

STRENGTH

- THE FOLLOWING IS THE SHORTEST, SIMPLEST, BEST BANG FOR BUCK STRENGTH PROGRAM FOR FIELD/BOUNDARY UMPIRES
- IT IS DESIGNED TO ENHANCE STRENGTH AND POWER OF KEY MOVEMENTS RELATED TO RUNNING, THROWING & BOUNCING
- GOAL UMPIRES CAN STILL USE; HOWEVER IT IS UNLIKLEY TO LEAD TO GAME DAY IMPROVEMENTS GIVEN TASKS INVOLVED

STRENGTH A				
EXERCISE	WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8
GOBLET SQUAT W HEEL RAISE	2 x 15	3 x 10	3 x 8	3 x 6
SLIDING LEG CURL	2 x 5	3 x 6	3 x 8	3 x 10
WALKING LUNGE	2 x 15+15	3 x 10+10	3 x 8+8	3 x 6+6

STRENGTH B

EXERCISE	WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8
<u>TRAPBAR DEADLIFT</u>	2 x 10	3 x 8	3 x 6	4 x 4
<u>B-STANCE HIP THRUST</u>	2 x 10+10	3 x 10+10	3 x 8+8	3 x 6+6
<u>PATRICK STEPDOWN</u>	2 x 10+10	3 x 10+10	3 x 8+8	3 x 6+6