Name Phase 1 | Team AIS/AFL Academy | Sport AFL | Program Type General Introduction | Keyword Program 2a

Program Date 25/09/2007 | New Program Due 11/01/2009

Warm up / Cardio

Day or Date	camp																					

Warm Up circuit - no (minimal) rest between exercises. Complete 2 entire circuits.

1. Box jumps 03122

		10	10	10	10	10	10	10	10	10	10	10	10									
Results																						

2. Push up claps 05278

		10	10	10	10	10	10	10	10	10	10	10	10									
Results																						

3. Single leg depth jumps stabilization 01371

		5	5	5	5	5	5	5	5	5	5	5	5									
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. Bench press 00341

Reps		4x8	4x8	4x8	4x6	4x6	4x6	4x6	4x8	3x6	3x6	3x6	3x6									
Load - kg																						
Results																						

5. Wide grip lat pulldown 05049

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

6. Dumbbell split clean hang push press 03503

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

7. Stability ball chest fly 04112

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

8. Bent over row 03592

		3x10	3x10	3x10	3x10	3x8	3x8	3x8	3x8	3x6	3x6	3x6	3x6									
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	camp																				
9. Split squat arm swings 01276			2x6	2x6	3x6	3x6	3x6	3x8	3x8	3x10	3x10	3x6	3x6	3x6								
	Results																					
10. Diagonal front raise 03454			3x8	3x8	3x8	3x8	3x10	3x10	3x10	3x10	3x12	3x12	3x12	3x12								
	Results																					
11. Single leg leg press 00925			3x10	3x10	3x10	3x10	3x8	3x8	3x8	3x8	3x6	3x6	3x6	3x6								
	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.