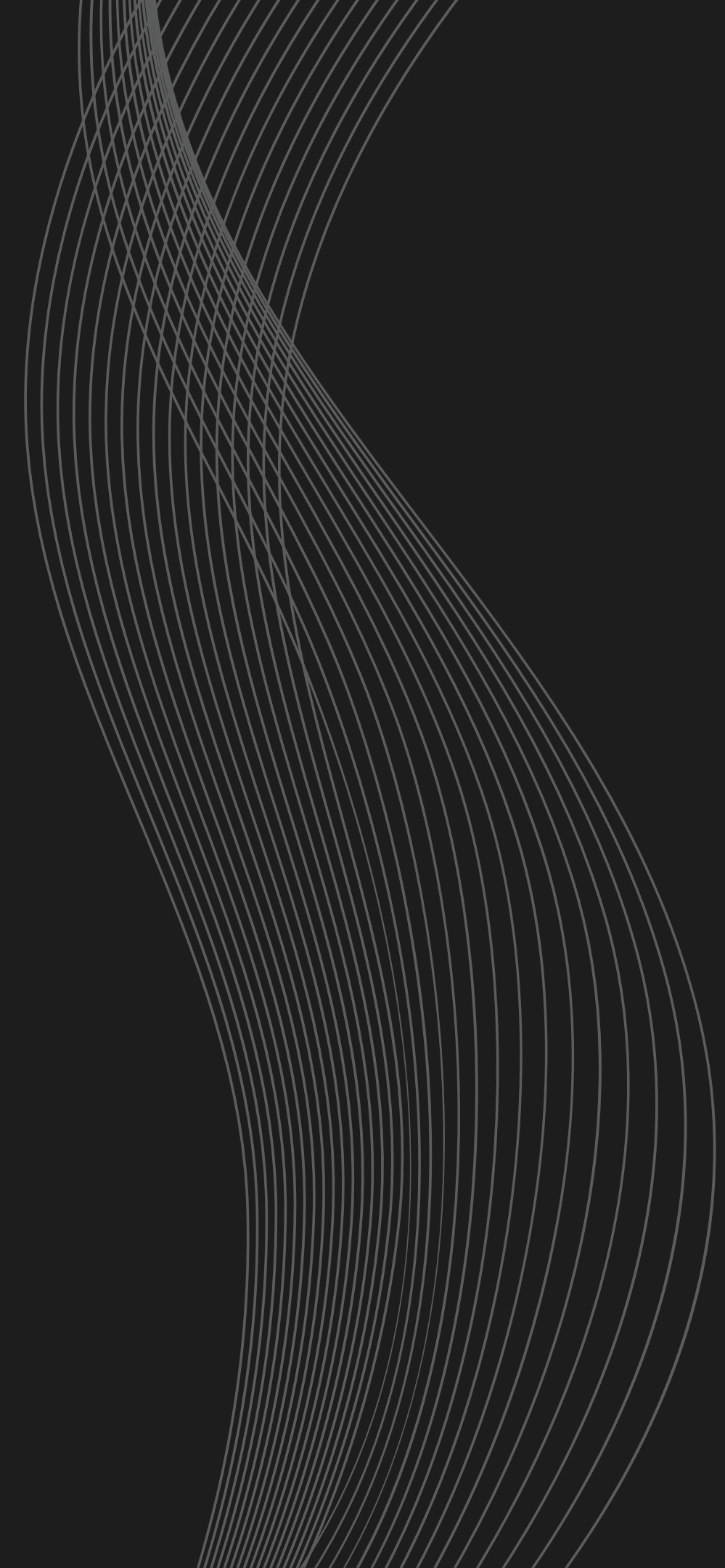




INJURY PREVENTION AND STRENGTH TRAINING RESOURCES

ROB JACKSON'S BODY ARMOUR SERIES



BODY ARMOUR SERIES A

- BODY ARMOUR SERIES IS DESIGNED TO ADDRESS THE MOST COMMON SITES OF UMPIRING INJURY
- PERFORM THESE AFTER YOUR TRACK WORK WITH EACH TO BE DONE IN CIRCUIT STYLE
- WORK DOWN THROUGH EACH EXERCISE AND THEN START AGAIN TO COMPLETE SECOND SET OF EACH

BODY ARMOUR A1 2x sets of circuit	
<u>Split Squat w 2" Pause</u>	x10 each side
<u>Short Lever Static Copenhagen</u>	x15-20" each side
<u>Single Leg 90/90 Hip Extensions from floor</u>	x10 each side
<u>Bear Crawl Rotations</u>	x5 each way

BODY ARMOUR A2 2x sets of circuit	
<u>Supported Crossack Squat</u>	x5 each side
<u>2-Leg Calf Raise</u>	x12-15
<u>Hamstring Walkouts</u>	x10 each side
<u>Static Inchworm</u>	x5 out/back

BODY ARMOUR SERIES B

- BODY ARMOUR SERIES IS DESIGNED TO ADDRESS THE MOST COMMON SITES OF UMPIRING INJURY
- PERFORM THESE AFTER YOUR TRACK WORK WITH EACH TO BE DONE IN CIRCUIT STYLE - WORK DOW
- THROUOUGH EACH EXERCISE AND THEN START AGAIN TO COMPLETE THE SECOND SET OF EACH

BODY ARMOUR B1 2x sets of circuit	
<u>Static Split Squat w/ calf raise</u>	x10 each side
<u>Long lever static copenhagen</u>	x15-20" each side
<u>Single Leg 90/90 Hip Extensions from bench</u>	x10 each side
<u>Bear Crawl Rotations</u>	x5 each way

BODY ARMOUR B2 2x sets of circuit	
<u>Non- Supported Crossack Squat</u>	x5 each side
<u>1-Leg Calf Raise</u>	x12-15
<u>Hamstring Walkouts</u>	x10 each side
<u>Dynaminc Inchworm</u>	x5 out/back

BODY ARMOUR SERIES C

- BODY ARMOUR SERIES IS DESIGNED TO ADDRESS THE MOST COMMON SITES OF UMPIRING INJURY
- PERFORM THESE AFTER YOUR TRACK WORK WITH EACH TO BE DONE IN CIRCUIT STYLE - WORK DOWN THROUGH EACH EXERCISE AND THEN START AGAIN TO COMPLETE SECOND SET OF EACH

BODY ARMOUR C1 2x sets of circuit	
<u>Static Split Squat w/ calf raise</u>	x10 each side
<u>Long lever static copenhagen</u>	x15-20" each side
<u>Single Leg 90/90 Hip Extensions from bench</u>	x10 each side
<u>Bear Crawl Rotations</u>	x5 each way

BODY ARMOUR C2 2x sets of circuit	
<u>Non-Supported Crossack Squat</u>	x5 each side
<u>Sprinter Calf Raise</u>	x12-15
<u>Hamstring Walkouts w/ end switches</u>	x10 each side
<u>Dynaminc Inchworm</u>	x5 out/back