Name | Phase 1
---|---
Team | AIS/AFL Academy
Sport | AFL
Program Type | General Introduction
Keyword | Program 1a

**Program Date:** 10/09/2007  
**New Program Due:** 1/12/2008

**Warm up / Cardio:**
- 5-10min exercise (jog, cycling, row, skip etc) @ 75%
- 10 body weight squats + free arm swings (forwards and backwards)

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**Warm Up super set - 30sec rest between exercises; 1x10 each exercise (use the same d/b weight for each exercise)**

1. **Front raise 04055**
   - Results

2. **Diagonal front raise 03454**
   - Results

3. **Overhead lateral step up 04129**
   - Results

4. **Alternating shoulder press 00482**
   - Results

**Main Session:** Rest for the same amount of time it takes your partner to complete a set, or rest for 90sec between exercises.

5. **Deep squat 03553**
   - Reps: 4x6 4x6 4x6 2x12 4x6 4x6 4x6
   - Load - kg
   - Results

6. **Bench press 00341**
   - Reps: 3x10 3x8 3x6 2x10 3x10 3x8 3x6
   - Load - kg
   - Results

7. **Alternated grip deadlift 01340**
   - Reps: 3x6 3x6 3x8 2x8 3x8 3x10 3x10
   - Load - kg
   - Results

8. **Pull up 04396**
   - Reps: 2xmax 2xmax 2xmax 2xmax 2xmax 2xmax 2xmax
   - Load - kg
   - Results

**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.
Note: exercise 9 - keep your working foot on the step at all times, squatting down and lowering your opposite leg, pausing before it touches the ground before standing back up.

9. Lateral step up shoulder press 05180

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Results

Complete exercises 10 & 11 as a superset - e.g. exercise 9 set 1 followed immediately by exercise 10 set 1 and then rest.

10. Dips 04375

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Results

11. Forward leaning calf raise 03921

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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.