

## BODY ARMOUR SERIES B

- 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 B1	
2X SETS OF CIRCUIT	
<a href="#"><u>STATIC SPLIT SQUAT W CALF RAISE (FLAT)</u></a>	x10 EA SIDE
<a href="#"><u>LONG LEVER STATIC COPENHAGEN</u></a>	x15-20" EA SIDE
<a href="#"><u>SINGLE LEG 90/90 HIP EXT FROM BENCH</u></a>	x10 EA SIDE
<a href="#"><u>BEAR CRAWL ROTATIONS</u></a>	x5 EA WAY

BODY ARMOUR B2	
2X SETS OF CIRCUIT	
<a href="#"><u>NON-SUPPORTED COSSACK SQUAT</u></a>	x3 EA SIDE
<a href="#"><u>1- LEG CALF RAISE</u></a>	x 12 EA SIDE
<a href="#"><u>HAMSTRING WALKOUTS</u></a>	x30-45"
<a href="#"><u>'DYNAMIC' INCHWORM</u></a>	x3 OUT/BACK