

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 circuit - no (minimal) rest between exercises. Complete 2 entire circuits.

1. Band rotator cuff-ER 00581



	10	10	10	10	10	10	10	10												
Results																				

2. Band rotator cuff-ER 00586



	10	10	10	10	10	10	10	10												
Results																				

3. Bent over row triceps extension 03604



	15	15	15	15	15	15	15	15												
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. Dumbbell clean hang 00058



	3x8	3x8	3x6	3x6	2x8	4x8	4x6	4x6												
Results																				

For Exercise 5: Have the bench on a 45 degree angle from the bottom. Ensure someone is spotting if you use a free weight bench. Superset with exercise 6.

5. Incline bench press 00724



	3x10	3x8	3x8	3x6	2x8	4x8	4x6	4x6												
Results																				

6. Push up 04773



	10	10	10	10	10	10	10	10												
Results																				

For Exercise 7: One set = lunge walking forwards and backwards - hold weight plates by your side using a pinch grip.

7. Lunge walk 01277



	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10												
Results																				

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8. Alternating shoulder press 00482



	3x10	3x8	3x8	3x6	2x8	3x6	3x6	3x6												
Results																				

For Exercise 9: Stand side on to the wall with the squal leg closest to the wall. Place the swissball on your hip.

9. Stability ball single leg squat 00627



	2x6	2x8	2x10	2x12	2x14	2x14	2x16	1x16												
Results																				

10. Bench row 00530



	3x10	3x10	3x8	3x8	2x8	3x6	3x6	3x6												
Results																				

For Exercise 11&12: Superset the next two exercises, using a weight plate also for the bent over row.

11. Front raise 00587



	3x8	3x8	3x10	3x10	3x12	3x12	3x14	3x14												
Results																				

12. Forward leaning calf raise 03921



Reps	3x12	3x12	3x15	3x15	3x12	3x20	3x20	3x20												
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.