

U14 demo workout plan

Strength: In the full real program, you'll have three full-body strength workouts each week, with each session structured around supersets. What you have here is a short and basic demo workout, designed to give you a preview of how the real program will look.

Day 1		Day 2		Day 3	
Exercises	Reps	Exercises	Reps	Exercises	Reps
Warm up:		Warm up:		Warm up:	
<u>A- Low squat-lunge-lunge</u>	6	<u>A- Low squat-lunge-lunge</u>	6	<u>A- Low squat-lunge-lunge</u>	6
	6		6		6
	6		6		6
<u>B- Shoulder taps pushups/kneeling*</u>	6	<u>B- Plank alternate reach hand</u>	6	<u>B- Shoulder taps pushups/kneeling*</u>	6
	6	<u>Es*</u>	6		6
	6		6		6
<u>1A- Superman + row</u>	12	<u>1A- Incline push-ups/ kneeling</u>	12	<u>1A- Superman + row</u>	12
	12		12		12
	12		12		12
<u>1B- Bridges (3 sec hold on top)</u>	10	<u>1B- Wall sit</u>	40 sec	<u>1B- Bridges (3 sec hold on top)</u>	10
	10		40 sec		10
	10		40 sec		10
<u>4A- Jacks</u>	12	<u>4A- Walking lunges</u>	16	<u>4A- Jacks</u>	12
	12		16		12
	12		16		12
<u>4B- Squat jumps</u>	6	<u>4B- Pogo jumps</u>	12	<u>4B- Squat jumps</u>	6
	6		12		6
	6		12		6
<u>4C- Lunge jumps</u>	6	<u>4C- Push up to side plank</u>	12	<u>4C- Lunge jumps</u>	6
	6		12		6
	6		12		6
Abs – 3 circuits of:		Abs – 3 circuits of:		Abs – 3 circuits of:	
<u>Sit ups</u>	15	<u>Sit ups</u>	15	<u>Sit ups</u>	15
<u>Leg raises</u>	10	<u>Leg raises</u>	10	<u>Leg raises</u>	10
<u>Side Plank (each side)</u>	20 sec	<u>Side Plank (each side)</u>	20 sec	<u>Side Plank (each side)</u>	20 sec
<u>Plank</u>	60 sec	<u>Plank</u>	60 sec	<u>Plank</u>	60 sec

- Press on the exercise to see how to perform it

- Es*- means do it this number of reps for each side (right and left leg, or right and left hand)

*Do kneeling pushups when needed (do regular pushups as many as you can, and the set with kneeling pushups).

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Demo plyometrics program: 1 plyometrics workout every week. Every week, there are different 4 jumping exercises, press on the exercise name to see how to perform it. For example:

This week plyo work:

4 rounds of:

8 Squat Jumps

8 Lunge jumps

10 Pogo jumps

6 Single leg vertical jumps (Es*)

Aerobic (conditioning): you need to do at least 2 aerobic activities every week. In my programs I will give options for the aerobic stuff you need to do + add conditioning programs for example. I want to provide options for the aerobic part and recommend you mix up activities in order to engage different muscle groups, avoid overuse injuries, and keep high motivation.

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