

## AFL BOUNDARY UMPIRE BLOCK 3 STRENGTH PROGRAM

### DAY 1

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>WARMUP CIRCUIT</b>	x2	x2	x2	x2
<a href="#">HAMSTRING WALKOUTS W SWITCHES</a>	x40"	x30"	x40"	x40"
<a href="#">DYNAMIC COPENHAGENS</a>	x 3 E/S	x 4 E/S	x 5 E/S	x 6 E/S
<a href="#">SIDE PLANK W HIP ABDUCTION</a>	x20" E/S	x20" E/S	x30" E/S	x30" E/S
<b>STRENGTH</b>				
A1) <a href="#">DB GOBLET SQUAT (HEELS RAISED)</a>	1x 12-15 + 2x 8-10	1x 10-12 + 2x 8-10	1x 10-12 + 2x 6-8	1x 10-12 + 2x 6-8
A2) <a href="#">DB Push Press</a>	3 x 8	3 x 6-8	3 x 6	3 x 6
A3) <a href="#">BROAD JUMP TO VERTICAL JUMP</a>	3x 3REPS W 5" B/W	3x 3REPS W 5" B/W	3x 4REPS W 5" B/W	3x 4REPS W 5" B/W
B1) <a href="#">BB Romanian Deadlift</a>	1x 8 + 2x 4-6	1x 8 + 2x 4-6	1x 8 + 2x 4-6	1x 8 + 2x 4-6
B2) <a href="#">DB ONE ARM ROW</a>	3 x 6-8 E/S	3 x 6-8 E/S	3 x 6-8 E/S	3 x 6-8 E/S
B3) LATERAL BOUND	<a href="#">CONTINUOUS</a> 3x 4 E/S	<a href="#">CONTINUOUS</a> 3x 4 E/S	<a href="#">CONTINUOUS</a> 3x 4 E/S	<a href="#">CONTINUOUS</a> 3x 4 E/S
C1) <a href="#">SEATED</a> OR <a href="#">STANDING</a> CALF RAISE*	3 x 15/10/10	3 x 15/10/10	3 x 15/10/10	3 x 15/10/10
C2) <a href="#">DYNAMIC INCHWORM</a>	3 x 6-8	3 x 6-8	3 x 6-8	3 x 6-8
* PIN OR PLATE LOADED CALF RAISE				

NOTE: MUST TAKE MINIMUM 60" REST B/W EACH SERIES EG. A1 – 60" REST – A2 – 60" REST – A3 – 60" REST AND REPEAT

## DAY 2

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>WARMUP CIRCUIT</b>	x2	x2	x2	x2
<a href="#">1-LEG CALF RAISE</a>	x 15	x 15	x 15	x 15
<a href="#">SINGLE LEG 90-90 HIP EXT FROM BENCH</a>	x 15 E/S	x 15 E/S	x 15 E/S	x 15 E/S
<a href="#">SUPERMAN HOLDS</a>	x30"	x30"	x 30"	x30"
<b>STRENGTH</b>				
A1) <a href="#">DB WALKING LUNGE</a>	1X 8 E/S + 2X6 E/S	1X 8 E/S + 2X6 E/S	1X 8 E/S + 2X6 E/S	1X 8 E/S + 2X6 E/S
A3) <a href="#">LAT PULLDOWN (UNDERHAND)</a>	1X 12-15 + 2X 8-10	1X 12-15 + 2X 8-10	1X 12-15 + 2X 8-10	1X 12-15 + 2X 8-10
A3) Split Squat Jump Variety	<a href="#">PLYO</a> 3X 4 E/S	<a href="#">PLYO</a> 3X 4 E/S	<a href="#">PLYO</a> 3X 4 E/S	<a href="#">PLYO</a> 3X 4 E/S
B1) <a href="#">SUPPORTED S/L DB RDL</a>	1X 8 E/S + 2X 6 E/S	1X 8 E/S + 2X 6 E/S	1X 8 E/S + 2X 6 E/S	1X 8 E/S + 2X 6 E/S
B2) <a href="#">DB Floor Press</a>	2X 15 + 1X 8-10	1X 15 + 2X 8-10	1X 15 + 2X 8-10	1X 15 + 2X 8-10
B3) <a href="#">OVERHEAD MEDBALL THROW</a> *	3X 4 W 10" B/W EA	3X 4 W 10" B/W EA	3X 4 W 10" B/W EA	3X 4 W 10" B/W EA
C1) <a href="#">DB STEPUP</a>	1X 8-10 E/S + 2X 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) <a href="#">CABLE</a> OR <a href="#">BAND</a> 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

NOTE: MUST TAKE MINIMUM 60" REST B/W EACH SERIES EG. A1 – 60" REST – A2 – 60" REST – A3 – 60" REST AND REPEAT

\* = UNDERSTAND THE MEDBALL THROWS IN SOME SPACES/GYMS CAN BE TRICKY

- FIND A BETTER GYM/SPACE YOU CAN LAUNCH OR DO THEM SEPARATELY

- PROGRAM IS BASED ON WHAT YOU NEED TO BE ABLE TO DO, NOT ON WHAT IS CONVENIENT OR EASY TO DO