Lie on your left side with left arm bent at 90 degrees and forearm resting on the floor. Push up onto the forearm, lifting your hips and legs off the floor, but keeping your left foot on the floor.

Keep your shoulders, hips and ankles in a straight line, both feet staying together. Hold for 20 seconds and then repeat on the other side. That is one set.

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## Session 5

### Weight to lift, repetitions and sets:

- Do 12-14 reps of each exercise, rest 45-60 seconds, 3 sets.
- This is a straight sets programme, therefore do all 3 sets for each exercise before moving on to the next exercise. EG: 3 x sets of Close hand press ups with 45 – 60 sec rest in between each set, then move to Box jump and hold and complete all 3 sets etc.

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### The Workout:

#### Exercise 1 Close hand Press ups:

Put your hands on the floor, with your thumb and index finger of each hand touching its counterpart on other hand.

Straighten your arms and keep your shoulders, hips and ankles in a straight line.

Lower your chest to the floor by bending your arms, keeping body in a straight line.

Push up off the floor by straightening your arms.

#### Exercise 2 Box jump and hold.

Stand in front of a small bench, step or box.

Jump up onto the box with both feet.

Land with knees bent, and pointing over the big toe feet flat.

Hold that position for about 1-2 seconds.

Step down off the box and repeat.

## **Exercise 3 Dumbbell High Pull Snatch**

Hold the dumbbells with palms facing towards you, just below your knees, with legs bent in a squat position.

Stand up and lift the dumbbells up to your chest keeping your elbows higher than your shoulders.

Come up on to your toes and continue lifting the dumbbells until they are above your head.

Return to the start position.

Keep the dumbbells close to your body throughout the lift.

Do the whole lift in a smooth, controlled fashion, pulling the dumbbells up, like pulling your t shirt off.

## **Exercise 4 Lateral barrier jump.**

Set up a low barrier, no higher than your knee.

Stand next to it and jump up and over it.

Land with both knees bent, keeping them pointed over your big toes.

Straighten your legs, then repeat to jump back again.

## **Exercise 5 Medicine ball on chest sit ups**

Lie on your back, knees bent, feet flat on floor, holding a medicine ball close to your chest.

Lift your head off the floor and sit up, keeping both feet on the floor.

Perform the action smoothly, and then lower slowly back to the floor.

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Good luck with your training, remember to progress at your own pace.

These sessions are only an introduction. Change what you are doing after 3 weeks.