

AFL FIELD UMPIRE BLOCK 2 STRENGTH PROGRAM

DAY 1

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WARMUP CIRCUIT	x2	x2	x2	x2
HAMSTRING WALKOUTS W SWITCHES	x40"	x30"	x40"	x40"
STATIC COPENHAGENS	LONG x 20" E/S	LONG x 25" E/S	LONG x 25" E/S	LONG x 25" E/S
SIDE PLANK W HIP ABDUCTION	x20" E/S	x20" E/S	x30" E/S	x30" E/S
STRENGTH				
A1) DB GOBLET SQUAT (HEELS RAISED)	1x 12-15 + 2x 8-10	1x 12-15 + 2x 8-10	1x 12-15 + 2x 8-10	1x 12-15 + 2x 8-10
A2) DB Pushups @ BW	3 x MAX	3 x MAX	3 x MAX	3 x MAX
B1) BB Romanian Deadlift	1x 10-12 + 2x 6-8	1x 10-12 + 2x 6-8	1x 10-12 + 2x 6-8	1x 10-12 + 2x 6-8
B2) DB ONE ARM ROW	3 x 8-10 E/S	3 x 8-10 E/S	3 x 8-10 E/S	3 x 8-10 E/S
C1) SEATED OR STANDING CALF RAISE*	1x 15 + 2x 8-10	1x 15 + 2x 8-10	1x 15 + 2x 8-10	1x 15 + 2x 8-10
C2) DYNAMIC INCHWORM	3 x 6-8	3 x 6-8	3 x 6-8	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
1-LEG CALF RAISE	x 15	x 15	x 15	x 15
SINGLE LEG 90-90 HIP EXT FROM BENCH	x 15 E/s	x 15 E/s	x 15 E/s	x 15 E/s
SUPERMAN HOLDS	x30"	x30"	x 30"	x30"
STRENGTH				
A1) DB WALKING LUNGE	1x 10 E/s + 2x6-8 E/s	1x 10 E/s + 2x 6-8 E/s	1x 10 E/s + 2x 6-8 E/s	1x 10 E/s + 2x 6-8 E/s
A2) LAT PULLDOWN (MID OVERHAND)	2x 12-15 + 1x 8-10	1x 12-15 + 2x 8-10	1x 12-15 + 2x 8-10	1x 12-15 + 2x 8-10
B1) SUPPORTED S/L DB RDL	1x 10 E/s + 2x 6-8 E/s	1x 10 E/s + 2x 6-8 E/s	1x 10 E/s + 2x 6-8 E/s	1x 10 E/s + 2x 6-8 E/s
B2) DB INCLINE PRESS	2x 12-15 + 1x 8-10	1x 12-15 + 2x 8-10	1x 12-15 + 2x 8-10	1x 12-15 + 2x 8-10
C1) DB STEPUP	2x 8-10 E/s + 1x 6E/s	1x 8-10 E/s + 2x 6E/s	1x 8-10 E/s + 2x 6E/s	1x 8-10 E/s + 2x 6E/s
C2) CABLE OR BAND PALLOF PRESS	3 x 6-8 E/s	3 x 6-8 E/s	3 x 6-8 E/s	3 x 6-8 E/s