



## Boundary Umpires No Equipment

### Mobility Before Each Session

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

### Day 1

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
<a href="#">Reverse Lunges (add weight if possible)</a>	See loading chart		120s	Perform as stand alone
<a href="#">Push Ups (weighted if possible)</a>	See loading chart		90s	Alternate between exercises
<a href="#">Towel Iso Row</a>				
<a href="#">90/90 Single Leg Hamstring Bridge</a>	See loading chart		60	Alternate between exercises
<a href="#">Hand Walkouts</a>				

### Day 2

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
<a href="#">Towel Iso Squat</a>	See loading chart		30s	Perform as contrast
<a href="#">Squat Jumps</a>	5	3	90-120s	
<a href="#">Medicine Ball Overhead Throw (4-5 kg)</a>	5	3	90s	Alternate between exercises
<a href="#">Medicine Ball Slam (4-5 kg)</a>	5	3		
<a href="#">Towel Iso RDL</a>	See loading chart		60s	Alternate between exercises
<a href="#">Rotational Side Planks</a>				

[CLICK HERE FOR LOADING CHART](#)