6-13 years Strength Training

List of exercises:

* Hip circuit
* 1 leg floor reach
* Inchworm
* Crab walks
* Bear crawls
* Superman
* Jumping jacks
* Floor to 1 leg balance
* Log rolls
* Monster walks
* 2 footed forward jumps
* Opposite leg swing
* 1 leg bridge
* 180 degree jump
* Quick steps
* Lateral jumps

Example Session 1

- 1 leg floor reach (2 x 8)
- Floor getup to 1 leg balance (x 10 each leg)
- Inch worm (3 x 10 steps)
- Jumping jacks (3 x 10)
- 180 jump (2 x 5)
- Monster walks (3 x 30 yards)
- Optional – obstacle course

Example Session 2

- Hip circuit (2 x 5 each side)
- Crab walk (3 x 10 steps)
- Log roll (3 x 6 each side)
- Bear crawl and back (3 x 30 yards)
- 1 leg bridge (2 x 6 each side)
- Lateral jump (3 x 5 each side)
- Optional – group tag game

Example Session 3

- Backward monster walk (3×30 yards)
- Jumping jacks (3 x 10)
- Lateral bear crawls (2 x 5 each side)
- Quick steps (2 x 10 each side)
- 1 leg floor reach (2-3 x 6 each side)
- Distance jumps (2 x 5)
- Optional – group relay race

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Template

	Exercises of your choice	Sets	Reps
Session 1			
Session 2			
Session 3			
Session 4			

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Session 5			
Session 6			
Session 7			
Session 8			