Name Phase 2 | Team AIS/AFL Academy | Sport AFL | Program Type General Introduction | Keyword Program 2b

Program Date 10/09/2007 | New Program Due 11/01/2009

Warm up / Cardio

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 between exercises. 1 set for exercise 1 = out and back. Complete the bicep curls standing on one leg. Complete 2 entire circuits.

1. Band lateral lunge walk 01523

	10	10	10	10	10	10	10	10														
Results																						

2. Lateral raise rotator cuff-ER press 00479

	10	10	10	10	10	10	10	10														
Results																						

3. Alternating rotator cuff-ER 05139

	10	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.

4. Deep squat 03553

Reps	4x6	4x6	4x6	4x6	2x6	4x6	4x6	4x6														
Load - kg																						
Results																						

5. Bench press 00341

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

6. Straight leg deadlift 03564

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

7. Narrow grip lat pulldown 05072

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

Note: exercise 8 - keep your working foot on the step at all times, squating down and lowering your opposite leg, pausing before it touches the ground before standing back up.

8. Step up 05988

	3x8	3x10	3x12	3x14	3x16	3x16	3x18	3x18														
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														

9. Smith rack pull up horizontal 00303

	3x8	3x8	3x10	3x10	3x12	3x12	3x14	3x14														
Results																						

10. Single leg bridging leg curl 04181

	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10														
Results																						

11. Smith rack single leg calf raise 00654

	2x8	2x10	2x12	2x14	2x16	2x18	2x20															
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.