

Gold Crown at Home Strength and Power Program

Week 1

Day 1 - Lower Body Strength

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Body Squats	2 to 3	8 to 12	60 sec	Sit on Chair	https://www.youtube.com/watch?v=inegQ48dV_Y
Reverse Lunge - each leg	2 to 3	8 to 12	60 sec	Step-Up	https://www.youtube.com/watch?v=7pwO2gemRyq
Single Leg Glute Bridge w/leg lift	2 to 3	8 to 12	60 sec	Double Leg Glute Bridge	https://www.youtube.com/watch?v=AVAXhy6pl7o
Single Leg RDL	2 to 3	8 to 12	60 sec	Double Leg RDL	https://www.youtube.com/watch?v=tZfxXdlIG_M
Copenhagen Adductor	2 to 3	8 to 12	60 sec	Soccer Ball Squeeze	https://www.youtube.com/watch?v=ogKdmzKZOM
Single Leg Eccentric Heel Drop (each leg)	2 to 3	8 to 12	60 sec	Double Leg	https://www.youtube.com/watch?v=zmnFGUvT_Fs

Day 2 - Upper Body/Core

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Push-ups	2 to 3	8 to 12	60 sec	On Knees	https://www.youtube.com/watch?v=i9sTjhN4Z3M
Planks with Shoulder Taps	2 to 3	12 to 20	60 sec	No shoulder taps	https://www.youtube.com/watch?v=wckYqAMqueQ
Leg Lowers	2 to 3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=BUq5RTDXeZ0
Inch Worms	2 to 3	6 to 10	60 sec	From knees	https://www.youtube.com/watch?v=TRuhe4qrOK8
Burpees	2 to 3	8 to 12	60 sec	Chair	https://www.youtube.com/watch?v=IYT3GN9J0w
Side-Lying Plank (each side)	2 to 3	30 to 60 sec	60 sec	On Knee	https://www.youtube.com/watch?v=AkFKCQUtuQ0

Day 3 - Plyometrics/Agility/Stability

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Skater Hops	2 to 3	12 to 20	60 sec	None	https://www.youtube.com/watch?v=JkacHtlPYds
Jumping Lunge	2 to 3	8 to 12	60 sec	Squat Jump	https://www.youtube.com/watch?v=Mp-mfmTxxnk
Diagonal Hops	2 to 3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=WbWkeupdTgE
Single Leg Line Hops Front 2 Back	2 to 3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=9PHzvamsa3Y
Single Leg Line Hops Side 2 Side	2 to 3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=vGr3eqHWXz8
Single Leg Line Hops Diagonal	2 to 3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=uU6XsRX8zO4

Week 2

Day 1 - Lower Body Strength

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Body Squats	2 to 3	8 to 12	60 sec	Sit on Chair	https://www.youtube.com/watch?v=inegQ48dV_Y
Reverse Lunge - each leg	2 to 3	8 to 12	60 sec	Step-Up	https://www.youtube.com/watch?v=7pwO2gemRyq
Single Leg Glute Bridge w/leg lift	2 to 3	8 to 12	60 sec	Double Leg Glute Bridge	https://www.youtube.com/watch?v=AVAXhy6pl7o
Single Leg RDL	2 to 3	8 to 12	60 sec	Double Leg RDL	https://www.youtube.com/watch?v=tZfxXdlIG_M
Isometric Adductor Hold	2 to 3	10 seconds	60 sec	Soccer Ball Squeeze	https://www.youtube.com/watch?v=ogKdmzKZOM
Straight Leg Raises	2 to 3	8 to 12	60 sec	Tempo	https://www.youtube.com/watch?v=zmnFGUvT_Fs

Day 2 - Upper Body/Core

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Push-ups	2 to 3	8 to 12	60 sec	On Knees	https://www.youtube.com/watch?v=i9sTjhN4Z3M
Planks with Shoulder Taps	2 to 3	8 to 12	60 sec	No shoulder taps	https://www.youtube.com/watch?v=wckYqAMqueQ
Leg Lowers	2 to 3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=BUq5RTDXeZ0
Inch Worms	2 to 3	4 to 6	60 sec	From knees	https://www.youtube.com/watch?v=TRuhe4qrOK8
Burpees	2 to 3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=IYT3GN9J0w
Side-Lying Plank (each side)	2 to 3	30 to 60 sec	60 sec	On Knee	https://www.youtube.com/watch?v=AkFKCQUtuQ0

Day 3

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Skaters	2 to 3	12 to 20	60 sec	None	https://www.youtube.com/watch?v=JkacHtlPYds
Jumping Lunge	2 to 3	8 to 12	60 sec	Squat Jump	https://www.youtube.com/watch?v=Mp-mfmTxxnk
Diagonal Hops	2 to 3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=WbWkeupdTgE
Single Leg Line Hops Front 2 Back	2 to 3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=9PHzvamsa3Y
Single Leg Line Hops Side 2 Side	2 to 3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=vGr3eqHWXz8
Single Leg Line Hops Diagonal	2 to 3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=uU6XsRX8zO4

Week 3

Day 1 - Lower Body Strength

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Body Squats	3	8 to 12	60 sec	Sit on Chair	https://www.youtube.com/watch?v=inegQ48dV_Y
Reverse Lunge - each leg	3	8 to 12	60 sec	Step-Up	https://www.youtube.com/watch?v=7pwO2gemRyq
Single Leg Glute Bridge w/leg lift	3	8 to 12	60 sec	Double Leg Glute Bridge	https://www.youtube.com/watch?v=AVAXhy6pl7o
Single Leg RDL	3	8 to 12	60 sec	Double Leg RDL	https://www.youtube.com/watch?v=tZfxXdlIG_M
Isometric Adductor Hold	3	10 seconds	60 sec	Soccer Ball Squeeze	https://www.youtube.com/watch?v=ogKdmzKZOM
Straight Leg Raises	3	8 to 12	60 sec	Tempo	https://www.youtube.com/watch?v=zmnFGUvT_Fs

Day 2 - Upper Body/Core

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Push-ups	3	8 to 12	60 sec	On Knees	https://www.youtube.com/watch?v=i9sTjhN4Z3M
Planks with Shoulder Taps	3	8 to 12	60 sec	No shoulder taps	https://www.youtube.com/watch?v=wckYqAMqueQ
Leg Lowers	3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=BUq5RTDXeZ0
Inch Worms	3	4 to 6	60 sec	From knees	https://www.youtube.com/watch?v=TRuhe4qrOK8
Burpees	3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=IYT3GN9J0w
Side-Lying Plank (each side)	3	30 to 60 sec	60 sec	On Knee	https://www.youtube.com/watch?v=AkFKCQUtuQ0

Day 3 - Plyometrics/Agility/Stability

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Skaters	3	12 to 20	60 sec	None	https://www.youtube.com/watch?v=JkacHtlPYds
Jumping Lunge	3	8 to 12	60 sec	Squat Jump	https://www.youtube.com/watch?v=Mp-mfmTxxnk
Diagonal Hops	3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=WbWkeupdTgE
Single Leg Line Hops Front 2 Back	3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=9PHzvamsa3Y
Single Leg Line Hops Side 2 Side	3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=vGr3eqHWXz8
Single Leg Line Hops Diagonal	3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=uU6XsRX8zO4

Week 4

Day 1 - Lower Body Strength

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Body Squats	3	8 to 12	60 sec	Sit on Chair	https://www.youtube.com/watch?v=inegQ48dV_Y
Reverse Lunge - each leg	3	8 to 12	60 sec	Step-Up	https://www.youtube.com/watch?v=7pwO2gemRyq
Single Leg Glute Bridge w/leg lift	3	8 to 12	60 sec	Double Leg Glute Bridge	https://www.youtube.com/watch?v=AVAXhy6pl7o
Single Leg RDL	3	8 to 12	60 sec	Double Leg RDL	https://www.youtube.com/watch?v=tZfxXdlIG_M
Isometric Adductor Hold	3	10 seconds	60 sec	Soccer Ball Squeeze	https://www.youtube.com/watch?v=ogKdmzKZOM
Straight Leg Raises	3	8 to 12	60 sec	Tempo	https://www.youtube.com/watch?v=zmnFGUvT_Fs

Day 2 - Upper Body/Core

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Push-ups	3	8 to 12	60 sec	On Knees	https://www.youtube.com/watch?v=i9sTjhN4Z3M
Planks with Shoulder Taps	3	8 to 12	60 sec	No shoulder taps	https://www.youtube.com/watch?v=wckYqAMqueQ
Leg Lowers	3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=BUq5RTDXeZ0
Inch Worms	3	4 to 6	60 sec	From knees	https://www.youtube.com/watch?v=TRuhe4qrOK8
Burpees	3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=IYT3GN9J0w
Side-Lying Plank (each side)	3	30 to 60 sec	60 sec	On Knee	https://www.youtube.com/watch?v=AkFKCQUtuQ0

Day 3

Exercise	Sets	Repetitions	Rest	Modifier	Instructional Link
Skaters	3	12 to 20	60 sec	None	https://www.youtube.com/watch?v=JkacHtlPYds
Jumping Lunge	3	8 to 12	60 sec	Squat Jump	https://www.youtube.com/watch?v=Mp-mfmTxxnk
Diagonal Hops	3	8 to 12	60 sec	None	https://www.youtube.com/watch?v=WbWkeupdTgE
Single Leg Line Hops Front 2 Back	3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=9PHzvamsa3Y
Single Leg Line Hops Side 2 Side	3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=vGr3eqHWXz8
Single Leg Line Hops Diagonal	3	20 sec	60 sec	Double Leg	https://www.youtube.com/watch?v=uU6XsRX8zO4

Guidelines:

- 1) Focus on technique! Treat each exercise like a skill you are trying to master. You will get more out of each exercise if you take your time and try to master each skill.
- 2) Rest times are a minimum. If you are still tired after the 60 seconds you can take more time until you feel recovered from the previous set.
- 3) If the exercise feels too easy then slow each rep down. This will intensify the exercise.
- 4) If the exercise is too difficult utilize the modifications.
- 5) The goal of these exercises is to ensure that you maintain a level of fitness so that when you return to your sport your risk for injury will be minimized.
- 6) HAVE FUN AND STAY FIT!
- 7) Contact Amber Craft amber.craft@childrenscolorado.org if you have any questions.