

Day 1 - (61 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.

Mobility (15 minutes)

Day 1 - Mobility

To start this week we have some mobility exercises for you, so complete

2 x Rounds

of

3 x Air Squats (27 reps total)

in the following positions

Normal

Narrow

Wide

Split (Left Leg Forward)

Split (Right Leg Forward)

Split Narrow (Left Leg Forward)

Split Narrow (Right Leg Forward)

Split Wide (Left Leg Forward)

Split Wide (Right Leg Forward)

into

6-10 x Dive Bomber Push Ups

4-6 x Strick Pull Ups or Ring Rows

Air Squat – With feet shoulder width apart, squat to a depth you can maintain your spinal curve. Use your arms to counter balance you and keep your torso as vertical as possible. Draw your knees over your toes matching the angle.

Dive Bomber Push Ups – Start in a downward dog position which is similar to a push up position but with your hips much higher. From here lower your head towards the ground, bending at the arms and keeping your face and chest as lower as possible. bring your head through, lowering your hips and straighten your arms.

Pull Up – Holding a pull up bar, engage your shoulders by thinking about pulling your shoulder blades back and down. Pull your weight to their, 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.

Ring Row – 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.

Please watch video for a demonstration, and movement alternative suggestions

Assistance Work (10 minutes)	Day 1 - Assistance Work Complete 3 x Sets of 8-12 x Rear Foot Elevated Split Squat with a Kettlebell in the Front Rack Position (each side) into 3 x Bottom Half Turkish Get Ups (each side) Rest as needed in between sets 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. Bottom Half Turkish Get Ups –Laying on your back on the floor, with a lightweight in a straight arm above you. Bring the leg of the same side the weight is on to 90 degrees at the knee and your foot flat on the floor. From here, drive up onto the free arm's forearm, then to you hand so you're sat up. Please watch video for this demo and loading suggestions.
Workout (18 minutes)	Day 1 - Workout Set a timer for 18 Minutes and complete as many rounds of 20 x Lunge Balls 5 x Pull Ups 5 x Burpees as you can in the given time. Lunge Ball – With a medicine ball in your hands, complete a lunge with the ball, then stand tall and throw it to a target, catch, swap legs and repeat. Ideally a 20lb/9kg ball and 10ft target for guys, and a 14lb/6kg ball 9ft target for ladies. 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 then ground and touching your hands behind your head. Pull Up – Holding a pull up bar, engage your shoulders by thinking about pulling your shoulder blades back and down. Pull your weight to their, 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. Please watch video for movement demonstrations and a workout explanation if you are unsure.
Isometric Core Work (8 minutes)	Day 1 - Isometric Core Work Set a running timer then complete 3 x Sets of Max Effort Banded Plank

*the band should be around your waist trying to pull your hips to oneside, engage you core to prevent this from happening.

Rest **as needed** between you efforts on each side

Banded Plank -Attach one end a resistance band to a rig or solid structure. Then resting on your forearms and your feet with the band around your waist and mentioned to the rig. Engage your core and hold your bum slightly higher so that you don't risk any over extension in your lower back.

Watch video for a movement demonstration of this plank variation

Day 2 - (40 minutes)

Primer (10 minutes)

Primer

Primer

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

Assistance Work (10 minutes)

Day 2 -Assistance Work

To start todays session we have

3 x Drop Sets

of

5 x Bench Press

straight into

Max Rep Push Ups.

Finally complete another,

3 x Drops Sets

of

5-8 x Single Arm Row (each side)

into

As Many Reps as you can at 50% of the weight.

Take plenty of rest in-between drop sets

Push Ups– Resting on your hands and toes, with your body inline and no dip at the hips. Lower your chest to the floor on your arms, once your chest has met the ground, push up out of the position. Don't drop your hips or arch your back to complete the movement badly.

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.

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.

Watch video for movement demonstrations, scaling options and drop set explanation.

Workout (15 minutes)

Day 2 - Workout

As quickly as you can complete

5 x Rounds

of

9 x Deadlift

6 x Dirty Clean

3 x Push Press

3 x Jumping Back Squat

6 x Over Bar Burpees

with as little rest as possible.

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!

Dirty Clean – With a wide grip, similar to your handlebar grip width, hinge forward and take the bar to just below the knee at its lowest on each rep, not the floor. Stand tall and use the momentum in the bar to bring it up and bring your arms from above to below the bar, avoiding any contact with your body. Maintain a grip that's around handlebar width and keep you forearms and elbows vertically under the bar at the top, no change in grip.

Push Press – With weight held at your shoulders, and straight legs. Dip at the knees and drive to extension, use this energy to drive the weight overhead.

Jumping Back Squat – With a barbell on your back, resting on your traps and not your neck, perform a squat as you would an air squat. Ensure your spinal curve is priority throughout the movement, keeping your torso as vertical as possible. Squat as deep as you can while maintaining your lower back curve, the appropriate depth is determined by your mobility and not a "movement standard". Your knees should track the direction of your toes with your feet about shoulder width apart. The weight of the barbell should rest on your traps and not in your wrists. Pull the bar onto your shoulders to avoid bounce at the top.

Over Bar Burpees – Perform a burpee with chest and thighs hitting the floor but rather than jumping vertically, jump over a barbell. There is no requirement to reach full extension of your hips. Ensure the jump is with both feet at the same time.

Please watch the video for the workout explanations and movement explanations.

**Muscular
endurance**
(5 minutes)

Day 2 - Muscular Endurance

Perform

3 x Max Effort Sets

of a

Reverse Push Up with Straight Leg Walk

*Hold a reverse Push Up between 2 x boxes with your feet straight out in front of you on a box. "walk" your feet in a rhythmic fashion until you lose your shape/ body position.

Reverse Push Up – Lying on your back with your feet planted and knees at 90 degrees. Arms by your sides and elbows driving into the ground to bring your back off the floor. Don't use your core to 'sit up'.

Please watch the demo video for a more in depth explanation of this new movement.

Day 3 - (63 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.

Assistance Work (15 minutes)

Day 3 -Assistance Work

Complete

3 x Rounds

of

12 x Drop Lunges (each side)

8-12 x Archer Push Ups

12 x Cossack Squats (each side)

*Complete these rounds at a steady pace this is not a workout.

Drop Lunge – Stand tall with feet together and your arms hanging at your sides. This is your starting position. Quickly drop down into a lunge position by taking a step forward and bringing your back knee down to the floor. Stand back up so that both feet are together to complete the rep.

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.

Cossack Squats – Stand with your feet wider than shoulder width then lower yourself to one side by pushing the knee of one leg forwards and keeping the supporting leg straight. Try to keep your torso as vertical as possible and drop your hips as low as they will go before returning to standing.

Please watch the video for a full explanation of this workout

Workout (12 minutes)

Day 3 - Workout 1

Complete

3 x Supersets

of

12-15 x Split Leg Trap Bar Deadlift (each side)

20-30 x Narrow Foot, Heel Raised Squats

*if you don't have access to a Trap Bar then use 2 x Dumbbells as an alternative.

Rest as needed in-between each set.

Split Leg Deadlift – In a split leg position, your back foot toes are inline with the heel of your front foot. From here, hinge at the hip and using your chosen weight be it a barbell, dumbbells or trap bar lower the weight to the floor keeping your shoulders pinned back and your back in a safe and neutral position. Aim to keep your shin as vertical as possible and a soft bend at the knee. The aim is 90 degrees at the hip, but if your mobility limits this don't worry. Stand tall, paying attention to using your front leg to power you up. This movement really engages the glute and hamstring on your front leg.

Narrow Foot, Heel Raised Squats – This is a squat progression exercise that utilizes a heel lift to increase ankle dorsiflexion range which allows the knees past the toes. Start by placing a weight plate or wedge below each heel while in a narrow squat stance (feet hip distance apart). Proceed to complete a squat (with or without weight).

Watch video for movement full demonstrations and scaling suggestions.

Workout
(21 minutes)

Day 3 - Workout

Start by setting a timer for

21 Minutes

Then as the start of each minute alternate between exercise **1, 2 & 3.**

of

1: 20 second Assault Bike Sprint into Attack Position Push Up Hold

2: Banded Ski Sit

3: Rest

*aim to hold the isometric hold for as long as you can within the minute.

Attack Position Push Up Hold – Place hands on the floor roughly the width of your handlebar riding position with finger pointing forwards. Plant your toes to create a stable “plank” position with arms extended. Ensuring your spinal curve is held, lower yourself to the ground until your elbows reach roughly 45 degrees, hold this position.

Banded Ski Sit – Attach one end a resistance band to a rig or solid structure. Then stand in the band with it around your waist, step backwards away from the rig to create tension in the band. Squat down until your thighs are parallel with the ground and hold this position for as long as you can.

Watch video for full movement demonstrations.

Core
(5 minutes)

Day 3 - Core

Complete

3 x Sets

of

15-20 x Banded Rotations (each side)

with

20 Seconds Rest in-between sets

Banded Rotations – With a banded fixed to a solid object, take a lunge stance with your forward foot on the opposite side to the band. With the band in your hands and your arms outstretched in front of you, twist away from the bands fixed point keeping your head, chest and hands in line with each other and returning back to neutral under control, not snapped back by the band. It should be a roughly 120 degree rotations.

Please watch the video for a full movement demonstrations and scaling options

Day 4 - (20 minutes)

Workout of the Week (20 minutes)

Day 4 - Workout of the Week

This week for your final session we would like you to complete and

Ascending Ladder

1,2,3,4,5,6,7,8....

of

Halos

&

Alternating Pistols

Set a timer for anywhere between **10-20 minutes** and work up a rep ladder alternating between the movements.

So complete **1 x Halo & 1 x Pistol** then onto **2 x Halo's** and **2 x Pistols**, followed by **3 x reps** of each and then **4 x reps** of each and so on....continue on adding **1 x reps** each round and see how far you can get in your chosen time.

Halos – As the name suggests, the halo is performed by making tight circles around the head with the kettlebell or any weighted object. Start with lighter weight and gradually increase the weight as you become more comfortable with the movement.

Pistols – 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.

For a **full** explanation of this session or of any other workouts from this weeks training **please** watch the demo 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.