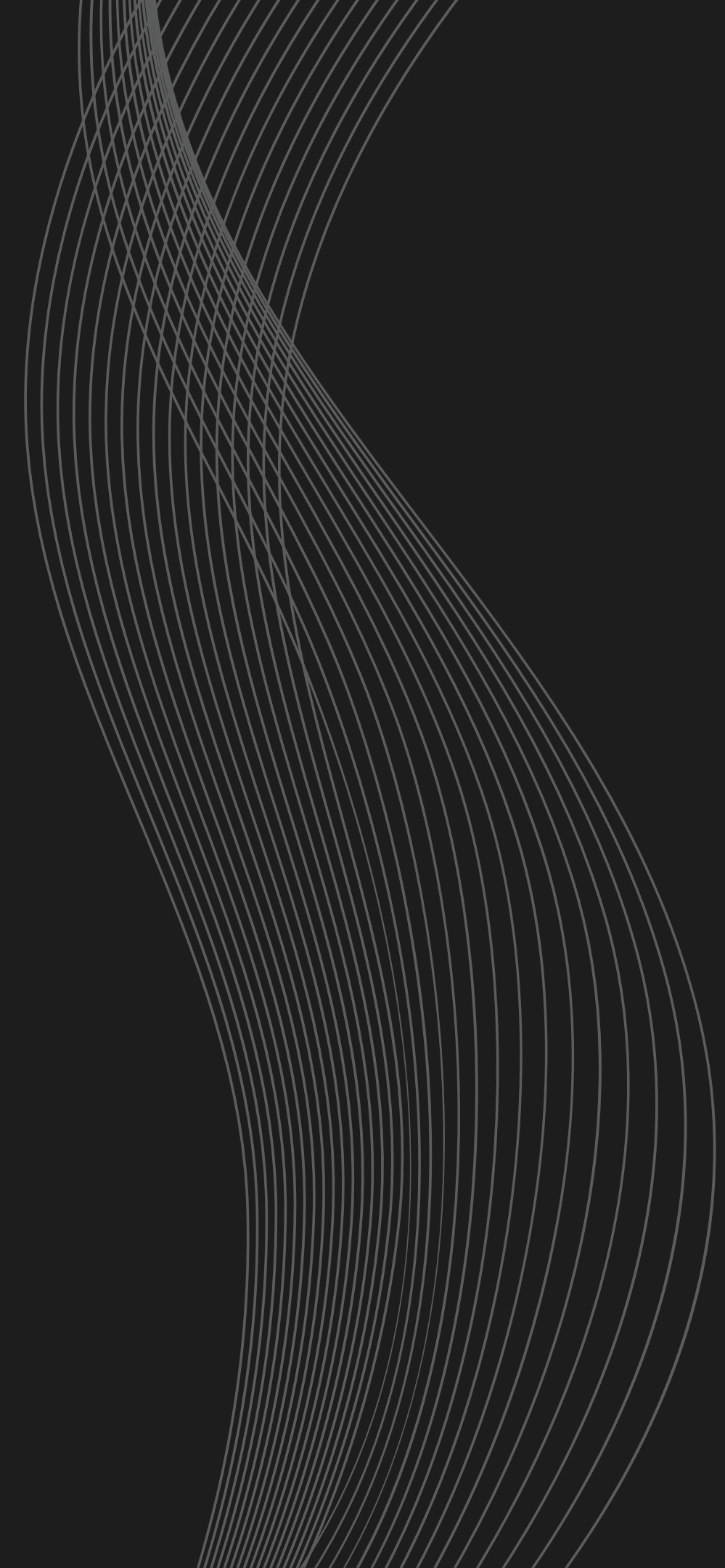




INJURY PREVENTION AND STRENGTH TRAINING RESOURCES

ROB JACKSON'S STRENGTH SERIES A/B



STRENGTH SERIES

- THE FOLLOWING IS THE SHORTEST, SIMPLEST, BEST BANG FOR BUCK STRENGTH PROGRAM FOR FIELD/BOUNDARY UMPIRES
- IT IS DESIGNED TO ENHANCE STRENGTH AND POWER OF KEY MOVEMENTS RELATED TO RUNNING, THROWING & BOUNCING
- GOAL UMPIRES CAN STILL USE; HOWEVER, IT IS UNLIKELY TO LEAD TO GAME-DAY IMPROVEMENTS GIVEN THE TASKS INVOLVED

STRENGTH A

Exercise	Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7- 8
<u>Goblet Squat w/ heel raise</u>	2x15	3x10	3x8	3x6
<u>Sliding Leg Curl</u>	2x5	3x6	3x8	3x10
<u>Walking Lunge</u>	2x 15+15	3x 10+10	3x 8+8	3x 6+6

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STRENGTH B

Exercise	Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7- 8
Trap Bar Deadlift	2x10	3x8	3x6	4x4
B-Stance Hip Thrust	2x 10+10	3x 10+10	3x 8+8	3x 6+6
Patrick Stepdowns	2x 10+10	3x 10+10	3x 8+8	3x 6+6