

AFL FIELD UMPIRE BLOCK 1 STRENGTH PROGRAM

DAY 1

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WARMUP CIRCUIT	x2	x2	x2	x2
<u>HAMSTRING WALKOUTS</u>	x30"	x30"	x40"	x40"
STATIC COPENHAGENS	<u>SHORT</u> x 20" E/S	<u>SHORT</u> x 30" E/S	<u>LONG</u> x 20" E/S	<u>LONG</u> x 20" E/S
<u>SIDE PLANK</u>	x20" E/S	x20" E/S	x30" E/S	x30" E/S
STRENGTH				
A1) <u>DB GOBLET SQUAT (HEELS RAISED)</u>	1 x 20	2 x 15	3 x 15	3 x 10-12
A2) <u>PUSHUP (NOT WIDE HANDS)</u>	1 x MAX	2 x MAX	3 x MAX	3 x MAX
B1) <u>DB ROMANIAN DEADLIFT</u>	1 x 20	2 x 15	3 x 15	3 x 10-12
B2) <u>DB ONE ARM ROW</u>	1 x 15 E/S	2 x 15 E/S	3 x 15 E/S	3 x 10-12 E/S
C1) <u>SEATED</u> OR <u>STANDING</u> CALF RAISE*	1 x 15	2 x 15	3 x 15	3 x 10-12
C2) <u>DYNAMIC INCHWORM</u>	1 x 5	2 x 5	3 x 5	3 x 6-8
* PIN OR PLATE LOADED CALF RAISE				

DAY 2

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WARMUP CIRCUIT	x2	x2	x2	x2
<u>1-LEG CALF RAISE</u>	x 10	x 10	x 12-15	x 15
<u>SINGLE LEG 90-90 HIP EXT FROM BENCH</u>	x 10 E/S	x 10 E/S	x 12-15 E/S	x 15 E/S
<u>SUPERMAN HOLDS</u>	x 20"	x 25"	x 30"	x30"
STRENGTH				
A1) <u>DB WALKING LUNGE</u>	1 x 12 E/S	2 x 12 E/S	3 x 12 E/S	3 x 10 E/S
A2) <u>LAT PULLDOWN (MID OVERHAND)</u>	1 x 15	2 x 15	3 x 15	3 x 10-12
B1) <u>SUPPORTED S/L DB RDL</u>	1 x 15 E/S	2 x 15 E/S	3 x 15 E/S	3 x 10-12 E/S
B2) <u>DB INCLINE PRESS</u>	1 x 15	2 x 15	3 x 15	3 x 10-12
C1) <u>DB STEPUP</u>	1 x 10 E/S	2 x 10 E/S	3 x 10 E/S	3 x 8-10 E/S
C2) <u>CABLE</u> OR <u>BAND</u> PALLOF PRESS	1 x 10 E/S	2 x 10 E/S	3 x 10 E/S	3 x 8-10 E/S