

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) Dual KB Squat

10 Reps

Rest 30sec

A2) Ring Row

10 Reps

Rest 30sec

A3) Single arm Dumbbell Strict Press

10/10 Reps

Rest 2mins

3 Sets

B1) Single leg Glute Bridge

10/10 Reps

Rest 30sec

B2) Seated row

10 Reps

Rest 30sec

B3) Chest press

10 Reps

Rest 2mins

3 Sets

C) 3 Rounds

250m Row

10 No push up burpees

Rest 2mins

Gym upper body

A1) Dumbbell Bench Press

10 Reps

Rest 30sec

A2) Reverse Grip Lat Pull Down

10 Reps

Rest 2mins

3 Sets

B1) Dumbbell Push Press

10 Reps

Rest 30sec

B2) Seated Row

10 Reps

Rest 2mins

3 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

30 sec Fast

1 min slow recover

Gym lower body

A1) Goblet squat

10 Reps *Hold for 3sec at bottom

Rest 30sec

A2) Single Leg Glute Bridge

10/10 Reps E/leg

Rest 2 mins

3 Sets

B1) Goblet Lunge

14 Reps *Alt legs

Rest 30sec

B2) Dual KB Deadlift

10 Reps

Rest 2mins

3 Sets

C) Row

15 mins

Every 3 mins get off and do

16 Alt lunges