

GAAStrength.ie  
**Strength Phase 1**

**Mobility Work**

Day 1	Day 2	Day 3
Frog Pumps	Frog Pumps	Frog Pumps
T-Spine Rotations	Lat Stretch	Hip Mobility
Shoulder Windmills	Ankle Mobility	Calf Stretch

Frog Pumps to be done at start of each workout, other mobility exercises done between sets

**Day 1**

Exercises	Week 1			Week 2			Week 3			Week 4		
	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3
Hex Bar Deadlift												
Bench (Elevated)												
Pull Up (Neutral Grip)												
RDL (Barbell)												

**Day 2**

Exercises	Week 1			Week 2			Week 3			Week 4		
	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3
Single Leg Series- Bulgarian Split Squat												
Shoulder Press												
Row (Barbell)												
RDL												

**Day 3**

Exercises	Week 1			Week 2			Week 3			Week 4		
	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3
Hex Bar Deadlift												
Bench												
Pull Up (Neutral Grip)												
Shoulder Press												

**Core Work**

Day 1	Day 2	Day 3
Plank (3Point to 2Point) 3Sets, 45Sec	V Ups 3Sets, 20	Dorsal Raise (Legs and Arms) 3Sets, 10Raises

**Sets and Reps**

3Sets of 5Reps, 3 to 5 minute break between sets (mobility exercises between sets)

**Superset** the last 2 exercises on each day

***“If you give in once you’ll give in twice”*** – Sir Alex Ferguson