Table 1A: U15/16 Boys and Girls

8 Week Circuit Regime for teams of 8								
Week 1:	Week 2:	Week 3:	Week 4:	Week 5:	Week 6:	Week 7:	Week 8:	
Front Plank	Side Plank	Bird Dog	Bicycle Kicks	Front Plank	Side Plank	Bird Dog	Bicycle Kicks	
High Knees	Butt Kicks	Push-up	Fast Feet	High Knees	Butt Kicks	Med-ball Push-up	Fast Feet	
Blocking	Calf Jumps	Blocking	One-Leg Step-Up	Blocking	Calf Jumps	Blocking	Block Jump	
Break	Break	Break	Break	Break	Break	Break	Break	
Side Plank	V-Sit	Front Plank	Russian Twist	Bird Dog	V-Sit	Russian Twist	Russian Twist	
Push-up	Shoulder Push-up	Push-up	Med-ball Push-up	Shoulder Push-up	Berpees	Shoulder Push-up	Med-ball Push-up	
Jump Squats	Berpees	Cone Jumps	Tuck Jumps	T-Test	4 Cone Sprint	One-Leg Squats	Jump Lunges	
Break	Break	Break	Break	Break	Break	Break	Break	

Table 2A: U15/16 Boys and Girls

8 Week Circuit Regime for teams of 10								
Week 1:	Week 2:	Week 3:	Week 4:	Week 5:	Week 6:	Week 7:	Week 8:	
Front Plank	Side Plank	Bird Dog	Bicycle Kicks	Front Plank	Side Plank	Bird Dog	Bicycle Kicks	
High Knees	Butt Kicks	Fast Feet	Fast Feet	High Knees	Butt Kicks	Fast Feet	Fast Feet	
Blocking	Calf Jumps	Blocking	One-Leg Step-Up	Blocking	Calf Jumps	Blocking	Block Jump	
Tuck Jump	Front Plank	High Knees	Blocking	4 Cone Sprint	Shoulder Push-up	Side Plank	Butt Kicks	
Break	Break	Break	Break	Break	Break	Break	Break	
Side Plank	V-Sit	Front Plank	Russian Twist	Bird Dog	V-Sit	Russian Twist	Russian Twist	
Push-up	Shoulder Push-up	Push-up	Med-ball Push-up	Shoulder Push-up	Berpees	Shoulder Push-up	Med-ball Push-up	
Jump Squats	Berpees	Cone Jumps	Tuck Jumps	T-Test	4 Cone Sprint	One-Leg Squats	Jump Lunges	
T-test	4 cone sprint	Jump Lunges	Calf Jumps	Jump Squats	One-Leg Step-Up	High Knees	Front Plank	
Break	Break	Break	Break	Break	Break	Break	Break	

Table 3A: U15/16 Boys and Girls

8 Week Circuit Regime for teams of 12								
Week 1:	Week 2:	Week 3:	Week 4:	Week 5:	Week 6:	Week 7:	Week 8:	
Front Plank	Side Plank	Bird Dog	Bicycle Kicks	Front Plank	Side Plank	Bird Dog	Bicycle Kicks	
High Knees	Butt Kicks	Push-up	Fast Feet	High Knees	Butt Kicks	Med-ball Push-up	Fast Feet	
Blocking	Calf Jumps	Blocking	Jump Squats	Blocking	Calf Jumps	Blocking	Blocking	
Break	Break	Break	Break	Break	Break	Break	Break	
Side Plank	V-Sit	Front Plank	Russian Twist	Bird Dog	V-Sit	Russian Twist	Russian Twist	
Push-up	Shoulder Push-up	Push-up	Med-ball Push-up	Shoulder Push-up	Berpees	Shoulder Push-up	Med-ball Push-up	
Jump Squats	Berpees	Cone Jumps	Tuck Jumps	T-Test	4 Cone Sprint	One-Leg Squats	Jump Lunges	
Break	Break	Break	Break	Break	Break	Break	Break	
Butt Kicks	Fast Feet	Russian Twist	Butt Kicks	Butt Kicks	Russian Twist	V-sit	4 Cone Sprint	
Side Plank	Alt. Jump Lunges	Fast Feet	Blocking	Fast Feet	T-test	Butt Kicks	Berpees	
T-Test	Push-up	Tuck Jumps	Push-up	Push-up	Jump Squats	Jump Squats	High Knees	
Break	Break	Break	Break	Break	Break	Break	Break	

Table 1B: U17/18 Boys and Girls

8 Week Circuit Regime for teams of 8									
Week 1:	Week 2:	Week 3:	Week 4:	Week 5:	Week 6:	Week 7:	Week 8:		
Front Plank	Side Plank	Front Plank	V-Sit	Bird Dog	Oblique Crunch	Side Plank	V-Sit		
High Knees	Butt Kicks	Med Ball Toss	Exercise Ball Push-up	R. Exercise Ball Push-up	Bosu Ball Push-up	High Knees	Med Ball Push-up		
Blocking	Calf Jumps	Fast Feet	4 Cone Sprint	T-test	Blocking	Alt Jump Lunge	Box Jump		
Break	Break	Break	Break	Break	Break	Break	Break		
Russian Twist	Bicycle Kicks	3 Point Ball Roll	Side Plank	Oblique Crunch	3 Point Ball Roll	Lower Back Ext.	Front Plank		
Push-up	Shoulder Push-up	Push-up	Shoulder Push-up	Med Ball Push-up	Exercise Ball Push-up	Med Ball Push-up	Push-up		
Squat Jumps	Berpees	Calf Jumps	One Leg Squat	Cone Jump	Bosu Ball Squats	1-Leg Box Step up	Blocking		
Break	Break	Break	Break	Break	Break	Break	Break		

Table 2B: U17/18 Boys and Girls

8 Week Circuit Regime for teams of 10									
Week 1:	Week 2:	Week 3:	Week 4:	Week 5:	Week 6:	Week 7:	Week 8:		
Front Plank	Side Plank	Front Plank	V-Sit	Bird Dog	Oblique Crunch	Side Plank	V-Sit		
High Knees	Butt Kicks	Med Ball Toss	Exercise Ball Push-up	R. Exercise Ball Push-up	Bosu Ball Push-up	High Knees	Med Ball Push-up		
Blocking	Calf Jumps	Fast Feet	4 Cone Sprint	T-test	Blocking	Alt Jump Lunge	Box Jump		
4 Cone Sprint	Med Ball Lunge	Butt Kicks	High Knees	Alt Lunge Jump	T-test	4 Cone Sprint	Tuck Jump		
Break	Break	Break	Break	Break	Break	Break	Break		
Russian Twist	Bicycle Kicks	3 Point Ball Roll	Side Plank	Oblique Crunch	3 Point Ball Roll	Lower Back Ext.	Front Plank		
Push-up	Shoulder Push-up	Push-up	Shoulder Push-up	Med Ball Push-up	Exercise Ball Push-up	Med Ball Push-up	Push-up		
Squat Jumps	Berpees	Calf Jumps	One Leg Squat	Cone Jump	Bosu Ball Squats	1-Leg Box Step up	Blocking		
Butt Kicks	Tuck Jumps	Berpees	Fast Feet	Calf Jump	Butt Kicks	Russian Twist	T-test		
Break	Break	Break	Break	Break	Break	Break	Break		

Table 3B: U17/18 Boys and Girls

8 Week Circuit Regime for teams of 12									
Week 1:	Week 2:	Week 3:	Week 4:	Week 5:	Week 6:	Week 7:	Week 8:		
Front Plank	Side Plank	Front Plank	V-Sit	Bird Dog	Oblique Crunch	Side Plank	V-Sit		
High Knees	Butt Kicks	Med Ball Toss	Exercise Ball Push-up	R. Exercise Ball Push-up	Bosu Ball Push-up	High Knees	Med Ball Push-up		
Blocking	Calf Jumps	Fast Feet	4 Cone Sprint	T-test	Blocking	Alt Jump Lunge	Box Jump		
Break	Break	Break	Break	Break	Break	Break	Break		
Russian Twist	Bicycle Kicks	3 Point Ball Roll	Side Plank	Oblique Crunch	3 Point Ball Roll	Lower Back Ext.	Front Plank		
Push-up	Shoulder Push-up	Push-up	Shoulder Push-up	Med Ball Push-up	Exercise Ball Push-up	Med Ball Push-up	Push-up		
Squat Jumps	Berpees	Calf Jumps	One Leg Squat	Cone Jump	Bosu Ball Squats	1-Leg Box Step up	Blocking		
Break	Break	Break	Break	Break	Break	Break	Break		
V-Sit	V-Sit	R. Exercise Ball Push-up	Front Plank	Shoulder Push-up	High Knees	Push-up	Bird Dog		
Fast Feet	High Knees	High Knees	High Knees	4 Cone Sprint	Fast Feet	Calf Jump	Shoulder Push-up		
Box Jump	Blocking	Squat Jump	Med Ball Lunge	Berpees	Jump Squats	Box Jump	Bosu Ball Squats		
Break	Break	Break	Break	Break	Break	Break	Break		