



NORFOLK COUNTY FA
REFEREES DEPARTMENT

NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

CORE & STRENGTH TRAINING

FOR REFEREES

REFEREE

#NorfolkFootball
FOR ALL

RESPECT

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NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

CORE & STRENGTH



CORE STRENGTH

1. **Press up position hold**
45 Second hold



2. **Toe touches**
10 reps



3. **Mountain climbers**
30 seconds



4. **Side plank twists**
6 reps on each side



Complete all 4 exercise going from 1 through to 4 with 30 seconds rest in between each.
Once you've done all 4, rest for 1 minute.
Repeat this 3 times.

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CORE STRENGTH

1. Plank
45 Second hold



2. Sit ups
20 reps



3. Side plank
15 second hold on each side



4. Crunches
10 reps



Complete all 4 exercise going from 1 through to 4 with 30 seconds rest in between each.
Once you've done all 4, rest for 1 minute.
Repeat this 3 times.

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LOWER BODY STRENGTH

1. Squats

10 reps
30 second rest
Repeat 3 times



2. Lunges

10 reps each leg
30 second rest
Repeat 3 times



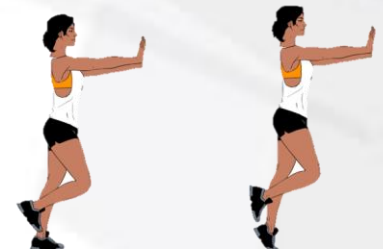
3. Glute Bridge

12 reps
30 second rest
Repeat 3 times



4. Single leg calf raises

8 reps on each leg
30 second rest
Repeat 3 times



Targeting: Quadriceps, Hamstrings, Glutes

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UPPER BODY STRENGTH

- 1. Press Ups**
10-20 Reps
30 Second Rest
Repeat 3 Times



- 2. Plank to Press up**
10 Reps
30 Second Rest
Repeat 3 times



- 3. Tricep dips**
12 reps
30 second rest
Repeat 3 times



- 4. Shoulder taps**
10-20 reps
30 second rest
Repeat 3 times



Targeting: Chest, Upper Back, Triceps, Biceps

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