

BODY ARMOUR SERIES B

- BODY ARMOUR SERIES IS DESIGNED TO ADDRESS THE MOST COMMON SITES OF UMPIRING INJURY
- PERFORM THESE AFTER YOUR TRACK WORK WITH EACH TO BE DONE IN CIRCUIT STYLE
- WORK DOWN THROUGH EACH EXERCISE AND THEN START AGAIN TO COMPLETE SECOND SET OF EACH

| BODY ARMOUR B1 | |
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| 2X SETS OF CIRCUIT | |
| <u>STATIC SPLIT SQUAT W CALF RAISE (FLAT)</u> | x10 EA SIDE |
| <u>LONG LEVER STATIC COPENHAGEN</u> | x15-20" EA SIDE |
| <u>SINGLE LEG 90/90 HIP EXT FROM BENCH</u> | x10 EA SIDE |
| <u>BEAR CRAWL ROTATIONS</u> | x5 EA WAY |

| BODY ARMOUR B2 | |
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| 2X SETS OF CIRCUIT | |
| <u>NON-SUPPORTED COSSACK SQUAT</u> | x3 EA SIDE |
| <u>LONG LEVER DYNAMIC COPENHAGEN</u> | x3 EA SIDE |
| <u>HAMSTRING WALKOUTS</u> | x30-45" |
| <u>'DYNAMIC' INCHWORM</u> | x3 OUT/BACK |