

<b>Client Name: Football Official</b>	<b>Date: Off/In Season</b>
<b>Session Type: Strength &amp; Cardio</b>	<b>Strength 2x, Cardio 1; 3-4x per week</b>

<b>Warm-Up Exercise:</b>				
Type: Walk, bike, etc	Time: 5 to 10 minutes			
Intensity: Low to moderate	Notes: Purpose is to warm up the body			
<b>Dynamic Stretch/Prep:</b>				
Type: Lunge, Knee to chest	Time: 1 to 3 sec			
Reps: 5 to 10	Type: Kickstand Ham/Heel to rear			
Sets: 2 to 3				
<b>Strength Program ( 1 to 3 sets of each)</b> <i>Cardio1 can be done after strength or as its own workout</i>				
<b>Exercise</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	
<b>(1) DBSquat 101</b>	lbs: BW	lbs:	lbs:	
	reps: 15	reps: 15	reps: 15	
Notes: Reach arms towards the ground, lower rear to low point and pause, get chest upright and stand up.				
<b>(2) Half Bend/Walk Out/RDL</b>	lbs: BW	lbs:	lbs:	
	reps: 15	reps: 15	reps: 15	
Notes: Stand tall. Release hips & slow half bend to the point the hamstrings stretch. Pause then stand.				
<b>(3) Split Squat (lunge) or Hi knee</b>	lbs: BW	lbs:	lbs:	
	reps: 15	reps: 15	reps: 15	
Notes: Stand in a single leg straddle; Keep torso upright. Weight on lead heel. Use hips to lower body.				
<b>(4) Plank or Push Up</b>	lbs: BW	lbs:	lbs:	
	reps: 30 to 60 sec	reps: 30 to 60 sec	reps: 30 to 60 sec	
Notes: Assume the top of of push up. Engage all weight bearing joints and muscles. Hold the position.				
<b>(5)Static Bridge</b>	lbs: BW	lbs:	lbs:	
	reps: 30 to 60 sec	reps: 30 to 60 sec	reps: 30 to 60 sec	
Notes: Lying on floor, legs bent. Brace and lift rear off floor. SMALL WAIST! Connect your dots.				
<b>(6) Overhead Press</b>	lbs: BW	lbs:	lbs:	
	reps: 15	reps: 15	reps: 15	
Notes: Keep arms close to the frame of the body. Lift arms (weight) overhead, pause and lower.				
<b>(1) Walk/Jog</b>	3-4 x week	lbs: 3-4 x week	lbs: 3-4 x week	
	30 to 60 mins	30 to 60 mins	30 to 60 mins	
Notes: Maintain great posture, focus on stride length and your mechanics from the bottom up. Work up to jog.				
<b>(2) Bike/Elliptical</b>	lbs: 3-4 x week	lbs: 3-4 x week	lbs: 3-4 x week	
	30 to 60 mins	30 to 60 mins	30 to 60 mins	
Notes: Tall and engaged posture. Keep core engaged and use hips to balance and drive. BREATH!				

<b>Core Exercises: 3-4 x week</b>		
Type: Modified/Elbow Plank	Rep/Set: 30-60- seconds - 1-3 sets per	<b>KEY:</b>
Intensity: Moderate	Notes: Elbow or modified.	Rep: Single movement.
		Set: Series (rounds) of total movement
Type: BiLat Bridge (Static)	Rep/Set: 30-60- seconds - 1-3 sets per	BW = Bodyweight; DB=Dumbell
Intensity: Moderate	Notes: Legs bent; feet remain flat to floor.	BD = Band