Name Phase 4 Team AIS/AFL Academy Sport AFL Keyword Session 2

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 to help maintain your strength and must be completed when you are free from injury and any soreness (or 95% recovered).
Aim for the middle of the week where possible.

For the upcoming weeks, work on a three weeks increase and one week rest block. Make sure you discuss with me and your conditioning coach how to best plan your training around your playing schedule.

Day or Date																						

1. Deep squat 03553

	3x10	3x8	4x6	2x8	3x10	3x8	4x6															
Results																						

2. Bench press 00341

	3x10	3x8	4x6	2x8	3x10	3x8	4x6															
Results																						

3. Deadlift 03565

	3x10	3x8	4x6	2x8	3x10	3x8	4x6															
Results																						

4. Narrow grip lat pulldown 05072

	3x10	3x8	4x6	2x8	3x10	3x8	4x6															
Results																						

5. Overhead step up 04127

	3x8	3x10	3x12	2x10	3x8	3x10	3x12															
Results																						

6. Weighted dips 04376

	3x8	3x10	3x12	2x12	3x8	3x10	3x12															
Results																						

7. Smith rack calf raise 00651

	3x8	3x10	3x12	2x12	3x8	3x10	3x12															
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.