

Dundee United Strength and Conditioning – Body Weight Programme

Warm Up: 10 x Body Weight Squats, 10 x Body Weight Lunges, 10 x Good Mornings, 5 x Spiderman's with rotation, 5 x Knee Drive and Hamstring Kick, 5 x Vertical Jump with Hands on Hips

Perform sets and reps as follows:

Exercise	Reps	Sets	Rest
Body Weight Squat	20	3	1 min 30 s
Body Weight Lunge	12 each leg	3	1 min 30 s
Single Leg Romanian Deadlift	8 each leg	3	30 s
Single Leg Hip Thrust	12 each leg	3	30 s
Press Up	20	4	1 min 30 s
Dips	15	4	1 min 30 s
Plank	1 min	4	1 min
Russian Twist	12 each side	4	1 min

Exercises in grey should not be performed on a match day.

Try to complete this programme a minimum of 2 times per week in addition to S&C session at the club.

Don't rush exercises and make sure you are performing technique correctly at all times.

Increase number of repetitions or exercise difficulty as you progress.