

Body Composition Workout WEEK #5

DAY 1				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1 Valslide push-away		2 x 10-12 each arm	1 min	
2 Swiss-ball mountain climber		2 x 10-12 each leg	1 min	
3 Cable half kneeling chop		2 x 10-12 each side	1 min	
4a Dumbell split squat		3 x 8 each leg	none	
4b Dumbell two point row		3 x 8 each arm	1 min	
5a Wide grip deadlift, feet on plate		3-4 x 8	none	
5b Dumbell alternating chest press		3 x 8 each arm	1 min	
6 Burpees		8-12 per minute for 10 min	remain of min	
stretching and foam rolling			5 min	
DAY 2				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1 Standing Core Routine		2 Rounds	1 min	
2 Side plank and row		2 x 10-12 each arm	1 min	
3 Swiss-ball jackknife		2 x 10-12	1 min	
4 Cable kneeling cross-body lift		2 x 10-12 each side	1 min	
5a Dumbell step-up		3 x 8 each leg	none	
5b Dumbell one-arm push press		3 x 8 each arm	1 min	
6a Dumbell offloaded front squat-switch		2 x 8	none	
6b Mixed-grip chin-up-switch hands each set		2 x 8	1 min	
7 dumbbell/kettlebell swings		10-14 per min for 10 min	remain of min	
DAY 3				DATE:
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1. 5 Pt. stationary toe reach		3 x around/leg 3 x	60s	
2.Munford Mov't Patterns Neutral/Inside and Outside Reaches		3 Rounds of Each Type	60s	
3. Groiners with a pause at the top to open the hips		3 x 10	60s	
4. Cossack Squats		3 x 8/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. Hex DBell Hold -		2 x ALAP	60s	
8. Munford Matrix (Use DBells)		3 rounds	2x as	
stretching and foam rolling				

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DAY 4			DATE:	
WARM UP:				
Exercise	Weight	Sets/Reps	Active Recovery	feedback
1. Plank with alternating shoulder touches		3 x 30s	1 min	
2. Single Arm Dumbbell Chest Press		3 x 10/arm (3s eccentric)	1 min	
3a. Front/Goblet Squats		4 x 8	none	
3b. Dbell single-leg deadlift		4 x 8/leg	1 min	
4. Swiss Ball Hamstring Curls		4 x 12	none	
4b. Seated Cable Row		4 x 12	1 min	
5. Body Weight Complex		4 Rounds	1 min	
Body Weight Complex - 30 Mt Climbers, 20 Push Ups, 10 Groiners, 5 Burpees			remain of min	
stretching and foam rolling				

DAY 5			DATE:	
WARM UP:				
Exercise	Weight	Sets/Reps	Active	feedback
1. McGill Curl		3 x 10/leg	1 min	
2. Standing Med Ball - Fake passes		3 x 20s	1 min	
3a. Overhand Grip Pull ups		3 x 6 (3 s eccentric)	none	
3b. 1 Hand Med Ball Push Ups		3 x 6/side	1 min	
4. Iso Hold Lateral Raises		3 x 8/side	1 min	
5. Iso Hold DBell Curls		3 x 8/arm	1 min	
6. Squats/Lunges/Jump Squats/Jump Lunges	BW	2-3 x20 of each in a row	1 min	
stretching and foam rolling				

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