



WORKOUT

OF THE DAY

Force Focus – Joshua Tanner

Equipment:

Dumbbell or Kettle-bell (or similar load – e.g. sandbag, loaded back-pack), comfortable clothes, mat, water, & music (optional of course).

Description:

Perform as much or as little of this workout as you wish. The session may be performed in straight sets or as a circuit. The goal here is to simulate the testing items found on the CAF Force Test and to develop the complimentary strength and conditioning that will prepare us for success.

Warm-up:

Stepping on spot 30s

Stationary heels to hip (no jump) 30s

Light jog on spot (knees halfway to hip) 60s

Jumping Jacks 15

Arm circles 30s each direction

15 Body-weight squats (knees over toes, back straight, chin up)



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Exercises:

1. Loaded Sumo Deadlift (~20-40lbs)

Sets/Reps

Beginner: 2/10

Intermediate: 3/12

Advanced: 3/15-20

Tempo: 1s down, 1s pause, 1s up, 1s squeeze

Queues:

Core tight, hips square, shoulders down and back, keep knees in line with ankles and hip, chin slightly tucked, spine neutral. Higher reps are to prepare us for the 30 rep demand with 44lbs (20kg) on test day. Stand up with shoulders back and slight bend in knees and elbows. Feet slightly out-turned and moderate width stance.

Modifications:

Easier: Use lighter weight

Harder: Go heavier in good form and squeeze more at the top



jensinkler.com



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2. Get-up and Drive

Sets/Reps

Beginner: 2/6

Intermediate: 2/8-10

Advanced: 3/8-10



Crossfit.com

General Queues: Core tight, hips square, shoulders down and back.

Get-up: Touch an imaginary (or actual) line on your floor space, step back to clear finger-tips and shoulders (as per test), lift hands, then either rock hips back or push up and step leg forward to stand.

Drive: As you stand, standing leg supports the drive of the opposite knee. Take 2-3 strides if space allows (if not, just drive the knee under control). Backpedal to original position and switch the foot that touches the line and initial knee drive with each repeat.

Modifications (Get-up)

Easier: Step to prone and standing positions

Harder: Use fluidity and explosiveness to efficiently execute repeats of exercise



Healthline.com



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3. Bent Over Row

Sets/Reps

Beginner: 2/8

Intermediate: 2/10-12

Advanced: 3/10-12

Tempo: 2s down, 1s pause, 2s up, 1s squeeze

Queues:

Core tight, hips square, shoulders down and back, spine neutral, chin slightly tucked, keep elbow close to ribs, and leave a slight bend in the elbow.

Modifications:

Easier: Use a lighter resistance

Harder: Increase load while maintaining immaculate form. Squeeze more at the top



totalworkout.fitness



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4. Front Plank

Sets/Time(s)

Beginner: 2/30

Intermediate: 3/30

Advanced: 3/45



Queues:

Core tight, hips square, shoulders down and back, spine neutral, elbows underneath shoulders, chin slightly tucked, entire body tight, neck and face relaxed.

Modifications:

Easier: Perform from the knee

Harder: Elevate one of your rear feet for approx. 3s before doing the same thing on the other side



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Cool-down:

Full Body Static Stretching: (hold 20-60s)

Notes: Keep core active, spine neutral, and go to about 70-80% of your comfort zone. Keep regular deep breathing and relax.



Neck

worldofvolley.com



Shoulder

medicalnewstoday.com



Chest/Biceps

skimble.com



Triceps

netfit.co.uk



Inner Thigh

Physioproperth.com.au



Hamstrings/
Lower Back

jefit.com



Quadriceps

verywell.com