



HIGH
PERFORMANCE

STRENGTH WARM UP



Superset #1

Thoracic Rotations x 6 reps e.s

Single leg glute bridge x 8 reps e.s

Arabesque x 6 reps e.s

Superset #2

Banded clams x 10 reps e.s

Band pull apart x 12 reps



H I G H
PERFORMANCE

STRENGTH SESSION

1A. Barbell box squat x 8,6,4,4 reps

1B. DB vertical leap x 4 reps (POWER!)

2A. DB single arm chest press x 8,6,6 reps e.s

2B. Single arm med ball throw x 4 reps e.s (POWER!)

3. Barbell Romanian Deadlift x 8,6,6 reps

4. Pull ups 3 x Max reps

5. DB strict step up 8,6,6 reps e.s

6. Torsonator rotations x 8,8,6 reps e.s

7A. DB standing bicep curl x 12,12,10 reps

7B. Cable rope tricep extension x 12,12,10 reps

7C. Pallof press x 10,8,8 reps e.s

**e.s = each side*



H I G H
PERFORMANCE

RUNNING **WARM UP**



- 1. Jog x 2 mins**
- 2. Lunge & stretch x 6 e.s**
- 3. Leg swing to arabesque x 6 e.s**
- 4. Open & close the gate x 6 each direction**
- 5. Inchworms x 5**
- 6. A-Skip 2 x 20m**
- 7. 40m run throughs building to 90% x 4**
- 8. 3-point start x 3**



HIGH
PERFORMANCE

RUNNING CONDITIONING

- 1.** 50m **SPRINT** on 50 secs x 5
- 2.** 400m **RUN** @ 70%
- 3.** 90 sec **REST**
- 4.** 40m **SPRINT** on 40 secs x 5
- 5.** 400m **RUN** @ 70%
- 6.** 90 sec **REST**
- 7.** 30m **SPRINT** on 30 secs x 5
- 8.** 400m **RUN** @ 70%
- 9.** 90 sec **REST**
- 10.** 20m **SPRINT** on 20 secs x 5
- 11.** 400m **RUN** @70%



HIGH
PERFORMANCE

SKILLS CONDITIONING



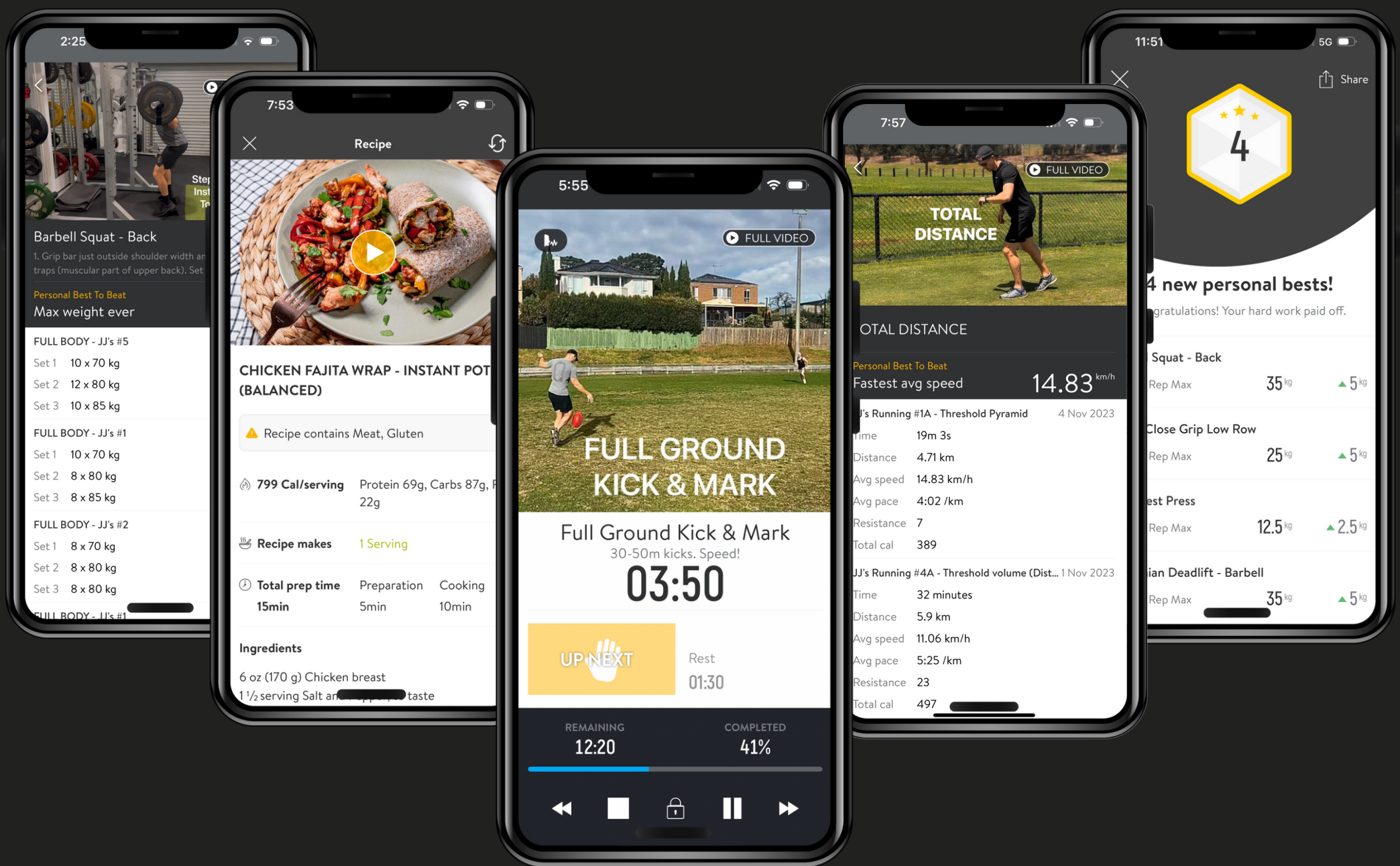
1. 20m stationary kicks x 20
2. 30m pull back & kick x 20
3. 40m short lead & mark x 15
4. Rest 60 secs
5. 30-50m full ground kick (random) x 10 kicks
6. Rest 60 secs
7. 30-50m full ground kick (random) x 10 kicks
8. Rest 60 secs
9. Repeat ground balls x 10



LIKE THESE SESSIONS?

SIGN UP TODAY and get a tailored strength, running & skills program, plus a personalised flexible meal plan!

RIGHT HERE ON THE JJ's APP!



- AFL **specific** strength, running & skills programs
- Flexible meal plan
- Recovery & off-legs sessions
- Full exercise demo's and step-by-step instructions **from Jack Grimes**
- Track every set, rep, weights, distance, body composition and nutrition.
- Integrate your smart watch and other devices.

HEAD TO OUR WEBSITE TO GET STARTED!

jjshighperformance.com.au



EXERCISE GLOSSARY



**Thoracic
Rotations**



Arabesque



**Banded
Clams**



**Torsonator
Rotations**



**Lunge &
Stretch**



**Open &
Close the Gate**



Inchworms