

27. Advanced In-season Program 1 (AIS1)	Rest 3 minutes for the © (core) and Ⓜ (power exercises) Rest 1 minute for all other exercises Perform Ⓜ exercises with maximal controlled acceleration Perform other exercises at a moderate-fast pace (1-2s up, 1-2s down), unless otherwise stated.
Exercise	Sets Reps
Warm-Up (Rowing OR Light Jogging)	1 10 minutes
Stretch	1 5 minutes
Back Squat / Leg Press ©	4 2-8 see progression
Deadlift ©	4 2-8 see progression
Flat Bench Press ©	4 2-8 see progression
Chin-Ups (BW*)	3 Max
Hamstring Raise	3 10
Prone Bridge Hold	2 60s
Cool-Down & Stretch	1 5 minutes
PROGRESSION FOR © (CORE) EXERCISES:	
Week 1: 8,8,6,6 RM	
Week 2: 6,6,4,4 RM	
Week 3: 4,4,4,2 RM	
Week 4: 6,6,4,4 RM	
Week 5: 4,4,4,2 RM	
Week 6: 4,3,2,2 RM	
Week 7: NO GYM	
Week 8: Start week 1 again	

RM denotes a repetition maximum, i.e. a weight should be selected for which no more than the prescribed number of reps can possibly be completed (with good form and technique), if the rep range is reached with ease, select a heavier weight.

BW* denotes a body weight exercise; once players become strong enough to complete more than 12 reps they may add weight to their bodies to make the exercise more challenging.

Refer to the **EXERCISE DESCRIPTION** section for technique guidance. The **EXERCISE DESCRIPTION** is merely for descriptive purposes; consult with a suitable qualified person (e.g. a biokineticist) to ensure proper technique is used in all the exercises.

28. Advanced In-season Program 2 (AIS2)	Rest 3 minutes for the © (core) and P (power exercises) Rest 1 minute for all other exercises Perform P exercises with maximal controlled acceleration Perform other exercises at a moderate-fast pace (1-2s up, 1-2s down), unless otherwise stated.
Exercise	Sets Reps
Warm-Up (Rowing OR Light Jogging)	1 10 minutes
Stretch	1 5 minutes
Power Clean P	3 6
Jump Squat P	2 6
Push-Press P	2 6
Incline Dumbbell Press ©	3 4-10 see progression
Dumbbell Shoulder Press ©	3 4-10 see progression
Lat Pull Downs	3 8-12 RM
Dips (BW*)	3 Max
Single Arm Dumbbell Row	2 8-12 RM
Prone Bridge Hold	2 60s
Cool-Down & Stretch	1 5 minutes
PROGRESSION FOR © (CORE) EXERCISES:	
Week 1: 10,10,10 RM	
Week 2: 8,8,6 RM	
Week 3: 6,6,4 RM	
Week 4: 10,10,10 RM	
Week 5: 8,8,6 RM	
Week 6: 6,6,4 RM	
Week 7: NO GYM	
Week 8: Start week 1 again	

P = Power Exercise, these exercises should only be performed once technique guidance has been given by a suitable qualified person (e.g. a biokineticist) to ensure proper technique. Power exercises should be performed with 30-60% of 1RM and with maximal velocity.

RM denotes a repetition maximum, i.e. a weight should be selected for which no more than the prescribed number of reps can possibly be completed (with good form and technique), if the rep range is reached with ease, select a heavier weight.

BW* denotes a **body weight exercise**; once players become strong enough to complete more than 12 reps they may add weight to their bodies to make the exercise more challenging.