

AFL FIELD 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 4-6 | 2x 4-6 |
| A2) <u>DB Floor Press</u> | 2x 8-10 | 2x 8-10 | 2x 8-10 | 2x 8-10 |
| | | | | |
| 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> | 2x 6E/S | 2x 6E/S | 2x 6E/S | 2x 6E/S |
| | | | | |
| C1) <u>SEATED</u> OR <u>STANDING</u> CALF RAISE* | 2 x 10 | 2 x 10 | 2 x 10 | 2x 10 |
| C2) <u>DYNAMIC INCHWORM</u> | 2x 6-8 | 2x 6-8 | 2x 6-8 | 2x 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 15 | x 15 | x 15 | x 15 |
| <u>SINGLE LEG 90-90 HIP EXT FROM BENCH</u> | x 15 E/S | x 15 E/S | x 15 E/S | x 15 E/S |
| <u>SUPERMAN HOLDS</u> | x30" | x30" | x 30" | x30" |
| STRENGTH | | | | |
| A1) <u>DB WALKING LUNGE</u> | 2X 4-6 E/S | 2X 4-6 E/S | 2X 4-6 E/S | 2X 4-6 E/S |
| A2) <u>LAT PULLDOWN (MID OVERHAND)</u> | 2X 8-10 | 2X 8-10 | 2X 8-10 | 2X 8-10 |
| | | | | |
| B1) <u>SUPPORTED S/L DB RDL</u> | 2X 4-6 E/S | 2X 4-6 E/S | 2X 4-6 E/S | 2X 4-6 E/S |
| B2) <u>DB INCLINE PRESS</u> | 2X 8-10 | 2X 8 | 2X 8 | 2X 8 |
| | | | | |
| C1) <u>DB STEPUP</u> | 2X 4-6E/S | 2X 4-6E/S | 2X 4-6E/S | 2X 4-6E/S |
| C2) <u>CABLE</u> OR <u>BAND</u> PALLOF PRESS | 2 X 6-8 E/S | 2 X 6-8 E/S | 2 X 6-8 E/S | 2 X 6-8 E/S |
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