

TSA HOME TRAINING PROGRAM

LEG STRENGTH DEVELOPMENT

	SPLIT SQUAT	REVERSE LUNGE	GLUTE BRIDGE	S/ LEG BRIDGE	H/STRING LEANS	FWD LUNGE	SPLIT JUMPS	LATERAL JUMPS	S/LEG SQUAT	SQUAT JUMP	ELEV S/SQUAT
GIRLS U11/12	5 EACH LEG	5 EACH LEG	15 SEC HOLD	15 SEC HOLD	5 LEANS	10 EACH LEG	10 REPS	10 REPS	3 EACH LEG	10 REPS	3 EACH LEG
GIRLS U13/14	8 EACH LEG	8 EACH LEG	20 SEC HOLD	20 SEC HOLD	5 LEANS	12 EACH LEG	12 REPS	12 REPS	3 EACH LEG	12 REPS	3 EACH LEG
GIRLS U15/16	10 EACH LEG	10 EACH LEG	30 SEC HOLD	30 SEC HOLD	5 LEANS	15 EACH LEG	15 REPS	15 REPS	5 EACH LEG	15 REPS	5 EACH LEG
GIRLS U17/18	12 EACH LEG	12 EACH LEG	45 SEC HOLD	45 SEC HOLD	8 LEANS	20 EACH LEG	20 REPS	20 REPS	5 EACH LEG	20 REPS	5 EACH LEG
BOYS U11/12	8 EACH LEG	10 EACH LEG	20 SEC HOLD	20 SEC HOLD	5 LEANS	12 EACH LEG	12 REPS	12 REPS	5 EACH LEG	12 REPS	5 EACH LEG
BOYS U13/14	10 EACH LEG	12 EACH LEG	30 SEC HOLD	30 SEC HOLD	5 LEANS	15 EACH LEG	15 REPS	15 REPS	5 EACH LEG	15 REPS	8 EACH LEG
BOYS U15/16	12 EACH LEG	15 EACH LEG	45 SEC HOLD	45 SEC HOLD	8 LEANS	20 EACH LEG	20 REPS	20 REPS	8 EACH LEG	20 REPS	10 EACH LEG
BOYS U17/18	15 EACH LEG	20 EACH LEG	60 SEC HOLD	60 SEC HOLD	8 LEANS	20 EACH LEG	20 REPS	20 REPS	10 EACH LEG	25 REPS	12 EACH LEG

USE WORK TO REST RATIO OF 1:3 EG. 5 SPLIT SQUATS TAKES 10 SECS = REST FOR 30SECS – AS YOU PROGRESS TAKE LESS REST TO BUILD UP A QUICK RECOVERY SYSTEM. PROGRESS TO THE NEXT LEVEL AS YOU GET STRONGER.