

AFL FIELD UMPIRE BLOCK 3 STRENGTH PROGRAM

DAY 1

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>WARMUP CIRCUIT</i>	x2	x2	x2	x2
<u>HAMSTRING WALKOUTS W SWITCHES</u>	x40"	x30"	x40"	x40"
<u>DYNAMIC COPENHAGENS</u>	x 3 E/S	x 4 E/S	x 5 E/S	x 6 E/S
<u>SIDE PLANK W HIP ABDUCTION</u>	x30" E/S	x30" E/S	x30" E/S	x30" E/S
<i>STRENGTH</i>				
A1) <u>DB GOBLET SQUAT (HEELS RAISED)</u>	1x 8-10+ 2x 6-8	1x 8-10+ 2x 6-8	1x 8-10+ 2x 6-8	1x 8-10+ 2x 6-8
A2) <u>DB Floor Press</u>	2x 15 + 1x 8-10	1x 15 + 2x 8-10	1x 15 + 2x 8-10	1x 15 + 2x 8-10
B1) <u>BB Romanian Deadlift</u>	1x 8+ 2x 4-6	1x 8 + 2x 4-6	1x 8 + 2x 4-6	1x 8 + 2x 4-6
B2) <u>DB ONE ARM ROW</u>	3 x 6-8 E/S	3 x 6-8 E/S	3 x 6-8 E/S	3 x 6-8 E/S
C1) <u>SEATED</u> OR <u>STANDING</u> CALF RAISE*	1x 15 + 2x 8-10	1x 15 + 2x 8-10	1x 15 + 2x 8-10	1x 15 + 2x 8-10
C2) <u>DYNAMIC INCHWORM</u>	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 + 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
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	1X 12-15 + 2X 8-10	1X 12-15 + 2X 8	1X 12-15 + 2X 8	1X 12-15 + 2X 8
C1) DB STEPUP	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) 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