

AFL BOUNDARY UMPIRE IN-SEASON TEMPLATE

POST-GAME SESSION (GAME +1/2 DAYS)

HAMSTRING WALKOUTS W SWITCHES	x40"
DYNAMIC COPENHAGENS	x 6 E/S
SIDE PLANK W HIP ABDUCTION	x30" E/S

EXERCISE	RECOVERY STATE / TURNAROUND TIME	
	FRESH/LONG	FLAT/SHORT
PICK ONE FROM A SERIES	x2-3 SETS	x1-2 SETS
A. DB GOBLET SQUAT (HEELS RAISED)	6-8	10
A. SMITH MACHINE SQUAT	6-8	10
A. SQUAT MACHINE	6-8	10
PICK ONE FROM B SERIES		
B BB Romanian Deadlift	4-6	8
B TRAP BAR DEADLIFT	4-6	6
B DB ROMANIAN DEADLIFT	6-8	10
PICK ONE FROM C SERIES		
C DB RFESS	4-6 E/S	8 E/S
C DB WALKING LUNGE	4-6 E/S	8 E/S
PICK ONE FROM D SERIES		
D SEATED CALF RAISE	8-10	10
D STANDING CALF RAISE	8-10	10
OPTIONAL		
CABLE OR BAND PALLOF PRESS	6-8 E/S	6-8 E/S
LAT PULLDOWN (MID OVERHAND)	8-12	10-15
DB FLOOR PRESS	6-8	10
DYNAMIC INCHWORM	4-8	4

AFL BOUNDARY UMPIRE IN-SEASON TEMPLATE

PRE-GAME SESSION (GAME -2/3 DAYS)

1-LEG CALF RAISE	x10-15 E/S
SINGLE LEG 90-90 HIP EXT FROM BENCH	x 10-15 E/S
SUPERMAN HOLDS	x30"

EXERCISE	RECOVERY STATE / TURNAROUND TIME	
	FRESH/LONG	FLAT/SHORT
PICK ONE FROM A SERIES	x2SETS	x1-2SETS
A. Split Squat Jump Plyo	x4 E/S	x4 E/S
A. SEATED LEG EXTENSION MACHINE	10-12	10-12
A. BODY WEIGHT SQUAT	15	10
PICK ONE FROM B SERIES		
B SUPPORTED S/L DB RDL	6+6	6+6
B LEG CURL MACHINE	6-8	10-12
B FITBALL LEG CURL	SINGLE LEG x 6-8E/S	DOUBLE LEG x 10
COMPLETE EACH WITH 30" B/W SETS		
CONTINUOUS LATERAL BOUND	x 4 E/S	x 4 E/S
BROAD JUMP TO VERTICAL JUMP	x3	x3
CABLE OR BAND PALLOF PRESS	6-8 E/S	6-8 E/S
OPTIONAL		
SEATED CABLE ROW	8-12	10
DB Push Press	6-8	6-8