Day 1:

Thoracic Bridge

Overhead Box Squat

3 Position DB Raise

Push-ups

Goblet Squat

Bench Pull

Candles (secured)

Prone Bridge

Side Bridge

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Day 2:

Scorpions

Cuban Press

180° Push-up walk

Front Squat

Supine TRX Row (hammer grip)

Romanian Deadlift

Prone Bridge

Side Bridge

Candles (secured 5s down)

Ben Haines Coaching Services
TRAINING PROGRAM – Level 2

Day 1:

Thoracic bridge − 1x10 each side
Overhead Box Squat − 1 x 10
3 Position plate raise − 1 x 5 each position
Push ups − 2 x 10 (or 2 x max)
Goblet squat − 2 x 10
Bench Pull − 2 x 10
3 Point Prone bridge (each side) − 1 x maximum time
Side bridge & leg raise (each side) − 1 x maximum time (30 second rest)
Candles − 2 x 15

Day 2:

Scorpions − 1 x 10 each side
Cuban Press − 1x10
Front Squat (parallel or below) − 2 x 10
180° Push-up walk − 1 x 10
Romanian Deadlift − 2 x 10
Supine TRX Row − 2 x 8
3 Point Prone bridge (each side) − 2 x 15
Side bridge & leg raise (each side) − 2 x 15
Candles (secured with 5s down) − 2 x 10 (hold last rep for 15s)

Athletes can alternate program each day they attend training and can be performed up to 4 days/week. If the athletes are only attending training twice/week, this program can be supplemented by completing ‘Training Program – Level 1’ a maximum of another 3 days/week.

See attached pictures for specific start/finish positions.