

Under 17 Development Squad  
Strength and Conditioning Program 3

Warm up:

10 min bike/row/cross trainer

Light stretch

Overhead squat

All exercises to be done in 3 sets of 10 repetitions

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Exercise # 1

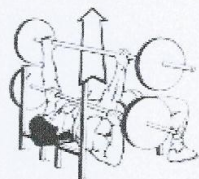


**The Squat**

3 x 10

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Exercise # 2



**Bench press**

3 x 10

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Exercise # 3



**Power clean**

3 x 10

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Exercise # 4



**Chin ups**

3 x 5

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Exercise # 5



**Dips on a bench**

3 x 15

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Exercise # 6

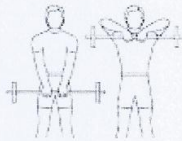


**Shoulder Press**

3 x 10

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Exercise # 7



**Upright Row**

3 x 10

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Exercise # 8



**Plank variations**

3 x 1 minute each

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