Name Phase 2 Team AIS/AFL Academy Sport AFL Program Date 25/09/2007 New Program Due 11/01/2009

Warm up /
Cardio

Team AIS/AFL Academy Sport AFL Program Type General Introduction Keyword Program 2a

Day or Date		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8											
Warm Up circuit - no (minimal) rest b						•			•	•			•				 			
1. Band rotator cuff-ER 00581																				
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	Results																			
2. Band rotator cuff-ER 00586																				
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	Results	-			-													\rightarrow		+
Bent over row triceps extension (]								<u> </u>				l						—
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- B - T - T - M.	Results																			
Main Session: Rest for the same amo	ount of time it takes your pa	rtner to	comp	lete a s	et, or i	est for	90sec	betwe	een exe	ercises	S.									
4. Dumbbell clean hang 00058		10.0	۱	la .	l		1	l	l											
i 🛕 🔐 👺 👗	<u> </u>	3x8	3x8	3x6	3x6	2x8	4x8	4x6	4x6									\longrightarrow		+-
	Results	1																-		+
For Exercise 5: Have the bench on a		ottom	Ensure	some	one is	spottin	na if vo	IIIISE 2	free w	veiaht.	hench	Suner	set wi	th exer	rise 6		l	 		
Tot Exercise C. Flave the Beneficinal	To dogree drigie ir om tre b	ottom.	LIISUIC	301110	011015	opottii.	ig ii jo	u uso c	11100 1	roigini	DOTTOTT.	oupoi	301 111	ti i oxoi	0130 0.					
5. Incline bench press 00724		,																		
J J	8	3x10	3x8	3x8	3x6	2x8	4x8	4x6	4x6											\perp
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	Results]					l			<u> </u>										
6. Push up 04773		10	10	10	10	10	10	10	10	I	ı			I			l	$\overline{}$		
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For Exercise 7: One set = lunge walking forwards and backwards - hold weight plates by your side using a pinch grip.																				
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7. Lunge walk 01277		2x10	2v10	2x10	2x10	2v10	2x10	2v10	2x10											$\overline{}$
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3x10 3x8 3x8 3x6 2x8 3x6 3x6 3x6 For Exercise 9: Stand side on to the wall with the squal leg closest to the wall. Place the swissball on your hip. 9. Stability ball single leg squat 00627 2x10 2x12 2x14 2x14 2x16 1x16 2x6 2x8 Results 10. Bench row 00530 3x10 3x10 3x8 3x8 2x8 3x6 3x6 3x6 For Exercise 11&12: Superset the next two exercises, using a weight plate also for the bent over row. 11. Front raise 00587 3x10 3x10 3x12 3x12 3x14 3x14 3x8 3x8 12. Forward leaning calf raise 03921 Reps 3x12 3x12 3x15 3x15 3x12 3x20 3x20 3x20 Load - kg

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

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

8. Alternating shoulder press 00482