

<b>Client Name: Football Official</b>	<b>Date: Off/In Season</b>
<b>Session Type: Field Activities</b>	<b>Session: Field Cardio2; 3-4x per week</b>

<b>Warm-Up Exercise:</b>				
<b>Type:</b> Walk, bike, etc		<b>Time:</b> 5 to 10 minutes		
<b>Intensity:</b> Low to moderate		<b>Notes:</b> Purpose is to warm up the body		
<b>Dynamic Stretch/Prep:</b>				
<b>Type:</b> Lunge, Knee to chest		<b>Type:</b> Kickstand Ham/Heel to rear		
<b>Reps:</b> 5 to 10		<b>Sets:</b> 2 to 3		
<b>Workout Program ( 5 to 10 sets of each)</b> <i>Field Cardio2 can replace or supplement Cardio 1</i>				
<b>Exercise</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	
<b>(1) Forward Form Walk to jog</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 10 yards</b>	<b>reps: 10 yards</b>	<b>reps: 10 yards</b>	
<b>Notes:</b> Standing tall; emphasize posture, stride length and using feet and hips. Hi knee form walk to jog.				
<b>(2) Backward Walk to jog</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 10 yards</b>	<b>reps: 10 yards</b>	<b>reps: 10 yards</b>	
<b>Notes:</b> Same as forward form walk; posture, stride length, feet and hips. Form walk backwards to jog.				
<b>(3) Lateral Side Step to shuffle</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 10 yards</b>	<b>reps: 10 yards</b>	<b>reps: 10 yards</b>	
<b>Notes:</b> From standing athletic position. Take lateral side steps while always maintaining stability. Feet parallel.				
<b>(4) Forward to backward walk/jog</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	
<b>Notes:</b> Forward run/jog, rotate 180 to backwards. Keep head level. 10 to 20 yds Maintain straightline.				
<b>(5) Backward Walk to Forward</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	
<b>Notes:</b> Backward run/jog, rotate 180 to forward. Keep head level. 10 to 20 yds Maintain straightline.				
<b>(6) Lateral side shuffle to backward jog</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	
<b>Notes:</b> From athletic position, lateral side shuffle, rotate to backward jog. Keep head level to straightline.				
<b>(7) Lateral side shuffle to forward jog</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	<b>reps: 20 yards</b>	
<b>Notes:</b> From athletic position, lateral side shuffle, rotate to forward jog. Keep head level to straightline.				
<b>(8) Back, Side, Forward</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	<b>lbs: BW</b>	
	<b>reps: 30 yards</b>	<b>reps: 30 yards</b>	<b>reps: 30 yards</b>	
<b>Notes:</b> Backward walk to side shuffle to forward run. Forward walk to side shuffle to pack pedal.				

<b>Core Exercises: 3-4 x week</b>		
<b>Type:</b> Modified/Elbow Plank	<b>Rep/Set:</b> 30-60- seconds - 2-3 sets per	<b>KEY:</b>
<b>Intensity:</b> Moderate	<b>Notes:</b> Elbow or modified.	Rep: Single movement.
		Set: Series (rounds) of total movement
<b>Type:</b> BiLat Bridge (Static)	<b>Rep/Set:</b> 30-60- seconds - 2-3 sets per	BW = Bodyweight; DB=Dumbell
<b>Intensity:</b> Moderate	<b>Notes:</b> Legs bent; feet remain flat to floor.	BD = Band

Questions/Clarification - CONTACT: [info@primeufitness.com](mailto:info@primeufitness.com)