

Day or Date	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8													
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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



		10	10	10	10	10	10	10													
Results																					

2. Internal rotation medicine ball throw 03858



		10	10	10	10	10	10	10													
Results																					

3. Stability ball single leg squat 00627



		10	10	10	10	10	10	10													
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		3x10	3x10	3x10	2x12	3x8	3x8	3x8													
Load - kg																					
Results																					

5. Reverse grip pull up 01893



Reps		2xmax	2xmax	2xmax		2xmax	2xmax	2xmax													
Load - kg																					
Results																					

6. Incline chest press 03725



		3x12	3x12	3x10	2x12	3x10	3x8	3x8													
Results																					

7. Lunge walk rotation 06245



Reps		3x6	3x6	3x8	2x6	3x8	3x10	3x10													
Load - kg																					
Results																					

8. Bent over row 03971



		3x10	3x10	3x10	2x12	3x8	3x8	3x8													
Results																					

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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



		2x8	2x8	2x8	2x8	2x10	2x10	2x10												
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



Reps		3x10	3x10	3x12	2x10	3x12	3x15	3x15												
Load - kg																				
Results																				

11. Forward leaning calf raise 03921



Reps		3x12	3x12	3x12	2x10	3x15	3x15	3x15												
Load - kg																				
Results																				

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