



Goal Umpire BW Strength V3.0

- Double Leg Drop/Catch x3
- Lateral bounds (stick landing) x3 e/s
- Pushup to T x 5 e/s
- Single leg glute bridge x 8-12 e/s
- Reverse lunge to knee drive x 5 e/s
- Rolling plank x 30" e/s

Complete 2-3 sets with rest as required

