Team St Monica's College

Sport AFL

Program Type Core Workout

St Monica's AFL Summer Training

Program Date 2013

Warm up / 5 - 10 minute jog or 5 - 10 minute ride **Cardio** Light stretch

Players should complete all exercises 3 times in a session. Players should complete 4 sessions and then look to increase loads

NOTE Unit B = # of repitions ie. 10 seconds repeat 5 times in each set.



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1. Prone stabilization 02071						1	1	,		1										
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	Results																			
2. Prone arm-leg raise 04798	-	1	1	1	1	1	1	1	1	ı	1		-			1	-			
	Sec	10	10	10	10	15	15	15	15											
	Results	5	5	5	5	5	5	5	5											
Activity 3,4 & 5 - Repeat for each side																				
3. Side lying stabilization 04422		Ico	160	160	60	00	Ioo	Too	loo	1	1					1				
		60	60	60	60	80	80	80	80									\rightarrow	\longrightarrow	
	Results																	\rightarrow	\rightarrow	
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4. Prone arm-leg raise 04799																				
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5. Side lying stabilization hip abduction	n 0 <u>4423</u>																			
	Sec	30	30	30	30	45	45	45	45											
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	Results																			
6. Bridging 00370																				
me and and African	Sec	10	10	10	10	15	15	15	15											
	Å	5	5	5	5	5	5	5	5											
	Results																	$oldsymbol{ol}}}}}}}}}}}}}}}}}}$		
7. Sit up 04857																				
. T . T . T A	Reps	20	20	20	20	25	25	25	25											
	Ñ																			
	Results																			
8. Sit up rotation 04852																				
A.		20	20	20	20	25	25	25	25											
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70 M	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.