Warm up / Cardio

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

1. Band rotator cuff-ER 00581
   - Results
   - 10 10 10 10 10 10 10

2. Band rotator cuff-ER 00586
   - Results
   - 10 10 10 10 10 10 10

3. Bent over row triceps extension 03604
   - Results
   - 15 15 15 15 15 15 15

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

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

6. Push up 04773
   - Results
   - 10 10 10 10 10 10 10

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

7. Lunge walk 01277
   - Results
   - 2x10 2x10 2x10 2x10 2x10 2x10 2x10

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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<td>8. Alternating shoulder press 00482</td>
<td>3x10</td>
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For Exercise 9: Stand side on to the wall with the squall leg closest to the wall. Place the swissball on your hip.

| 9. Stability ball single leg squat 00627 | 2x6  | 2x8  | 2x10 | 2x14 | 2x14 | 1x16 |
| Results | |

10. Bench row 00530

| 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

| 12. Forward leaning calf raise 03921 | 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.