

Body Composition Workout WEEK #1

| DAY 1 | | | | |
|---|--------|---------------------------|--------|--------------|
| | | | | DATE: |
| WARM UP: | | | | |
| Exercise | Weight | Sets/Reps | Active | feedback |
| 1a plank | | 2 x 60-90 seconds | none | |
| 1b side plank | | 2 x 60-90 sec each side | 1 min | |
| 2a split squat, front foot elevated | | 2-3 x 12 each side | none | |
| 2b inverted row | | 3 x 12 | 1 min | |
| 3a Romanian Deadlift | | 3 x 12 | none | |
| 3b push ups | | 3 x 12 | 1 min | |
| 4 burpees | | 6-8 per minute for 10 min | remain | |
| stretching and cool down | | | 5 min | |
| | | | | |
| DAY 2 | | | | DATE: |
| WARM UP: | | | | |
| 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 | none | |
| 4b dbell alternating shoulder press | | 3 x 12 each arm | 1 min | |
| 5a overhead squat | | 3 x 12 | none | |
| 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 | | | | |
| | | | | |
| DAY 3 | | | | DATE: |
| WARM UP: | | | | |
| 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 | |
| | | | | |

Body Composition Workout WEEK #1

| DAY 4 | | | | DATE: |
|-----------------------------------|--------|---------------------------|-----------------|--------------|
| WARM UP: | | | | |
| Exercise | Weight | Sets/Reps | Active Recovery | feedback |
| 1 Standing Core Routine | | 1 Round | 1 min | |
| 2 Renegade Twist Push Ups | | 3 x 6-10/side | 1 min | |
| 3a KB Walking Lunges | | 3 x 12/leg | none | |
| 3b Equalizer inverted row | | 3 x 10-15 | 1 min | |
| 4a KB Hip Snaps | | 3 x 12-15 | none | |
| 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 | |
| | | | | |

| DAY 5 | | | | DATE: |
|--|--------|-----------------|-----------------|--------------|
| WARM UP: | | | | |
| 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 | none | |
| 3b DB Curl and press - 2 arms -same time | | 3 x 12 | 1 min | |
| 4a Iso Hold Lateral Raises | | 3 x 10 each arm | none | |
| 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: Logbook Mark: /10 Mark for the Week: /20 /25

| 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 |
| Date • recorded the date each day | | Weights & Exercises • recorded accurate weights for each exercise | | Feedback • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used) | | Self-Evaluation • completed for the week • assessed effort, performance, time on task, preparedness | |
| Done 1 | Not Done 0 | Done 3 | Not Done 2 1 0 | Thorough 5 4 3 | Incomplete 2 1 0 | Done 1 | Not Done 0 |