FITNESS

Training Program

The key to any good training program is 'progressive overload'. Over time you want to make each exercise harder, you can do this by: increasing the weight used, inceasing number of reps/sets, slowing down the tempo, decreasing rest and improving technique.

For video demonstrations on each exercise, please click the link to the left.
Insert reps performed and weight used throughout each week. E.g. '12 @ 50kg'

https://www.youtube.com/channel/UCcRESYnfa

Full Body (2-3 times per week)	Exercise	Sets	Rep Range	Tempo	Rest	Additional Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
A1	Squat Variation (Goblet Squat, Back Squat, Front Squat, Leg Press)	3	12-15	Controlled	60-90 secs	Choose a squat variation that you feel comfortable doing and that works well for you. The main area you want to be training here is the quads, however you may feel the glutes and hamstrings working too												
B1	Hinge Variation (Deadlift, RDL, Hip Thrust, Hip Extension)	3	12-15	Controlled	60-90 secs	Choose a hip hinge variation that you feel comfortable doing and that works well for you. The main area you want to be training here is the back side of your lower body (glutes and hamstrings). You may feel your lower back muscles working also.												
C1	Press Variation (Bench Press (DB or BB), OHP Shoulder Press, Chest Press, Press Up)	3	12-15	Controlled	60-90 secs	Choose a pressing movement that you feel comfortable doing and that works well for you. Depending on what exercise you choose will depend on what area of the body you feel it. Pressing movements will target the chest and/or shoulders as well as the triceps.												
D1	Row Variation (BB Row, DB row, Cable Row, Machine Row, Lat Pulldown)	3	12-15	Controlled	60-90 secs	Choose a rowing movement that you feel comfortable doing and that works well for you. Rowing exercises target the muscles in your back, you may also feel your biceps working too.												
E1	Core Exercise (Plank, Crunches, Cable Crunch, Russian Twists, Cable Twists, Woodchops, Leg Raises)	2	12-15	Controlled	45-60 secs	Choose a core exercise that you feel comfortable doing and that works well for you. Depending what exercise you choose will depend on where specifically you feel it, core exercises are mainly going to be working the abdominals and muscles supporting the spine/trunk.												