



## DAY 1

### BLOCK A: STRENGTH

A1:

Beginner: ring row x 10

Intermediate: trap bar - 3 x 5

Advanced: sumo deadlift - 3 x 5 70%, 80%, 90% , 70%, 70% aim for 8 add 2kg all lifts

(Aim for 8: if you hit this increase by 2KG on final set of 8)

A2:

Cat Camels (mobility) x5

### BLOCK B:

B1:

Beginner: SA plank 8-12 breaths

Intermediate: shoulder taps x20

Advanced: ad iso hold press ups x8-12

B2:

Beginner: goblet squat

Intermediate: goblet squats 8-12 reps, BW squat iso hold 20 secs

Advanced: Goblet squat 8-12 reps 20 sec iso sp sq hold.

Optional - Max metres - ski / bike erg 60sec's

## THE WARM UP

1. Mobility flow 3 min
2. RKC planks 10 breaths
3. 6 ball slams



3 SETS



3 SETS

# DAY 2:

## BLOCK A: STRENGTH

A1:

Beginner: DB bench x10

Intermediate & Advanced: Bench x5

 3 SETS

A2: Banded pulls

A3: Pallof rotation

## BLOCK B: SUPERSETS

SUPERSET 1:

1A:

Beginner: Step ups BW

Intermediate: step ups sand bag

Advanced: Offset KB step up

1B:

Beginner: elevated bridge

Intermediate: RDL's DB KB

Advanced: SL RDL's

SUPERSET 2:

2A:

Beginner: ring row

Intermediate: Dead stop gorilla row

2B:

Side plank x 30s

 3 SETS

CV- Max metres ski/ bike erg 60 secs

## THE WARM UP

1. Mobility flow 3 min
2. Knee raises 8-12
3. Echo bike max calcs 10 sec



# DAY 3:

## BLOCK A: STRENGTH

A1 :

Beginner: BW squat

Intermediate: Goblet squat

Advanced: Back squat/ FS x5

 3 SETS

A2: Face pulls x10

A3: Hip rocks x10

## BLOCK B: SUPERSETS

SUPERSET 1:

Beginner - S/A press x Hammer curls

Intermediate- Strict press x Hammer curls

Advanced - Strict press x Hammer curls

8-12 REPS

 3 SETS

SUPERSET 2:

Beginner - RDL's x skulls

Intermediate - KB swings x skulls

Advanced - KB complex x skull's Swings/ cleans/ press

8-12 REPS

CV - Max metres ski / bike erg in 60 seconds

## THE WARM UP

1. Mobility flow 3 min
2. Hollow hold x 10 breaths
3. Squat 2 toes x 6-10
4. 90/90

