

## BODY ARMOUR SERIES A

- BODY ARMOUR SERIES IS DESIGNED TO ADDRESS THE MOST COMMON SITES OF UMPIRING INJURY
- PERFORM THESE AFTER YOUR TRACK WORK WITH EACH TO BE DONE IN CIRCUIT STYLE
- WORK DOWN THROUGH EACH EXERCISE AND THEN START AGAIN TO COMPLETE SECOND SET OF EACH

BODY ARMOUR A1	
2X SETS OF CIRCUIT	
<a href="#"><u>SPLIT SQUAT W 2" PAUSE</u></a>	x10 EA SIDE
<a href="#"><u>SHORT LEVER STATIC COPENHAGEN</u></a>	x15-20" EA SIDE
<a href="#"><u>SINGLE LEG 90/90 HIP EXT FROM FLOOR</u></a>	x10 EA SIDE
<a href="#"><u>BEAR CRAWL ROTATIONS</u></a>	x5 EA WAY

BODY ARMOUR A2	
2X SETS OF CIRCUIT	
<a href="#"><u>SUPPORTED COSSACK SQUAT</u></a>	x5 EA SIDE
<a href="#"><u>2- LEG CALF RAISE</u></a>	x12-15
<a href="#"><u>HAMSTRING WALKOUTS</u></a>	x20-30"
<a href="#"><u>'STATIC' INCHWORM</u></a>	x5 OUT/BACK