

Day 1 - (68 minutes)	
Primer (10 minutes)	Primer Primer Heart raiser: 10 minutes of state cardio preferably on a Rower/Assault Bike/Turbo trainer/Ski Erg or a Run if not.
Assistance Work (15 minutes)	Day 1 - Assistance Work To start the week grab yourself a barbell and complete 5 x Sets of 7 x Back Step Lunges with Front Foot Raised on 2 x 20kg plates(each leg) Rest 1 Minute between sides and <u>2 minutes</u> in-between sets. (*Try to keep all sets within 1%) Back Step Lunge – With a barbell on your back, step backwards with one leg until your knee touches the ground. Brace through your core to maintain a safe position and keep your front shin vertical. Return to standing to complete the movement. Please watch video for movement demonstrations, scaling options and loading suggestions.
Workout (30 minutes)	Day 1 - Workout Set a running timer and complete 5 x Rounds of the following movements as quickly as you can while maintaining good form 15 x 1 + 1/4 Goblet Squats 10 x Bench Press then rest exactly 5 minutes before resetting the timer and completing 12 x Rounds of 6 x Ring Rows 6 x Ring Dips 6 x Alternating Pistols (or Ring assisted) Goblet Squat – Holding a dumbbell or kettlebell at your chest. Squat down driving your knees over your feet and keep your chest up, back neutral. Squat to a depth that matches your mobility and then stand tall. Bench Press – With your back on a bench and a barbell in a rack in a safe position, brace your obliques and pinch your shoulders back and down before lifting the barbell off the rack. Lower the barbell to touch your chest whilst keeping your elbow in and your shoulder stable. Once the barbell hits your

chest, press and return to the starting position.

Ring Rows – Holding rings, TRX, or hang under a racked barbell (safely of course) and aim to get your body as close to horizontal as possible by raising your feet. Hang with straight arms and then pull your hands to your arm pits, which will raise your body through the movement.

Ring Dips – Your starting position should be to get above the rings with your arms stretched and supporting your body on them whilst having your legs bent or straight to do the exercise. This is also called the 'support hold' position. To start, lower yourself down by bending your elbows and keeping your shoulders and hands close to your body. It is important that you keep these movements controlled in order not to lose your posture.

Pistols Squat – The one legged squat! Take your weight on one leg and raise your other leg in front of you off the floor. Squat as far down as possible on one leg. If you struggle with ankle mobility, put a small plate or wedge under your heel, this really helps get some depth without reducing the strength element of this movement. You can always do this to a box, step or chair that allows you to get depth without getting stuck at the bottom. Adding a little weight can help to counter balance this.

Please watch video for movement demonstrations and a workout explanation if you are unsure.

Sprints
(6 minutes)

Day 1 - Sprints

Every

2 Minutes

for

3 x Rounds

Complete a

20 seconds All Max Effort Out Sprint

Again, please watch the video for a full movement demonstrations and workout explanation.

Core
(7 minutes)

Day 1 - Core

For your final section today complete

3 x Rounds

of

20 x Alternating V-Ups

10-15 x Banded Wood Choppers (each side)

Med Ball Crunch– Lie faceup on the floor with legs and arms straight up in the air, holding a medicine ball right above your torso. Lift shoulders off floor to crunch up and touch medicine ball to shins. Return to starting position.

Russian Twist – Sit on the floor holding a medicine ball or light weight. Lift your heels off the floor and twist side to side with the weight, keeping your head and chest facing the weight at all times.

Watch video for movement demonstrations & workout explanation.

Day 2 - (65 minutes)

Primer (10 minutes)

Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Rower/Assault Bike/Turbo trainer/Ski Erg** or a **Run** if not.

Assistance Work (15 minutes)

Day 2 - Assistance Work

To start today's session we have

4 x Supersets

of

12-15 x Single Arm Row (each arm)

Rest as needed in-between **5-7 x Overhead Strict Press** (85-95% 3RM)

Rest as needed in-between sets.

Single Arm Row – With a single dumbbell or kettlebell in your hand, hinge forward at the hip with soft knees to the limit of your mobility and a safe and neutral spine. With the weight hanging directly under your shoulder, pull your hand to your arm pit, keeping your elbow tight into your body.

Strict Press Overhead – Holding the weight in 'front rack', which is arms under the bar or weights, elbows high, with the weight on your shoulder muscles and not your collarbones. Lock your core down and keep your back neutral and safe (no arching under the bar), move your head back push the weight up, bringing your head through your arms and locking out at the top.

Watch video for movement demonstrations and workout explanation.

Workout (30 minutes)

Day 2 - Workout

Set a timer for

30 Minutes

and complete as many rounds of

200m Run or 1 Minute Bike

5 x Burpee Pull Ups

10 x Archer Push Ups

16 x Jumping Alternate Lunges

Pick a good pace and try to hold onto it for the full 30 minutes. Good Luck.

Burpee – From a standing position, lower yourself and jump both legs backwards whilst placing your hands in a push-up position. Lower yourself with your chest and thighs in contact with the ground. Return to standing by pressing yourself away from the ground and jumping your feet back in. Finish the movement by extending your hips and chest, leaving the ground and touching your hands behind your head.

Pull Ups – Holding a pull up bar, engage your shoulders by thinking about pulling your shoulder blades back and down. Pull your weight to them, aiming to get your chin above the bar. You can use a band attached to the bar and wrapped around your feet to help with this if you struggle.

Archer Push Ups – In a push up position with very wide hands, lower yourself to the ground towards one arm. The idea is to load each arm. This is a difficult one, so if you need to, perform on your knees.

Jumping Alternate Lunges –Step forward, bringing your back knee down to the ground. Jump tall from this position, swapping legs as you jump to complete a lunge on the other side.

Please watch the video for a full demonstrations, loading suggestions and workout explanation.

**Accessory
Work**
(10 minutes)

Day 2- Accessory Work

Complete

3 x Rounds

of

20 x Plank Pass Throughs

20 x Over Target Wipers

Plank Pass Throughs – In a straight arm plank with a dumbbell, alternating moving the dumbbell to the each side with your opposite hand. Right hand takes it from the left side to right. Left hand takes it from right to left.

Over Target Wipers – Using a dumbbell or something stood up on end that you can get your legs over. Start sat on the floor with your feet together on one side and your hands on the floor. Lift your feet up and over the object and lightly touch the floor on the other side, keeping tension in your core as you move.

Please watch video for full movement explanation and scaling options

Day 3 - (61 minutes)

Primer (10 minutes)

Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Row**er/**Assault Bike**/**Turbo trainer**/**Ski Erg** or a **Run** if not.

Strength (15 minutes)

Day 3 - Strength

Start by working upto a

3 x Reps Max Rack Deadlift

then reduce the weight and come

4 x Sets

of

3 x 90% Rack Deadlifts

*Rack Deadlift – Raise the bar from the ground with plates or from a rack.

Deadlift – Build up to your working weight with plenty of warm up sets starting with an empty bar.

Focus on making sure that you're engaging your glutes and hamstrings for the hinge not your lower back, which should be straight and kept inline at all times. When lifting from the floor, try not to come out of the hinge until the bar is above your knees and don't overextend at the top which can be just as dangerous!

Watch video for movement full demonstrations and Loading options.

Assistance Work (5 minutes)

Day 3 - Assistance Work

Complete

3 x Sets

of

12-15 x Rear Foot Elevated Split Squat

Rear Foot Elevated Split Squat – Using a bench, box or anything you can rest the top of your foot on, laces down. Assume a split foot style position with a Dumbbell/kettlebell/loaded bag held in your hands at chest height. Squat into your front leg loading onto it as much as possible.

Watch video for movement full demonstrations and Loading options.

Workout (21 minutes)

Day 3 - Workout

Set a timer for

21 Minutes

Then at the start of every minute complete exercise 1, 2 or 3

1.Slam Balls

2. Alternating Dumbbell Clean & Jerk

3. Single Skips

*Perform as many as you can of each movement within the minute, then move onto the next movement at the start next minute.

Slam Balls – Stand with your feet shoulder-width apart, knees slightly bent, and hold a 4-6 pound medicine ball in your hand. Lift the medicinal ball overhead with your arms extended. Look straight ahead and inhale. Bend forward at the waist and use your core muscles to throw the ball down in front of your feet with as much force as possible. Contract the abdomen effectively and exhale while doing the exercise. Let the arms follow through the movement to prevent falling. In the end, the heels should be on the floor and knees slightly bent. If it is a bouncy ball, let the ball bounce back, and you catch it. If the ball does not bounce, then keep your abdomen contracted and pick up the ball. Lift the ball back to the starting position, inhale, and slam!

Alternating Dumbbell Clean & Jerk – Holding a dumbbell in one hand between your legs, squat down and ideally tap the floor with it – don't worry if your mobility doesn't allow you to. From the bottom, stand tall and use your hips to drive the weight up to your shoulder – trying not to 'bicep curl' – catching the weight on your bicep and holding your elbow high. Then proceeded to dip and drive the weight above your head to finish off the movement.

Single Skips – Jump over a rope which is held at both ends by oneself or two other people and turned repeatedly over the head and under the feet, as a game or for exercise.

Again, please watch the video for a full movement demonstrations and workout explanation if you are unsure of the workout.

Core
(10 minutes)

Day 3 - Core

Complete

3 x Max Effort Banded Ski Sit

Rest as needed.

Ski Sit – Against a wall with your knees at 90 degrees and your back flat against the wall. Don't lean on your legs with your arms, fold them across your chest or hold them against the wall.

Please watch the video for a full movement demonstrations of the **Banded** Ski Sit if you haven't done one before.

Day 4 - (5 minutes)

Hip Strength and Mobility (5 minutes)

Day 4 - Workouts

This week for your final session we would like you to spend

5 Minutes Daily

working on a

Jefferson Squat

This movement is fantastic for opening out and strengthening your hip flexors and many other muscles that will help you feel looser and better on the bike.

*please watch the demonstration video for a full detail explanation of this, if you are unsure.

Jefferson Squat – With a barbell between your legs, take a wider stance and have your feet 90 degrees to each other. Grip the bar with alternate grip, one palm in, one palm out. The first squat will feel odd as this isn't a normal movement. Focus on an external rotation in your hips, aiming to keep your knees over your ankles. This isn't any easy position to maintain so think about purposeful movement

For a **full** demonstration of this session or any other workouts from this weeks training **please** watch the description video, where Jonny runs through all exercises the in greater detail.

And, if you have any questions about this please do fire them over, and we do hope you enjoy this weeks training.

Cardio Options

Additional Cardio Options

If you would like to add any additional cardio to your training this week the complete one, two or all of the cardio sessions below.

1: 90-120 minutes on a Turbo Trainer at a Zone 2 Heart Rate.

2: Row 10,000 meters, whilst trying to maintain a consistent pace throughout.

3: Run 10,000 meters again try to maintain a consistent pace during this run.