

Guildford High School Strength Framework



		SQUAT / HINGE		PUSH	PULL	TRUNK
		Double leg	Split / single leg	Horizontal / vertical	Horizontal / vertical	
Level 4	C	Hip thrust (BB) (3 x 10 [3-4RIR] - 4 x 3 [1-3RIR])	SL RDL (BB) (3 x 10 e/s [3-4RIR] - 4 x 3 e/s [1-3RIR])	Overhead press (BB) (3 x 10 [3-4RIR] - 4 x 3 [1-3RIR])	Pull/chin up (3 x 2 - 3 x 10)	Superman (knees off floor) (3 x 5 e/s - 3 x 10 e/s)
	B	Deadlift (BB) (3 x 8 [3-4RIR] - 4 x 3 [1-3RIR])	Split squat (front/back, BB) (3 x 10 e/s [3-4RIR] - 4 x 3 e/s [1-3RIR])	Half handstand press (3 x 3 - 3 x 10)	Inverted row (straight leg) (3 x 5 - 3 x 12)	Pallof rotation (3 x 5 e/s - 3 x 8 e/s)
	A	Back / front squat (BB) (3 x 10 [3-4RIR] - 4 x 3 [1-3RIR])	SL squat (plate loaded) (3 x 3 e/s [2.5kg] - 3 x 8 e/s [5kg])	BB Bench press (3 x 10 [3-4RIR] - 4 x 3 [1-3RIR])	Bent over row (BB) (3 x 10 [3-4RIR] - 4 x 3 [1-3RIR])	Deadbug (loaded) (3 x 3 [1kg] e/s - 3 x 8 [3kg] e/s)
Level 3	C	Hip thrust (DB) (3 x 12 [3-4RIR] - 3 x 6 [2-3RIR])	SL RDL (plate loaded) (3 x 10 [3-4RIR] - 3 x 6 [2-3RIR])	Overhead press (DB) (3 x 12 [3-4RIR] - 3 x 6 [2-3RIR])	Pull/chin up (eccentric only) (3 x 2 - 3 x 6)	Superman leg slide (knee off floor) (3 x 5 e/s - 3 x 10 e/s)
	B	RDL (BB) (3 x 12 [3-4RIR] - 3 x 6 [2-3RIR])	Split squat (DB) (3 x 10 e/s [3-4RIR] - 3 x 6 e/s [2-3RIR])	Half handstand hold (3 x 3s - 3 x 15s)	Inverted row (bent leg) (3 x 5 - 3 x 12)	Pallof rotation (eccentric) (3 x 5 e/s - 3 x 8 e/s)
	A	Squat (DB) (3 x 12 [3-4RIR] - 3 x 6 [2-3RIR])	SL squat (BW) (3 x 3 e/s - 3 x 8 e/s)	Press up (plate loaded) (3 x 12 [3-4RIR] - 3 x 6 [2-3RIR])	Bent over row (DB) (3 x 12 [3-4RIR] - 3 x 6 [2-3RIR])	Deadbug (double limb) (3 x 3 e/s - 3 x 8 e/s)
Level 2	C	Glute bridge (DB) (3 x 6 [2.5kg] - 3 x 12 [5kg])	SL RDL (medball) (3 x 6 e/s [1kg] - 3 x 12 e/s [2.5kg])	Overhead press (band) (3 x 5 - 3 x 15)	Pull / chin up (band assisted) (3 x 5 - 3 x 10)	Superman (knees on floor) (3 x 5 e/s - 3 x 10 e/s)
	B	Hip pop wrestle	River supplies (1-point)	Front support handstand	Monkey bar chase	2-point tennis ball prod
		RDL (medball) (3 x 6 [2.5kg] - 3 x 12 [5kg])	Split squat (BW) (3 x 6 e/s - 3 x 15 e/s)	Decline press up (3 x 5 - 3 x 12)	Inverted row hold (straight leg) (3 x 5s - 3 x 10s)	Pallof press (band) (3 x 5 e/s - 3 x 15 e/s)
		River supplies (2-point)	Stick behind back stand up	Wheel barrow step up	Chin up hang hold	Standing stick rotation wrestle
	A	Goblet squat (DB) (3 x 6 [2.5kg] - 3 x 12 [5kg])	SL partial squat (BW) (3 x 5 e/s - 3 x 12 e/s)	Press up (3 x 5 - 3 x 15)	Prone row (DB) (3 x 6 e/s [2.5kg] - 3 x 12 e/s [5kg])	Deadbug (single limb) (3 x 5 e/l - 3 x 10 e/l)
	Squat stick wrestle	Round the clock squat	Wheel barrow chest slap	SA tug of war	Deadbug SA catch & throw	
Level 1	C	Glute bride (BW) (2 x 5 - 3 x 15)	SL RDL (BW) (2 x 5 e/s - 3 x 10 e/s)	Overhead kneeling SA press (DB) (2 x 5 e/s [1kg] - 3 x 12 e/s [2.5kg])	Angel pull (band, prone) (2 x 5 - 3 x 15)	Bear position hold (2 x 10s - 3 x 45s)
	B	Crab walk / Crab football	1-point tennis ball prod	Kneeling SA set	Monkey bars	Bear rock
		RDL (stick) (2 x 5 - 3 x 15)	Split squat hold (BW) (2 x 5s e/s - 3 x 30s e/s)	Press up hold (bottom) (2 x 3s - 3 x 15s)	Inverted row hold (bent leg) (2 x 3s - 3 x 15s)	Pallof hold (band) (2 x 15s e/s - 3 x 45s e/s)
		River supplies (2-point)	Cereal box pick up	Alligator crawl	Pull up hang hold	Seated stick rotation wrestle
	A	Squat (BW) (2 x 5 - 3 x 20)	SL partial squat hold (BW) (2 x 5 e/s - 3 x 30s e/s)	Eccentric press up (2 x 3 - 3 x 8)	Standing row (band) (2 x 5 - 3 x 15)	Deadbug (hold) (2 x 15s - 3 x 45s)
	Partner squat balance / Leap frog	Round the clock hold	Bed bunks	Tug of war	Deadbug catch & throw	

SA = single arm; SL = snlge leg; BW = bodyweight; DB = dumbbell; BB = barbell; kg = kilograms; s = seconds; e/s = each side; e/l = each limb; RIR = reps in reserve

(suggested starting point - suggested exit criteria for level)

Note: execution of each exercise with good form should always supersede increasing repetition number or load in each set. For barbell exercises, it is recommended to start with a training bar and to gradually add load according to training history, current strength levels and technical competency

A proportion of this strength training framework is based on the work of Radnor et al. (2021) - experts in the athletic development of young athletes