

DAY 1 - Upper				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1a plank with alternating shoulder touches		2 x 60-90 seconds	1 min	
1b side plank		2 x 45-60 sec each side	1 min	
TRX Rows or Inverted Barbell Rows		3 x 8-12	1 min	
TRX Chest Press / BBell Bench / DBell Bench		3 x 8-12	1 min	
3 way shoulder raises (Front,side,rear)		3 x 8-12	1 min	
Tricep Press Downs		3 x 8-12	1 min	
Iso Hold Dumbbell Curls		3 x 8 /arm	1m	
Push Ups (full range)		50-100 total	ALAP	

ALAP - AS LITTLE AS POSSIBLE

DAY 2 - Lower				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
anti-rotation static hold(band or cable)		2 x 30 sec each side	10 sec bw sets	
elevated plank		10 x 10 seconds	10 sec bw sets	
KBell Jump Squats		4 x 4	30s	
Trap Bar Deadlift or Box Squats		3 x 8	60s	
Rear Foot Elevated Split Squats		3 x 8/leg	60s	
TRX Hamstring Curls - heels in cradles	Body	3 x 8	60s	
STAIRS - walk down and jog up		5-10 min	NA	
stretching and cool down			5 min	

DAY 3 Pre Hab				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Side Lying External Rotation		3 x 12-15/arm	60s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	60s	
Shoulder capsule stretch	Black	2 x Full ROM	60s	
Y,T,I - thumbs up		3 x 10s hold	60s	
Hex Dumbbell Holds		2 x ALAP	60s	
Cook Hip Lift		3 x 8 / leg	60s	
Standing step over banded leg raises		3 x 12-15/leg	60s	
Stairs for some extra intervals				

DAY 4 Upper				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Push Up Walk outs with hands		3 x 8	60s	
Dumbbell or barbell bench Press / Opposite of Day 1		3 x 8-10	60s	
Seated Row		3 x 8-10	60s	
Seated Military Press		3 x 8-10	60s	
Wide Grip Lat Pull Downs		3 x 8-10	60s	
Rolling Tricep Extensions		3 x 8-10	60s	
Chin Ups - use bands or gravitron if needed		Your Max plus 50% as fast as possible	ALAP	

DAY 5 Lower				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
Kneeling Jumps	BW	3 x 4	30s	
Standing Core Routine		2 x 60-90 seconds	1 min	
Standing Cable Choppers		3 x 8/side	1 min	
Front/Goblet Squats		3 x 8-10	1 min	
dbell single-leg deadlift		3 x 8/leg	1 min	
DBell Reverse Lunges		3 x 8/leg	1 min	
Swiss Ball Hamstring Curls - single leg if possible		3 x 8/leg	1 min	
Skipping		5-10 min	NA	
stretching and cooldown			5 min	

Self Evaluation for the week
(half marks are an option)

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

