


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

Day or Date	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8										
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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




		10	10	10	10	10	10	10										
Results																		

2. Diagonal front raise 03454




		10	10	10	10	10	10	10										
Results																		

3. Overhead lateral step up 04129



		10	10	10	10	10	10	10										
Results																		


4. Alternating shoulder press 00482



		10	10	10	10	10	10	10										
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




		3x10	3x8	3x6	2x10	3x10	3x8	3x6										
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										
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.

Day or Date

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8												
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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



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



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

11. Forward leaning calf raise 03921



Reps		3x12	3x12	3x15	2x12	3x15	3x15	3x15													
Load - kg																					
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.