



HOME PROGRAM

SPORT SPECIFIC STRENGTH

Aim:

To improve functional strength and copy many of the movements of Gaelic Football, such as lunging, twisting and squatting. This will also integrate core stabilisation and flexibility.

Course of Action:

- Perform 2/3 sessions per week, alternating between sessions
- Select one exercise from each box, performing 10reps and move onto the next box.
- Start the first week completing 2 sets moving onto 3 sets the following week.
- Progress by adding an extra set of each drill during weeks 4-6.

LIFTING PROGRAM

COVID-19 - Keep Moving!

SETS

3-4 x

| | | |
|--|--|-------------------------------|
| <p>10 squats + 10 side lunge (5 each side)</p> | <p>CORE: hold 35-45sec; 10-15 reps</p> | <p>Push (10-15-20 reps ?)</p> |
|--|--|-------------------------------|

3-4 x

| | | |
|----------------------------------|-------------|-------------|
| <p>Split squats or Bulgarias</p> | <p>CORE</p> | <p>Pull</p> |
|----------------------------------|-------------|-------------|

3-4 x

| | | |
|------------------------------|----------------------------------|----------------------------|
| <p>Step down / up / side</p> | <p>Curls, bridges, iso holds</p> | <p>Press with weight ?</p> |
|------------------------------|----------------------------------|----------------------------|