



Boundary Umpires Gym Equipment

Mobility Before Each Session

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
Prone Ankle Mobilisation	10 or 10 per side	1	0	Perform as a circuit. Work through a full range of motion. Stay relaxed
Groiner w Thoracic Mobilisation				
90/90 Hip Flow (can use hands)				
Supine Scorpions				
Prone Arm Circles				

Day 1

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
Reverse DB Lunge	See loading chart		120s	Perform as stand alone
Flat DB Chest	See loading chart		90s	Alternate between exercises
Chest Supported DB Row				
DB or BB Romanian Deadlift	See loading chart		60	Alternate between exercises
Band Facepull to External Rotation				
Hand Walkouts				

Day 2

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
Goblet Squat	See loading chart		30s	Perform as contrast
Squat Jumps	5	3	90-120s	
Medicine Ball Overhead Throw (4-5 kg)	5	3	90s	Alternate between exercises
Medicine Ball Slam (4-5 kg)	5	3		
90/90 Single Leg Hamstring Bridge	See loading chart		60s	Alternate between exercises
Band Pull Aparts				
Kneeling Band Pallofg Press				

[CLICK HERE FOR LOADING CHART](#)