

AFL BOUNDARY UMPIRE BLOCK 4 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 6 E/S	x 6 E/S	x 6 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>	2x 6-8	2x 6-8	2x 6-8	2x 6-8
A2) <u>DB Push Press</u>	2 x 6-8	2 x 6-8	2 x 6-8	2 x 6-8
A3) <u>BROAD JUMP TO VERTICAL JUMP</u>	2X 3REPS W 5" B/W	2X 3REPS W 5" B/W	2X 3REPS W 5" B/W	2X 3REPS W 5" B/W
B1) <u>BB Romanian Deadlift</u>	2x 4-6	2x 4-6	2x 4-6	2x 4-6
B2) <u>DB ONE ARM ROW</u>	2 x 6-8 E/S	2 x 6-8 E/S	2 x 6-8 E/S	2 x 6-8 E/S
B3) LATERAL BOUND	<u>CONTINUOUS</u> 3x 4 E/S	<u>CONTINUOUS</u> 3x 4 E/S	<u>CONTINUOUS</u> 3x 4 E/S	<u>CONTINUOUS</u> 3x 4 E/S
C1) <u>SEATED</u> OR <u>STANDING</u> CALF RAISE*	2 x 10	2 x 10	2 x 10	2 x 10
C2) <u>DYNAMIC INCHWORM</u>	2 x 6-8	2 x 6-8	2 x 6-8	2 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
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	2x6 E/S	2x6 E/S	2x6 E/S	2x6 E/S
A3) LAT PULLDOWN (UNDERHAND)	2x 8-10	2x 8-10	2x 8-10	2x 8-10
A3) Split Squat Jump Variety	PLYO 2x 4 E/S	PLYO 2x 4 E/S	PLYO 2x 4 E/S	PLYO 2x 4 E/S
B1) SUPPORTED S/L DB RDL	2x 4-6 E/S	2x 4-6 E/S	2x 4-6 E/S	2x 4-6 E/S
B2) DB Floor Press	2x 6-8	2x 6-8	2x 6-8	2x 6-8
B3) OVERHEAD MEDBALL THROW*	2x 4 W 10" B/W EA	2x 4 W 10" B/W EA	2x 4 W 10" B/W EA	2x 4 W 10" B/W EA
C1) DB STEPUP	2x 4-6 E/S	2x 4-6 E/S	2x 4-6 E/S	2x 4-6 E/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

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