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.

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	Squats	3	12-15	Controlled	60-90 secs	Feet shoulder width apart. Brace abdominals. Flex at the hips and knees. Keep knees in line with toes and lower to a comfortable position. Squeeze legs hard and return to standing.												
B1	Press Ups	3	12-15	Controlled	60-90 secs	Hands shoulder width with shoulders directly above. Brace abdominals. Lower chest to the ground and keep hips up. Perform on knees or incline if a full press up is too hard.												
C1	Isometric Pulldown	3	Max Time	Isometric	60-90 secs	Kneel at a desk or bench. Place elbows on the desk at around shoulder width. Keep shoulders back and chest out. Drive elbows down into the desk. Drive down hard for as long as you can.												
D1	'No Load' Elbow Flexion/Extension	3	12-15	Controlled	60-90 secs	Mimic a simple bicep curl but without any load perform as slow as you can. Tense arms as hard as you can throughout the movement. Squueze triceps as you extend and biceps as you flex.												
E1	Plank	2	Max Time	Isometric	45-60 secs	Press up position, push up onto elbows, quads and glutes tense, abs tight, bum slightly raised Hold for max time.												