Name Phase 4 Team AIS/AFL Academy Sport AFL Program Type Power Keyword Session 3

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.

Day or Date																						

For exercise number 1 (below) - Using a cable or a piece of rubber tubing or banding, hold one end in your hand and the other attached to a pole at shoulder height; step back until tension is tight and rotate your hands upwards (pulling against the resistance) without moving your elbows from their starting position (only rotating with your arm).

1. Rotator cuff-ER IR 02887

Results																						

For exercise number 2 (below) - simply stand on one leg, eyes closed and balance. Where possible, stand on a piece of foam, a mini trampoline, a wobble board (eyes open), a dura disc - all designed to make the balancing surface unstable. A simple pre-injury training exercise.

2. Single leg squat 02057

Results																						

For the following exercises (3,4,5) please complete in this fashion:
Step 1: Know what your 1 rep max is or roughly is (do this with your conditioning coach at the club or with a qualified person at the gym you are at).
Step 2: Complete the following sets and rep ranges - Set 1 (3 reps) Set 2 (2 reps) Set 3 (1 rep) Set 4 (3 reps) Set 5 (2 reps) Set 6 (1 rep) Set 7 (3 reps) Set 8 (2 reps) Set 9 (1 rep) Set 10 (1 rep)
Complete the above sets and reps with the following weight - Set 1 (65%) Set 2 (70%) Set 3 (75%) Set 4 (75%) Set 5 (80%) Set 6 (85%) Set 7 (85%) Set 8 (90%) Set 9 (95%) Set 10 (95%)
Step 3: Focus on slow and controlled movements down and fast movements up.

3. Bench press 00341

Reps	3	2	1	3	2	1	3	2	1	1												
Load - kg	65%	70%	75%	75%	80%	85%	85%	90%	95%	95%												
Results																						

4. Weighted pull up 04408

Reps	3	2	1	3	2	1	3	2	1	1												
Load - kg	65%	70%	75%	75%	80%	85%	85%	90%	95%	95%												
Results																						

Please complete exercise 5 with dumbbells.

5. Shoulder press 03579

Reps	3	2	1	3	2	1	3	2	1	1												
Load - kg	65%	70%	75%	75%	80%	85%	85%	90%	95%	95%												
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.