



Weekly Format:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|-------------------|------------------|--------------------|-------------------|-----------------|---------------|
| Legs & Core (1) | Upper Body (1) | REST | Legs & Core (2) | Upper Body (2) | REST | REST |



Legs & Core (1)

| Exercise | Sets | Reps | Tempo | Rest | Notes |
|---------------------------|------------|-------------------------------------|------------|------|--|
| Foam rolling (lower body) | 10 minutes | | | | |
| Front Plank | 2 | 30s-120s | x | 60s | Squeeze glutes (bum) and abs as hard possible throughout plank. |
| Side Oblique Crunch | 2 | 30s-120s | x | 60s | Keep tension in the abs as much as possible. |
| Crunches | 2 | AMRAP (As Many Reps As Possible) | controlled | 60s | Squeeze abs as hard as possible and make-sure to get a full stretch at the bottom. |
| Seated Leg Curl | 10 | 50,40,30,20,10 10,20,30,40,50 | 2:1 | 60s | Full stretch at the top and maximum squeeze at the bottom. |
| Front Squats | 3 | 6-10 | 3:1 | 60s | Push through the heels, squeeze abs and focus on strict form not on heavy weight |
| Seated Calf Raises | 4 | 20-25 | 2:2 | 30s | This is going to hurt! Focus on lifting the heels up to the calves instead of focusing on pushing down through the toes. |

| | Exercise | Sets | Reps | Tempo | Rest | Notes |
|---------------------------|----------------------------|-------------|-------------------------------------|--------------|-----------------|---|
| Upper Body (1) | Foam rolling (Upper body) | 10 minutes | | | | |
| | Bench Press | 5 | 3 Sets x 5 reps 2 sets x 10 reps | 2:1 4:2 | 90s-120s 60s | Arch lower back and push down into the bench. Keep elbows tucked in and contract chest. |
| | Seated Row | 5 | 10-15 | 3:1 | 60s | Pin shoulders back, puff chest out and relax hands, pull with the back not the arms |
| | DB Shoulder Press (seated) | 5 | 8-12 | 3:1 | 60s | Tense core, keep body straight, focus on lifting correctly with good form. |
| | Pull Ups | 3 | 6-10 | controlled | 60s | Add weight to make the exercise more difficult or Use assisted machine to make exercise easier. |
| | Skull Crusher | 3 | 8-12 | 3:1 | 60s | Squeeze triceps as hard as possible throughout each set |

Legs & Core (2)

| Exercise | Sets | Reps | Tempo | Rest | Notes |
|-------------------------------|------------|-------------------------------------|------------|--------|--|
| Foam rolling (lower body) | 10 minutes | | | | |
| Bicycle Crunches | 1 | AMRAP (As Many Reps As Possible) | controlled | x | Squeeze through the abs and twist the trunk. |
| Reverse Crunches | 3 | 10-50 | controlled | 30-60s | Contract through the abs only. No out of control leg swinging! |
| Medicine Ball Twists | 3 | 20-100 | controlled | 30-60s | Abs should be constantly tensed throughout the movement. |
| Leg Press | 10 | 50,40,30,20,10 10,20,30,40,50 | 2:1 | 60s | Push through the heels and maintain constant tension on the thighs. This exercise is going to hurt tomorrow! |
| Barbell Stiff Legged Deadlift | 3 | 10-15 | 3:1 | 60s | Focus should be mainly on the hamstrings not the lower back. Study before doing this exercise and practice with light weights first. |
| Leg extensions | 2 | 25-50 | controlled | 60s | Pump the legs full of blood! Were trying to fill the legs with lactic acid and get them to cramp up. |
| Leg press calf raise | 4 | 25-50 | 2:1 | 60s | High reps, squeeze the calves and finish of the workout. |

| | Exercise | Sets | Reps | Tempo | Rest | Notes |
|---------------------------|--|-------------|-------------------------------------|-----------------------|-------------|---|
| Upper Body (2) | Foam rolling (Upper body) | 10 minutes | | | | |
| | Incline DB Press + Wide Push Ups | 5 | 6-10 6-10 | 3:1 controlled | 60s | |
| | Seated Row + DB Shrugs | 5 | 6-10 10-15 | 3:1 2:1 | 60s | Pin shoulders back, puff chest out and relax hands, pull with the back not the arms |
| | DB curls | 1 | AMRAP (As Many Reps As Possible) | controlled | x | Pick a weight where you can complete between 10-20 reps. Stick to the same weight each session but try and beat the number of reps in your next workout |
| | Close Grip push ups | 1 | AMRAP (As Many Reps As Possible) | controlled | x | |
| | DB Side raises | 1 | AMRAP (As Many Reps As Possible) | controlled | x | Pick a weight where you can complete between 20-30 reps. Stick to the same weight each session but try and beat the number of reps in your next workout |
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