



## Ultimate Australia Strength and Conditioning Program

### Talent ID Level 1

#### Day A

Exercise	Sets	Reps	Description	Goal
Squat	3	20	Feet just shoulder width apart, lead with the pelvis, keep the knee in line with foot and hip. Chin up. Neutral back. Knees comfortable over toes.	Parallel squat
Arabesque	3	5x5 sec each leg	Stand on one leg, slight bend in knee, lift the other leg back, initiating the movement from hips. Hinge forward, keeping hips level (no rotation). Hold the furthest position that you can control for 5 seconds, then return to the start position	Controlled movement through range of motion
Push Ups	3	5-10	Commence program with incline push ups. Start in a high plank position, wrists in line with the shoulder. Keeping the body in a strong plank, bend your elbows and lower yourself until chest is close to touching ground, elbows slightly turned out. Press back up, keeping the midline from drooping.	10 floor push ups
Band Row / rail row	3	10	Rail row - straight body row. Using powerband. Start in seated position. Neutral grip on the band. Draw shoulder blades together as you pull the band closer to you. Band can also be wrapped around stable item (i.e. fence post)	Hold correct form against resistance.
V-sit (tucks)	3	10 x 10 sec hold	Lie on back. Elevate legs in front of you. Stretch arms forward towards legs so that only glutes are contacting ground. Hold position in a 'V' shape. Keep back straight.	10 final progression
Lunge Clock	1	1 counter, 1 clockwise (12 per leg total)	Lunge towards 12 points on the clock face. Once you get to 6 o'clock, swap legs for the other side. Keep spine upright. Keep chest facing forwards on each lunge	12 each leg with correct form

\*Buy a powerband (A\$35) <https://www.aussiestrength.com.au/power-band-medium/> (multiple strengths available, Medium is a good general one). Can also purchase powerbands for approx. \$10 at Kmart.

Day A – Exercise Images



Squat



Arabesque



Incline push up



Band row



V-Sit



Lunge clock

## Talent ID Level 1

### Day B

Exercise	Sets	Reps	Description	Goal
Lunge (Backward)	3	12 each side	Stand tall, feet hip width apart. Step one leg back, and lower yourself down, aiming for the back knee to graze the floor (90 degree angle, roughly). Push back to the start position. Repeat all 12 on one side, then change to the other leg	12 ea side with correct form
SL Bridge (Raised)	3	12 each side	Lie on your back, feet hip width apart, knees bent. Take one foot off the ground and tuck it up towards your chest. Keeping the hips level, push through your foot and lift your body off the floor. Lower down and repeat 12 times on that leg. (If hamstring issues, start with double leg, on ground)	Extended, 12 each side
Pike Press	3	10	Pike set up is similar to push up position. Butt up in air. Avoid extended arms too far away from your body. Keep legs straight. Lower to 'head butt the ground' for one rep. (Avoid exercise if shoulder issues)	Head to floor, upright off box
Reverse Fly (Band or DB Weight)	3	15	Recommended to use Dumbbells (DB) or Theraband. Knees slightly bent. Engage core. Start with DBs together in front of you. Pull arms up to shoulder height. Pull shoulder blades together. Avoid using your lower back to drive the DBs up. Learn exercise with empty DB.	15 reps against resistance
Sumo Squat	3	20	Feet placed slightly wider than shoulder width. Feet turned slightly outwards. Heels stay on ground throughout. Lower butt into a squat.	20 total with correct form
Plank	3	1 min	Elbows on ground. Engage core, flatten back. Avoid arch in lower back. Hold form for full minute.	1 min with correct form

Day B – Exercise Images



Lunge (backward)



Single Leg Bridge (raised)



Pike Press



Reverse Fly



Sumo Squat



Plank