

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. 1 set for exercise 1 = out and back. Complete the bicep curls standing on one leg. Complete 2 entire circuits.

1. Band lateral lunge walk 01523



	10	10	10	10	10	10	10	10												
Results																				

2. Lateral raise rotator cuff-ER press 00479



	10	10	10	10	10	10	10	10												
Results																				

3. Alternating rotator cuff-ER 05139



	10	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 03553



Reps	4x6	4x6	4x6	4x6	2x6	4x6	4x6	4x6												
Load - kg																				
Results																				

5. Bench press 00341



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

6. Straight leg deadlift 03564



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

7. Narrow grip lat pulldown 05072



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

Note: exercise 8 - keep your working foot on the step at all times, squatting down and lowering your opposite leg, pausing before it touches the ground before standing back up.

8. Step up 05988



	3x8	3x10	3x12	3x14	3x16	3x16	3x18	3x18												
Results																				

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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9. Smith rack pull up horizontal 00303



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

10. Single leg bridging leg curl 04181



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

11. Smith rack single leg calf raise 00654



	2x8	2x10	2x12	2x14	2x16	2x18	2x20												
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.