

## Athy GFC Strength & Conditioning Session 1 - P Horan

### Warm Up

Dynamic Warm Up

### Circuit 1

- |                        |                      |
|------------------------|----------------------|
| 1 Alternate Lunges     | 20 Sec + 10 Sec Rest |
| 2 Foot Fires           | 20 Sec + 10 Sec Rest |
| 3 Reverse Crunch       | 20 Sec + 10 Sec Rest |
| 4 Squat Jumps          | 20 Sec + 10 Sec Rest |
| 5 Plank                | 20 Sec + 10 Sec Rest |
| 6 Cossacks Side Lunges | 20 Sec + 10 Sec Rest |
| 7 Mountain Climbers    | 20 Sec + 10 Sec Rest |
| 8 Chair Step Ups       | 20 Sec + 10 Sec Rest |
| 9 Flutter Kicks        | 20 Sec + 10 Sec Rest |
| 10 Knee Push Ups       | 20 Sec + 10 Sec Rest |
| 11 Burpees             | 20 Sec + 10 Sec Rest |
| 12 Crunch and Punch    | 20 Sec + 10 Sec Rest |

### Game 1

Goals & Gates

### Circuit 2

### Game

Pella

### Warm Down

Arm Pulls

Chest Opener

Hamstring stretch

Calf Stretch

1 Alternate  
Lunges

12 Crunch  
and Punch

11 Burpees

10 Knee  
Push Ups

2 Foot Fires

9 Flutter  
Kicks

3 Reverse  
Crunch

8 Chair  
Step Ups

4 Squat  
Jumps

5 Plank

6 Cossacks  
Side  
Lunges

7  
Mountain  
Climbers

# Athy GFC Strength & Conditioning - P Horan

## Alternate Lunges



## Cossacks Side Lunges



## Foot Fires



## Mountain Climbers



## Chair Step Ups



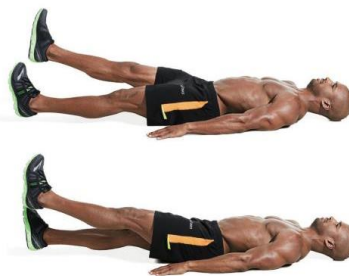
## Reverse Crunch



## Squat Jumps



## Flutter Kicks



## Plank



## Knee Push Ups



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## Split Squats with Reaches



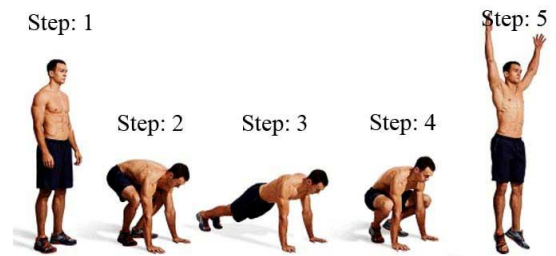
## Bunny Hops / Hurdles



## Crunch and Punch



## Burpees



## Chair Dips



## Commando Plank



## Deadbug

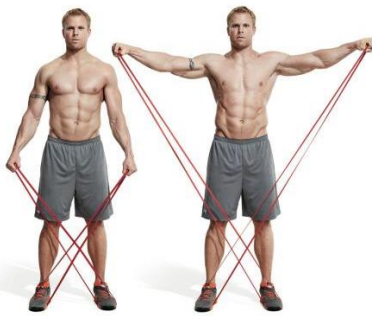


## Bentover Reverse Fly



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## Squats With Lateral Raises



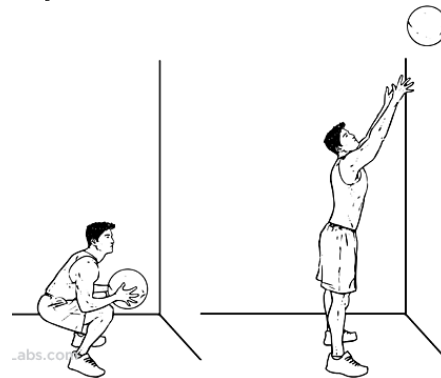
## Stride Jumps



## Squats With Shoulder Press



## Squat Throw Medicine Ball



## Spiderman Crawl



## Leg Raises



## Push Up Jacks

