

YOUR TRAINING PROGRAMME

Click on an exercise for a demo vid.

A1) A2) A3) would be a tri set so 3 exercises back to back (same for Bs Cs etc)

A1) A2) is a super set so 2 exercises back to back.

A) would just be a single exercise or rounds.

As for weights use something thats comfortable at first to get used to the exercise and then increase each time.

As for sets and rounds if it becomes to easy just add more.

Gym full body

A1) Goblet Squat

12 Reps

Rest 30sec

A2) Ring Row

12 Reps

Rest 30sec

A3) Dumbbell Strict Press

12 Reps

Rest 2mins

4 Sets

B1) Glute Bridge

20 Reps

Rest 30sec

B2) SA Dumbbell Row

12 Reps E/arm

Rest 30sec

B3) Dumbbell Bench Press

12 Reps

Rest 2mins

4 Sets

C) 4 Rounds

200m Row

20 Air squat

15 Sit ups

10 Push ups

Rest 2mins

Gym upper body

A1) Dumbbell Bench Press

12 Reps

Rest 30sec

A2) Lat Pull Down

12 Reps

Rest 2mins

4 Sets

B1) Dumbbell Seated Press

15 Reps

Rest 30sec

B2) Seated Row

15 Reps

Rest 2mins

4 Sets

C1) Standing Tricep Extension on Cable machine

15 Reps

Rest 15sec

C2) Standing Bicep Curl on Cable Machine

15 Reps

Rest 1min

3 Sets

D) Bike

1 min moderate - heavy pace

1 min slow recover

7 Rounds

*If you feel good push the pace more towards heavy, nice and slow on the 1 min recovery.

Gym lower body

A1) Goblet squat

12 Reps

Rest 30sec

A2) Single Leg Glute Bridge

10/10 Reps E/leg

Rest 2 mins

4 Sets

B1) Goblet Lunge

14 Reps *Alt legs

Rest 30sec

B2) KB Sumo Deadlift

12 Reps

Rest 2mins

4 Sets

C) Row

15 mins

Every 3 mins get off and do

16 Alt lunges