

BASIC STRENGTH POWER ZONE #1

BASIC STRENGTH POWER ZONE #1		Competitive Stage	Developmental Stage
Stabilization	Iso Plank [various progressions]	1 x max 60 sec	2 x max 60 secs
Knee to Chest	Hanging Leg Raise [progress from bent knee to straight leg]	1 x 15	2 x 10-15
Rotary	Medicine Ball Power Rainbows	1 x 20 total	2 x 20-30 total

BASIC STRENGTH POWER ZONE #2

BASIC STRENGTH POWER ZONE #2		Competitive Stage	Developmental Stage
Stabilization	Iso Lateral Plank [various progressions]	1 x max 60 sec	2 x max 60 secs
Knee to Chest	Lying Reverse Crunch [various progressions]	1 x 15	2 x 10-20
Rotary	Body Bar Chop - Knee to Shoulder POWER UP	1 x 10 each	2 x 10-15 each

BASIC STRENGTH POWER ZONE #3

BASIC STRENGTH POWER ZONE #3		Competitive Stage	Developmental Stage
Stabilization	Iso Back Extension	1 x max 60 sec	2 x max 60 secs
Lateral Flexion	Standing Oblique Crunch [band/towel]	1 x 15 each	2 x 15-25 each
Rotary	Medicine Ball Chop - Shoulder to Knee POWER DOWN	1 x 10 each	2 x 10-15 each

BASIC STRENGTH POWER ZONE #4

BASIC STRENGTH POWER ZONE #4		Competitive Stage	Developmental Stage
Stabilization	Iso Hip Bridge [progress to single leg holds]	1 x max 60 sec	2 x max 60 secs
Lateral Flexion	Dumbbell/Plate Side Bend	1 x 15 each	2 x 15-25 each
Rotary	Body Bar Power Rainbows	1 x 20 total	2 x 20-30 total

BASIC STRENGTH POWER ZONE #5

BASIC STRENGTH POWER ZONE #5		Competitive Stage	Developmental Stage
Stabilization	Iso Reverse Back Extension	1 x max 60 sec	2 x max 60 secs
Flexion/Extension	AB Wheel	1 x 15	2 x 15-25 each
Rotary	Med Ball Power Rotary - quick stop at mid point	1 x 10 [40]	2 x 10 [40]

BASIC STRENGTH POWER ZONE #6

BASIC STRENGTH POWER ZONE #6		Competitive Stage	Developmental Stage
Stabilization	Iso Supine Extension [hollow hold progression]	1 x max 60 sec	2 x max 60 secs
Shoulder to Knee	Med Ball/Body Bar Crunch High Hold	1 x 25	2 x 15-25
Rotary	Body Bar Squat with Twist wrist to shin	1 x 10	2 x 10-15