



Boundary Umpires No Equipment 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
Paused Weighted Squats	See loading chart		120s	Perform as stand alone
Off Set Push Ups	See loading chart		90s	Alternate between exercises
Seated Towel Iso Row				
Single Leg Hip Thruster	See loading chart		60	Alternate between exercises
V-Ups				

Day 2

Exercise (click on exercise for video)	Reps	Sets	Rest	Notes
Towel Iso Split Squat	See loading chart		30s	Perform as contrast
Scissor Jumps	4 per side	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		
Towel Iso Split Stance RDL	See loading chart		60s	Alternate between exercises
Side Plank plus Abduction				

[CLICK HERE](#) FOR LOADING CHART