



## Strength & Conditioning – Arklow Town



<b>1. Plank</b> 1 <sup>st</sup> Set - 30 Secs 2 <sup>nd</sup> Set – 45 Secs	<b>2. Side Plank</b> 1 <sup>st</sup> Set - 30 Secs 2 <sup>nd</sup> Set – 45 Secs Both Sides
<b>3. Glute Plank</b> 1 <sup>st</sup> Set - 30 Secs 2 <sup>nd</sup> Set – 45 Secs	<b>4. Push ups</b> 1 <sup>st</sup> Set – 10 2 <sup>nd</sup> Set – 15 3 <sup>rd</sup> Set - 20
<b>5. Triangle Push up</b> 1 <sup>st</sup> Set – 10 2 <sup>nd</sup> Set – 15	<b>6. Squats</b> 1 <sup>st</sup> Set – 10 2 <sup>nd</sup> Set – 15 3 <sup>rd</sup> Set - 20
<b>7. Lunges</b> 1 <sup>st</sup> Set – 10 2 <sup>nd</sup> Set – 15	<b>8. Aeroplane (T-Balance)</b> 1 <sup>st</sup> Set – 20 Secs 2 <sup>nd</sup> Set – 25 Secs Both Legs





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Press Up



Triangle  
Press Up





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Squats



Lunges

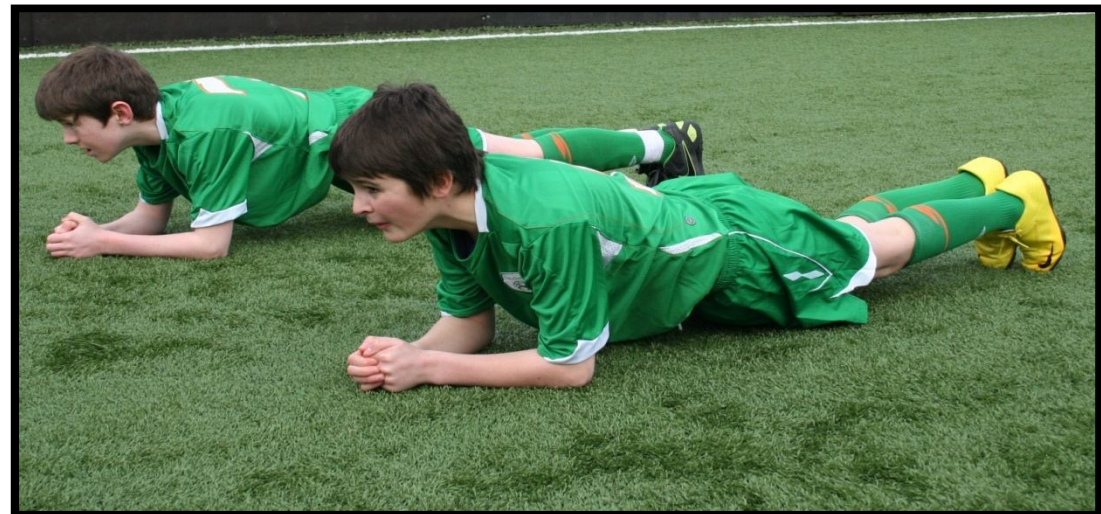




## Strength & Conditioning – Arklow Town



Side Plank

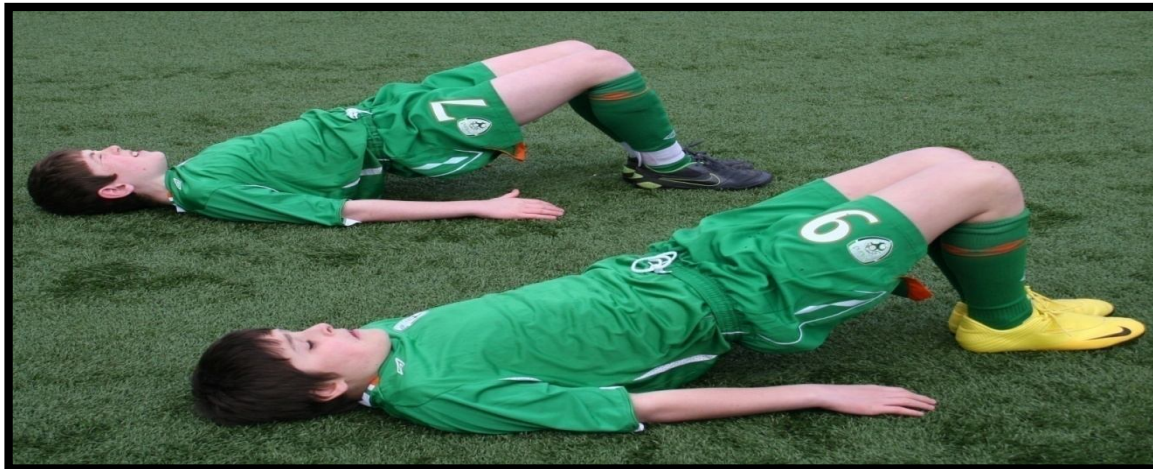


Plank





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Glute Plank



T-Balance  
"Aeroplane"

