### Warm up / Cardio
- 5 x BODY WEIGHT SQUATS,
- 5 x PUSH-UPS,
- 5 x CRUNCHES,
- 5 x SQUAT JUMPS @ 70% (REPEAT ALL BY 3)
- SKIPPING 5 x 30 seconds.

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**Warm Up super set - no (minimal) rest between exercises; 2x10 each exercise (use the same d/b weight for each exercise)**

1. **Lateral raise rotator cuff-ER press 00479**
   - Results

2. **Internal rotation medicine ball throw 03858**
   - Results

3. **Stability ball single leg squat 00627**
   - Results

### Main Session: Rest for the same amount of time it takes your partner to complete a set, or rest for 90sec between exercises.

4. **Deep squat shoulder press 00374**
   - Reps
   - Load - kg
   - Results

5. **Reverse grip pull up 01893**
   - Reps
   - Load - kg
   - Results

6. **Incline chest press 03725**
   - Results

7. **Lunge walk rotation 06245**
   - Reps
   - Load - kg
   - Results

8. **Bent over row 03971**
   - Results

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**Disclaimer:** No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.
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**Note:** exercise 9 - complete this opposite to the video; pull the bar up with one leg up and lower the bar with two legs.

9. **Eccentric leg curl 03151**

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**Results**

Complete exercises 10 & 11 as a superset - e.g. exercise 9 set 1 followed immediately by exercise 10 set 1 and then rest.

10. **Stability ball triceps extension 04008**

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**Results**

11. **Forward leaning calf raise 03921**

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**Results**

Cool Down - General Stretching exercises. Hot / Cold showers where possible: 2 min hot / 30 sec cold until 4 hot and 3 cold conditions have been completed.