Name	<u>n</u>											CI	THE REAL
	Pre-season 2018		Week 1	Week 2	Week 3		Week 4	Week 5	Week 6		Week 7	Week 8	Week 9
1)	Box Squat	1x20											
	Weighted Sit Up												
	Single Leg Glute Bridge												
	Bench Press												
	Deadbug												
2)	Rear Foot Elevated Split Squat												
	Half Kneeling Split Chops												
	RDL												
	Chest Supported DB Rows												
	Banded Donkey Kick												
3)	Asissted Chin Ups												
	Tall Kneeling DB Shoulder Press												
	Side Plank		30s	30s	30s		40s	40s	40s		50s	50s	50s
4)	Single Leg Calf Raises												
	Face Pulls												
	Bicep Curl Variation												
	Tricep Extension Variation												