

# Train to Train Stage (Males 12-16 and Females 11-15)

## Guidelines for stabilization exercises and body-weight training:

- 1-3 sets, 6-15 reps, 30-90 second recovery between sets.
- Emphasize correct body position, form, and technique during strength training.
- Perform two times per week on nonconsecutive days for 8-12 week varying resistance.
- Perform a 5-10 minute warm-up with jump rope or light jogging before performing.

Weeks 1-2 and 5-6

Exercise	Day 1			Day 2		
	Sets	Reps	Resistance	Sets	Reps	Resistance
Squat with dumbbells						
Bridge						
Plank 30-60 sec		timed			timed	
Lunges with dumbbells						
Pull-ups (if can't do, perform 4 sec negative)						
Bench Press with barbell						

If no pull-up bar substitute standing rows with resistance tubing. Vary hand position for pull-ups.

Weeks 3-4 and 7-8

Exercise	Day 1			Day 2		
	Sets	Reps	Resistance	Sets	Reps	Resistance
Squat with barbell						
Glut-ham machine						
Side plank 20-30 sec		timed			timed	
Step Up to Single Balance with dumbbells to curl to overhead press						
Lat pull-downs						
Bench Press with dumbbells						

