

## **GENERAL STRENGTH PROGRAMME**

### **For Referees and Assistant Referees**

#### **INTRODUCTION**

Physical conditioning includes several qualities and capacities. Strength is an important ability –and often neglected- that has numerous beneficial effects on refereeing training. Some of them being improved speed, decreased muscular tension to produce force, improved posture and injury prevention, to name a few. This document presents a series of practical, general strength exercises that here have been selected and organised based on the following principles:

- **Simplicity:** Simple to do with basic equipment and minimal or no supervision
- **Time efficient:** Short session to allow maximum benefit with minimum time invested
- **Specific:** To the needs and possibilities of general strength of the referees (and not movement specific in this case)
- **Two-day routine:** The programme includes a two day split training routine, which takes about 40 minutes to complete in total

#### **FEATURES OF THE STRENGTH PROGRAMME FOR REFEREES**

All exercises are illustrated with pictures that show the movements. In addition, there are descriptions of the techniques needed. The exercises hereby are complimentary to the injury prevention programme; they both include strengthening exercises. They can be done without risks of overlapping or interfering with each other.

#### **RECOMMENDATIONS**

Please, fully read your weight training programme before starting. If you have any question, do not hesitate to contact your RAP physical instructors to clarify any question.

- ✓ *Make sure you don't train under any kind of illness ☺*
- ✓ *After meals, wait at least two hours to train until digestion is completed*
- ✓ *Keep yourself warm –ALWAYS- when exercising at the gym*
- ✓ *Always breath out on the effort. Do NOT hold the breathing*
- ✓ *If possible, complete your weight training programme in the morning ☀*

## ORDER OF EXERCISES

1. Warm up for 10 minutes at easy pace
2. Stretches for 5-10 minutes
3. Weight exercises
4. Stretches

## STRENGTH EXERCISES

### DAY 1: LOWER BODY

- 1- Leg extension
- 2- Leg curl
- 3- Leg press (lying)
- 4- Adductors

### DAY 2: UPPER BODY

1. Bench press
2. Shoulder press
3. Fly raises
4. Seated row
5. Lateral pull down

### TWO DAY SPLIT ROUTINE

Exercises	Sets	Repetitions					
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Lower body	3	10	10	12	8	6	6
Upper body	3	10	10	10	10	10	10

- Load: How much weight?

We suggest you start using as much as you can lift 1.5 more repetitions than prescribed, and always applying good execution and breathing techniques, without muscular failure or 'shaking'. For example, if you have to complete 10 repetitions, lift the maximum weight you can 11.5 times with difficulty but technically wise.

**STRENGTH EXERCISES:**

**LOWER BODY**

**Exercise: Leg extension**

**Key points**

**Initial position:** Sitting on quadriceps machine with the back straight  
**Movement:** Extend legs to near full extension  
**Feet:** Toes up  
**Tempo 2-3:** Faster when extending legs, slower when returning  
**Note:** Controlled movement  
**Safe Range of Motion:** Extend legs half the way from 90° to 40° of flexion. See **FAQ**

Start



End



**Exercise: Leg curl**

**Key points**

**Initial position:** Lying down on stomach  
**Movement:** Flex legs  
**Grip:** Hold handlebars for firm, stable position  
**Tempo 2-3:** Faster when flexing legs and slower when returning  
**Note:** Controlled movement, no 'kicking'  
**Safe Range of Motion:** Avoid full extension  
 See **FAQ**

Start



End



**Exercise: Leg press (lying)**

**Key points**

**Initial position:** Sitting with the back straight  
**Movement:** Push platform with both feet  
**Grip:** Hold handlebars for firm, stable position  
**Tempo 2-3:** Faster when pushing, slower when Returning  
**Note:** Feet shoulders apart  
**Note 2:** Push the platform with forefoot  
**Safe Range of Motion (see FAQ)**  
 Pushing: avoid to go into full extension  
 Flexion: stay within 60°-70° of flexion (avoid 90°)

Start



End



**Key points**

**Initial position:** Sitting with the back straight

**Movement:** 'Open' legs against the pad

**Grip:** Hold handlebars for firm, stable position

**Tempo 2-3:** Faster when pushing, slower when Returning

**Safe Range of Motion:** Avoid going to the limit of motion while "opening". See **FAQ**

**Exercise: Adductors**

Start



End



**STRENGTH EXERCISES:**

**UPPER BODY**

**Exercise: Bench press (inclined)**

Start

End



**Key points**  
**Initial position:** Back flat on the bench.  
**Movement:** Extend arms to nearly full extension  
**Grip:** Slightly wider than shoulders apart  
**Tempo 1-3:** Faster when going up, slower when coming down  
**Note:** Controlled movement  
**Safe Range of Motion:** Slow down only until elbows reach shoulder level. See **FAQ**

**Exercise: Shoulder press**

Start

End



**Key points**  
**Initial position:** Sitting with back straight  
**Movement:** Push bar upwards and return behind the head  
**Grip:** A little more than shoulders apart  
**Tempo 1-3:** Faster when going up, slower when coming down  
**Safe Range of Motion:** Slow down only until elbows reach shoulder level. See **FAQ**

**Exercise: Flies (deltoids)**

Start

End



**Key points**  
**Initial position:** Standing, back straight  
**Movement:** Raise dumbbells shoulder height and lift them with elbows slightly bent  
**Tempo 2-2:** Controlled movement, not too fast, not too slow  
**Note:** Feet shoulders apart. Don't lock knees  
**Safe Range of Motion:** Keep shoulders 'down' when lifting. See **FAQ**

**Key points**

**Initial position:** Seating with the back straight

**Movement:** Pull bar towards chest

**Grip:** Use handlebars or straight bar

**Tempo 1-3:** Faster when pulling towards chest, slower when coming down

**Note:** Relax your muscles around your neck

**Safe Range of Motion:** Pull bars only until elbows reach shoulder level. Keep shoulders stable. See **FAQ**

**Exercise: Seated row**

Start



End



**Key points**

**Initial position:** Sitting with back straight

**Movement:** Pull bar down to shoulder level

Return the bar in controlled movement

**Tempo 2-2:** Controlled movement

**Note:** Relax your muscles around your neck

**Safe Range of Motion:** Pull bars only until elbows reach shoulder level. Keep shoulders stable. See **FAQ**

**Exercise: Lateral pull down**

Start



End

