

DAY 1					DATE:
<b>WARM UP:</b>					
Exercise	Weight	Sets/Reps	Active	feedback	
1a plank		2 x 60-90 seconds	1 min		
1b side plank		2 x 60-90 sec each side	1 min		
2a split squat, front foot elevated		2-3 x 12 each side	1 min		
2b inverted row		3 x 12	1 min		
3a Romanian Deadlift		3 x 12	1 min		
3b push ups		3 x 12	1 min		
4 burpees		6-8 per minute for 10 min	remain		
stretching and cool down			5 min		
<b>DAY 2</b>					<b>DATE:</b>
<b>WARM UP:</b>					
Exercise	Weight	Sets/Reps	Active	feedback	
1 anti-rotation static hold		2 x 30 sec each side	10 sec		
2 elevated plank with alternating		4 x 8 / shoulder	30-60s		
3 elevated side plank		5 x 10 sec each side	none		
4a dbell single-leg deadlift		3 x 12 each leg	1 min		
4b dbell alternating shoulder press		3 x 12 each arm	1 min		
5a overhead squat		3 x 12	1 min		
5b cable kneeling pulldown		3 x 12	1 min		
6 Body Weight Complex		2-3 Rounds	1 min		
Body Weight Complex - is 30 Mt. Climbers, 20 Push Ups, 10 Groiners, 5 Burpees					
<b>DAY 3</b>					<b>DATE:</b>
<b>WARM UP:</b>					
Exercise	Weight	Sets/Reps	Active	feedback	
1. 5 Pt. stationary toe reach		3 x around/leg 3 x	60s		
2. Munford Mov't Patterns Neutral/Inside		3 Rounds of Each Type	60s		
3. Groiners with a pause at the top to open the hips		3 x 10	60s		
4. Mt Climbers with arm reach and twist each		3 x 10/side	60s		
5. Side plank against the wall with leg lift		3 x 8/side	60s		
6. Standing fwd & bkwd leg swings, angle in and out		3 x 12/leg	60s		
7. Standing step over banded leg raises	red	3 x 12-15/leg	60s		
8. Stairs for some extra intervals		6-10 minutes	NA		
Stairs for some extra intervals					
stretching and cool down			5 min		
<b>DAY 4</b>					<b>DATE:</b>
<b>WARM UP:</b>					
Exercise	Weight	Sets/Reps	Active Recovery	feedback	
1 Standing Core Routine		1 Round	1 min		
2 Push Up Walk outs with hands		3 x 8	1 min		
3a KB Walking Lunges		3 x 12/leg	1 min		
3b Equalizer inverted row		3 x 10-15	1 min		
4a KB Hip Snaps		3 x 12-15	1 min		
4 b. Half Kneeling Military Press		3 x 12/arm	1 min		
5 Skipping		30s on 30s off for 10 min	None		
stretching and cool down			5 min		
<b>DAY 5</b>					<b>DATE:</b>
<b>WARM UP:</b>					
Exercise	Weight	Sets/Reps	Active Recovery	feedback	
1 McGill Curl - Sit Ups		3 x 8/side	30-60s		
2 TRX I, Y, T, W		3 x 45 s	1 min		
3a Front/Goblet Squats		3 x 12	1 min		
3b DB Curl and press - 2 arms -same time		3 x 12	1 min		
4a Iso Hold Lateral Raises		3 x 10 each arm	1 min		
4b. Lat Pull Downs 5 s lowering		3 x 12-15	60s		
5 Munford Matrix		3 Rounds	60s		
stretching and cool down			5 min		

**Self Evaluation for the week**

Arrived on time every day	Proper Clothing every day	Completed Full Roll out every day	Completed Full Warm Up every day	Intensity - used the full period effectively	Worked on a program every day	Filled in Logbook every day	TOTAL
1	1	1	1	0 1 2 3	0 1 2	1	/10



