

Day or Date

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

1. Lateral step up 05299



		10	10	10	10	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	10	10	10	10									
Results																						

3. Stability ball single leg squat 00627



		10	10	10	10	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. Dumbbell clean and jerk hang 00068



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

5. Incline bench press 00724



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

6. Shoulder press 00030



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

7. Smith rack deep squat calf raise 00689



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

8. Smith rack pull up horizontal 00681



		2xmax	2xmax	3xmax	2xmax	3xmax	2xmax	3xmax	3xmax	3xmax	2xmax	2xmax	2xmax									
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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camp																				
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9. Single leg bridging leg curl 04181



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

10. Dips 04375



		2xmax	2xmax	3xmax	2xmax	3xmax	2xmax	3xmax	3xmax	3xmax	2xmax	2xmax	2xmax								
Results																					

11. Forward leaning calf raise 03921



Reps		3x10	3x10	3x10	3x10	3x12	3x12	3x12	3x12	3x15	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.