Name Phase 4 Team AIS/AFL Academy Sport AFL Program Type Strength Keyword Session 1

Program Date 16/03/2008

Warm up / Cardio 5 x BODY WEIGHT SQAUTS, 5 x PUSH-UPS, 5 x CRUNCHES, 5 x SQUAT JUMPS @ 70 % (REPEAT ALL BY 3)
SKIPPING 5 x 30 seconds.

** This session is designed as a medium intensity strength session. Complete this session early in the week with lighter loads (80-85 %).
Make sure you discuss with me and your conditioning coach how to best plan your training around your playing schedule.
Complete exercise 3&4 as a superset, 7&8 as a superset - e.g. complete a set of pull-ups and a set of squats ad then rest.

	Day or Date																					
1. Half squat 00120		3x8	3x8	3x8	2x10	3x8	3x8	3x8														
	Results																					
2. Incline chest press 03725		3x8	3x8	3x8	2x10	3x8	3x8	3x8														
	Results																					

Please complete exercise number 4 as a single leg exercise.

3. Reverse grip pull up 01893		3x10	3x10	3x10	2x10	3x10	3x10	3x10														
	Results																					
4. Stability ball half squat 00629		3x8	3x8	3x8	2x10	3x8	3x8	3x8														
	Results																					
5. Shoulder press 01462		3x8	3x8	3x8	2x10	3x8	3x8	3x8														
	Results																					
6. Alternated grip bent over row 04039		3x8	3x8	3x8	2x10	3x8	3x8	3x8														
	Results																					
7. Weighted dips 04376		3x10	3x10	3x10	2x10	3x10	3x10	3x10														
	Results																					
8. Smith rack calf raise 00651		3x10	3x10	3x10	2x10	3x10	3x10	3x10														
	Results																					

Cool Down - General Stretching exercises. Hot / Cold showers where possible: 2min hot / 30sec cold until 4 hot and 3 cold conditions have been completed.

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.