

BODY ARMOUR SERIES C

- 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 C1	
2X SETS OF CIRCUIT	
<u>STATIC SPLIT SQUAT W CALF RAISE (LIFT)</u>	x10 EA SIDE
<u>LONG LEVER STATIC COPENHAGEN</u>	x20-30" 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 C2	
2X SETS OF CIRCUIT	
<u>NON-SUPPORTED COSSACK SQUAT (FULL)</u>	x5 EA SIDE
<u>LONG LEVER DYNAMIC COPENHAGEN</u>	x5 EA SIDE
<u>HAMSTRING WALKOUTS W END 'SWITCHES'</u>	x45" & x4-6
<u>'DYNAMIC' INCHWORM</u>	x5 OUT/BACK