

BUILDING FUTURE JETS

STRENGTH TRAINING

DEVELOPMENT PHASE

UNDER 13 - UNDER 15



Introduction

This program is about building the right foundations - proper movement, body awareness, and progressive loading in a safe, structured environment. It's not about how much you can lift; it's about preparing your body for long-term performance in the game.

We're proud that this program aligns with the NRL RISE Program, reflecting best-practice principles in junior athlete development that put player health and longevity first.

Physical Performance Manager
Graeme Rousseau

When I was coming through at your age, I didn't fully appreciate how important this stuff was but looking back, it made all the difference. The way you move, the habits you build, the consistency you bring to your training, that's what separates players over time.

What you've got here is a quality program. The fact that it aligns with the NRL RISE Program tells you it's built on the right principles, by people who genuinely care about your development as a player and as a person..

Ipswich Jet's Club Captain
Blake Lenehan



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Progression Standards

Level	Progression Threshold
Level 1 → Level 2	Complete 3 × 10 perfect reps/hold across all Level 1 exercises
Level 2 → Level 3	Complete 3 × 10–15 perfect reps across all Level 2 exercises
Level 3 → Level 4	Complete 3 × 8–10 perfect reps across all Level 3 exercises
Level 4	Complete the prescribed sets/reps at the listed loads

Level 1 Program

Goal: Establish foundational movement patterns using bodyweight and a dowel. Athletes must demonstrate control, alignment, and consistency before progressing.

#	Category	Exercise	Sets	Reps / Duration	Rest
1	Push	Push Up	2–3	5–10 reps	60 sec
2	Pull	45° Inverted Row	2–3	5–10 reps	60 sec
3	Hinge	Dowel Romanian Deadlift	2–3	10–15 reps	60 sec
4	Squat	Overhead Dowel Squat	2–3	5–10 reps	60 sec
5	Lunge	Split Squat	2–3	10–15 reps (each leg)	90 sec
6	Core	Front & Side Plank	2–3	30–60 sec	2 min

WARNING

The following training programs have been developed as general training advice only. If you currently have any injuries or underlying health issues, please consult a fitness or health professional before completing.



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Level 2 Program

Goal: Increase movement complexity and introduce greater stability demands. Progressions involve narrower grip, elevated positions, and single-leg challenge

#	Category	Exercise	Sets	Reps / Duration	Rest
1	Push	Close Grip Push Up	2-3	5-10 reps	60 sec
2	Pull	Elevated Inverted Row	2-3	5-10 reps	60 sec
3	Hinge	Dowel Single Leg Romanian Deadlift	2-3	10-15 reps	60 sec
4	Squat	Goblet Squat	2-3	5-10 reps	60 sec
5	Lunge	Reverse Lunge	2-3	10-15 reps (each leg)	90 sec
6	Core	3 Point Plank	2-3	30-60 sec	2 min

Level 3 Program

Goal: Introduce external load and greater unilateral challenge. Barbell and body position progressions increase neuromuscular demand.

Category	Exercise	Sets	Reps / Duration	Rest	Load
Push	Decline Push Up	2-3	5-10 reps	60 sec	Bodyweight
Pull	Pull Up	2-3	5-8 reps	60 sec	Bodyweight
Hinge	Barbell Romanian Deadlift	2-3	10-15 reps	60 sec	Light barbell
Squat	Dowel Back Squat	2-3	8-10 reps	60 sec	Dowel
Lunge	Bulgarian Split Squat	2-3	6-10 reps	60 sec	Bodyweight/ Dowel
Core	2 Point Contralateral Hold	2-3	30-60 sec	2 min	Bodyweight

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Level 4 Program

Goal: Develop strength under load using barbells and dumbbells. Technique and load management are paramount at this stage.

Category	Exercise	Sets	Reps / Duration	Rest	Starting Load
Push	Bench Press	2-3	5-10 reps	60 sec	20 kg
Pull	Barbell Bent Over Row	2-3	5-10 reps	60 sec	10 kg
Hinge	Dumbbell Single Leg Romanian Deadlift	2-3	5-10 reps	60 sec	10 kg
Squat	Barbell Back Squat	2-3	5-10 reps	60 sec	10 kg
Lunge	Dumbbell Walking Lunge	2-3	5-10 reps	60 sec	2 × 15 kg*
Core	2 Point Plank with Hand Taps	2-3	15-20 taps	2 min	Bodyweight

About the NRL RISE Program

The RISE Program is supported by the Australian Government and delivered in partnership with Griffith University.

It provides aspirational junior rugby league players (aged 13-15) with specialised training and education through a holistic development experience covering four areas: Prepare to Play, Technical & Tactical Skills, Physical Development, and Life-Fit.



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