

AFL FIELD UMPIRE BLOCK 5 STRENGTH PROGRAM

DAY 1

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

DAY 2

EXERCISE	WEEK 1	WEEK 2
WARMUP CIRCUIT	x2	x2
1-LEG CALF RAISE	x 15	x 15
SINGLE LEG 90-90 HIP EXT FROM BENCH	x 15 E/S	x 15 E/S
SUPERMAN HOLDS	x30"	x30"
STRENGTH		
A1) DB WALKING LUNGE	2X 4-6 E/S	2X 4-6 E/S
A2) LAT PULLDOWN (MID OVERHAND)	2X 8-10	2X 8-10
B1) SUPPORTED S/L DB RDL	2X 4-6 E/S	2X 4-6 E/S
B2) DB INCLINE PRESS	2X 8-10	2X 8
C1) DB STEPUP	2X 4-6E/S	2X 4-6E/S
C2) CABLE OR BAND PALLOF PRESS	2 X 6-8 E/S	2 X 6-8 E/S