










Dundee United FC Academy Strength & Conditioning

Squad: All
 Frequency: x2 per week
 Session: Winter Home Workout

Focus:
 Upper & Lower Body

All these exercises can be done in your house using your bodyweight, a sofa or chair and water bottles

	Exercise	Example	Sets x Reps	Description	Coaching Cues
Warm-Up	Inchworm		1 x 10	<ul style="list-style-type: none"> Standing tall, narrow stance, fully round back Feel stretch in back of legs (hamstrings) Place hands on ground and walk out to press up position Finally, walk feet into hands and stand up 	<ul style="list-style-type: none"> Slight bend in knees Round back Walk feet as close as possible into hands
	Bulgarian Split Squat (Single leg sofa squat)		1 x 10 each leg	<ul style="list-style-type: none"> Take large step away from seat with back foot raised Control as you slowly lower your body At bottom your knee should be roughly 90° As you rise up, push through your heel 	<ul style="list-style-type: none"> Control descent Squeeze glute of your rear leg Push through the heel of your front foot Maintain upright posture Chest up, chin up
	Floor Slides		1 x 12	<ul style="list-style-type: none"> Lying on ground with knees up Press lower back into ground so there is no gap (as if to crush a small grape underneath) With elbows, forearms and wrists flat against the ground, press overhead until extended 	<ul style="list-style-type: none"> Imagine a grape between your shoulder blades, crush it as you move your arms. Breathe out as you press Elbows against the ground
	Tricep Dips		1 x 10	<ul style="list-style-type: none"> In reverse plank position Body should be straight line from heels, through knees, hips, torso & shoulders Slowly lower body until arms are roughly 90° Then, press up to starting position 	<ul style="list-style-type: none"> Keep hips high Control as you lower yourself Press the bench away from you / push the bench into the ground
Workout	Press Up		4 x 10	<ul style="list-style-type: none"> If too difficult, regress exercise to kneeling press ups If 4 sets of 10 repetitions is too easy for you, progress to clapping press ups. 	<ul style="list-style-type: none"> Keep hips high / don't let them fall Chest to ground Tuck elbows Arms straight at top (locked out) Press the floor away from you (explode up)
	Single Leg Squat to Chair		3 x 6 each leg	<p>3 Parts:</p> <ul style="list-style-type: none"> Lower yourself SLOWLY to chair Pause at bottom with butt just touching chair Stand up <p>If too difficult, only perform single leg stand up</p>	<ul style="list-style-type: none"> Control descent Use arms for balance (counter-weight) Maintain upright torso (posture) Chest up / proud chest Push through heel of foot
	Prone Shoulder Press		3 x 12	<ul style="list-style-type: none"> Requires x2 filled 500ml water bottles Lying on ground with arms and legs off ground Start in 'T' position before pressing bottles overhead Keep chin tucked, looking at floor 	<ul style="list-style-type: none"> Elbows to ceiling Press to wall in front of you Breathe out as you press
	Lying Hamstring Walkout		3 x 8	<ul style="list-style-type: none"> Starting position: Glute bridge Heels close to butt, push hips up to sky From this position, slowly walk feet out one step at a time until legs are nearly straight Walk back in. If too easy, hold at end for 5s 	<ul style="list-style-type: none"> Keep hips high Hips to sky Small steps out Hold at extended position for 5s before walking feet back in (if too easy)
	Plank & Side Plank		20s Front 20s Left 20s Right x 2	<ul style="list-style-type: none"> Front plank: Elbows under shoulders Back flat and straight (could balance a glass of water without spilling) Feet width: Wide = Easier, Narrow = Harder Side Plank: Feet stacked 	<ul style="list-style-type: none"> Front: Pull elbows to toes & toes to elbows (Scrunch the ground between elbows & toes) Keep hips high / don't let them fall Focus on breathing - long and deep breathes in and out