



WORKOUT

Exercise		Focus , Rest, Tempo		Week 1	Week 2	Week 3	Week 4
				Reps and Weight Per Set			
Warm Up	SELF MASSAGE / RELEASE	Mobility	Sets / Reps	As Needed	As Needed	As Needed	As Needed
	CARDIO	Warm Up		5-10 Mins	5-10 Mins	5-10 Mins	5-10 Mins
	MOBILITY CIRCUIT (see notes)	Mobility		1 x Circuit	1 x Circuit	1 x Circuit	1 x Circuit
Function	KNEE BAND CRAB WALK	Function Circuit No rest	Sets / Reps	2 x 20 mtrs	2 x 20 mtrs	2 x 20 mtrs	2 x 20 mtrs
	PULSING GLUTE BRIDGE			2 x 30 secs	2 x 30 secs	2 x 30 secs	2 x 30 secs
	WALL POSTURE DRILL			2 x 30 secs	2 x 30 secs	2 x 30 secs	2 x 30 secs
Strength / Mobility 1	KNEE BAND SQUAT	Basic Strength 1 Min Rest 2-0-2	Sets	2	3	3	4
	PRONE GLUTE STRETCH (PERFORM ON BENCH)	30 Secs Each Side	Reps	12	10	12	10
Strength / Mobility 2	CABLE PUNCH	Basic Strength 1 Min Rest 2-0-2	Sets	2	3	3	4
	STRAIGHT ARM CHEST STRETCH	30 Secs Each Side	Reps	12 each side	10 each side	12 each side	10 each side
Strength / Mobility 3	BW SPLIT SQUAT	Basic Strength 1 Min Rest 2-0-2	Sets	2	3	3	4
	KNEELING HIP FLEXOR STRETCH	30 Secs Each Side	Reps	12 each side	10 each side	12 each side	10 each side
Strength / Mobility 4	CABLE 1 ARM ROW	Basic Strength 1 Min Rest 2-0-2	Sets	2	3	3	4
	SITTING BACK SIDE STRETCH	30 Secs Each Side	Reps	12 each side	10 each side	12 each side	10 each side
Core 1A	LYING TURN OVERS - BENT KNEE	2-0-2 15 Sec Rest	Sets	2	3	3	4
Core 1B	PALLOF PRESS	2-0-2 30 Sec Rest	Reps	6 each side	6 each side	6 each side	6 each side
			Reps	10 each side	8 each side	10 each side	8 each side
NOTES				<p>WARM UP MOBILITY CIRCUIT:</p> <p>LEG SWINGS x 10 each side INCH WORM x 3 MOUNTAIN CLIMBER STEP UP x 5 each side</p> <p>CORE PERFORMED AS SUPERSET</p> <p>STRETCHES TO BE PERFORMED IN EXERCISE REST PERIOD</p>			