



Boundary Umpires Gym Phase 2

Mobility Before Each Session

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
Adductor Rock Back with Thoracic Rotation	10 or 10 per side, couch stretch, 30s E/S	1	0	Perform as a circuit. Work through a full range of motion. Stay relaxed
Couch Stretch				
90/90 Hip Flow (can place hands on floor)				
Prone Scorpions				
Squat to Stand Mobility				

Day 1

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
BB Back Squat	See loading chart		120s	Perform as stand alone
Close Grip Bench Press	See loading chart		90s	Alternate between exercises
Single Arm DB Row (knee on bench)				
DB or BB B-stance Romanian Deadlift	See loading chart		60s	Perform as circuit. Rest 60s between sets
Band Y-Raise				
V-Ups				

Day 2

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
Walking Lunges	See loading chart		30s	Perform as contrast
Scissor Jumps	5	3	90-120s	
Medicine Ball Push Press Throw(4-5kg)	5	3	90s	Alternate between exercises
Medicine Ball Rotational Slam (4-5kg)	3 per side	3		
Single Leg Hip Thruster	See loading chart		60s	Perform as circuit. Rest 60s between exercises
Band Overhead Pull Apart				
Standing Pallof Press to Overhead Press				

[CLICK HERE FOR LOADING CHART](#)