TRAINING PROGRAM

Day 1:

- Supine archer: 1x10 each side
- Thoracic crunches: 1 x 10
- Kneeling stretch: 1 x 30s
- Rice picker squat: 1 x 10
- DB Alphabet: A to J each side
- Scapular single arm row: 1 x 10 each side
- Prone bridge: 2 x maximum time (30 second rest)
- Side bridge (each side): 2 x maximum time (30 second rest)
- Double leg hold: 2 x maximum time (30 second rest)

Day 2:

- Kneeling reach up and through: 1x10 each side
- Seated broomstick rotations: 1 x 10
- Lying hamstring stretch: 1 x 30s
- Squat with overhead reach: 1 x 10
- DB Alphabet: K to T each side
- Scapular hanging chin-up: 1 x 10 each side
- Prone bridge: 3 x max time – 10 seconds (15 second rest)
- Side bridge (each side): 3 x max time – 10 seconds (15 second rest)
- Double leg hold: 3 x max time – 10 seconds (15 second rest)

Athletes can alternate program each day they attend training. These exercises can also be performed at home on non-training days for a maximum of 6 days/week excluding the trunk conditioning exercises which should be performed a maximum of 4 days/week.
Day 1:
Supine archer

Thoracic crunches

Kneeling stretch  Rice picker squat

DB Alphabet  Single arm Row  Double leg hold

Prone bridge  Side bridge

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Day 2:
Kneeling reach up and through

Seated broomstick rotations

Lying hamstring stretch

Squat with overhead reach

Scapular hanging chin-up

DB Alphabet
Prone bridge
Side bridge
Double leg hold

See previous photos