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Fitness Embassy® Transform Young Athlete Strength Program – Beginner Training Age

This corrective exercise program does not substitute for advice from an appropriately qualified allied health or fitness professional (Eg. Physiotherapist, Chiropractor, Exercise Physiologist or Personal Trainer). It is designed to raise awareness of exercise progression (sets and repetitions) to address the moderate to high risk factors identified in the Young Athletes Risk Stratification Protocol - Lower limb (hip, thigh, foot).

The recommended exercises selected in no way guarantees against injury. No responsibility or liability can be accepted by Fitness Embassy® for any injury that may arise from participating in the movements contained in this tool.

- Repeat circuit THREE (3) times in total
- Complete TWO (2) times per week

1. Foam Roller Balance

Tips:

Pull (belly button) naval into spine with pelvis tucked under

Feet flat hip width apart

25 second hold x 2 sets

2. Bridge

Tips:

Keep your head, neck and shoulder relaxed

Point toes up

Breathe out as you lift hips into air until in-line with thighs

Hold for 5 seconds

Breathe in as you return to start position

Relax hips and repeat

1 set x 12 repetitions

3. Dead Bug

Tips:

Keep lower back flat on floor

Hips and knees at 90° with arms extended

Pull (belly button) naval into spine

Breathe in as you extend opposite arm and leg

Only go as far until with leg before back lifts off floor

Breathe out to return arms and legs to start position

2 sets x 10 repetitions

4. Push up (modified)

Tips:

Hands slightly wider than shoulder width apart

Head, neck and trunk aligned

Elbows pointing outward to create T shape with shoulders

Pull (belly button) navel into spine

Breathe in during downward phase of push up

Breathe out during upward phase of push up

2 sets x 10 repetitions

5. Squat

Tips:

Place feet shoulder width apart

Arms extended with head and neck aligned

Keep knees from moving inwards during downward phase of squat

Only go to level (parallel) with the floor to prevent pelvis from tucking under

Breathe in during downward phase of squat

Breathe out during upward phase of squat

2 sets x 10 repetitions

6. Plank with knee tuck and leg raise

Tips:

Keep hands relaxed

Feet hip width apart

Pull (belly button) navel into spine

Head, neck and trunk aligned

Bring knee to chest, then extend leg into air

Keep raised leg in-line with back and keep buttock relaxed

Return to start position and alternate legs

2 sets x 30 second hold

7. Chair Step up

Tips:

Keep chest up

Keep knee on chair in line with foot and hip

Do not drop chest as you step onto chair

Alternate legs

2 set x 15 repetitions