

DAY 1	Exercise	Sets	Reps	Rest (seconds)	Notes
LOWER (HAM/ GLUTE)					
WARM UP: Glute activation with a band	1. Barbell Romanian Deadlift (toes up on plates)	4	10	60	Hips to the roof, keep barbell on your legs
	2. Barbell Hip Thrust	3	15 + 30 second hold at the top on last rep	60	Tuck pelvis under before every rep
	3. Lying Hamstring Curl	4	15	45	Hips down, toes to your shins
	4. Leg Press (feet high and wide)	3	20	60	Weight through the heels
	5A. Hamstring Curls On Rower Seat	3	15	-	Hips high, toes to shins
	5B. Single Leg Hip Raise (shoulders on bench)	3	10 each side	60	Tuck pelvis under before every rep
	6A. Swiss Ball Rollouts	4	12	30	Keep a neutral pelvis
FOAM ROLL & STATIC STRETCH	Sled Push or Deadmill Sprint + 60 Second Glute Bridge	5	20 seconds max effort	60	Put a weight plate on your hips for flute bridge

DAY 2	Exercise	Sets	Reps	Rest (seconds)	Notes
UPPER					
WARM UP	1. Pull Ups (neutral grip and assisted if needed)	3	10	90	Relax hands, pull with elbows, brace core
	2. Barbell Bench Press	3	12 + max push ups on your knees after last set	60	Lock shoulder blades in and keep elbows as 45 degrees
	3A. Seated Row	3	15	-	Slight forward lean, pull with elbows and relax hands
	3B. Dumbbell Hammer Curls	3	15	60	Elbows stay tucked into your side
	4. 3-Way Dumbbell Shoulder Complex	3	30 (10 reps to the front, 45 degrees and then side)	60	Go light and limit any momentum
	5. Incline Bench Reverse Dumbbell Fly	3	15	45	Pull little fingers to the roof
	6. Tricep Rope Push Downs	3	15	-	Elbows stay tucked into your side
	6B. Bench Dips	3	10	45	Try and add a weight plate to your legs if possible
FOAM ROLL & STATIC STRETCH	Battle Ropes	10	15 seconds.	15 seconds.	MAX EFFORT

DAY 3	Exercise	Sets	Reps	Rest (seconds)	Notes
LOWER (QUAD/ GLUTE)					
WARM UP: Glute activation with a band	1. Barbell Box Squat	4	12,10,8,6	60-90	Increasing weight every set
	2. Single Leg Pistol Squat Onto Bench	3	8 each leg	60	Use TRX for assistance if needed
	3A. Walking Dumbbell Lunges	3	24 total steps	-	Take big steps and keep the weight through your front heel
	3B. Leg Extensions	3	10	60	HEAVY
	4. Leg Press	4	25	60	Weight through the heels
	5. Heavy sled push	5	10 metres	30	Focus on knee drive
	6A. Dumbbell step ups	3	8 each leg	-	Drive heel down into the bench/box
	6B. Hip Thrust with Dumbbell On Hips	3	10 with a 5 second hold at the top of each rep	60	Rest shoulders on a bench
	7. Standing Calf Raises	3	15	45	Push up though your big toe
FOAM ROLL & STATIC STRETCH	Spin Bike or Incline Treadmill Sprints	8	20 seconds max effort	10 seconds easy	MAX EFFORT

DAY 4	Exercise	Sets	Reps	Rest (seconds)	Notes
FULL BODY					
WARM UP	1. Trap Bar or Sumo Deadlift	5	5	90	HEAVY
	2. Lat Pull Down (wide grip)	3	12	60	Relax hands, pull with elbows, stop bar at chin height
	3A. Dumbbell Goblet Squat (band just above your knees)	3	15	-	Hips back, knees out, squeeze glutes at the top
	3B. Box Jump	3	5	60	
	4. Single Arm Dumbbell Row	2	15 each arm	45	Pull elbow back towards hip
	5. Walking Lunges (plate overhead)	3	20 steps	60	Brace core and don't lean back
	6A. Standing Barbell Overhead Press	3	10	-	Squeeze every muscle from the ground up
	6B. Cable Rope Facepull	3	15	60	Elbows and hands finish next to your eyes
	7. Weighted Plank (if possible)	3	60 seconds.	60	Brace core and keep weight evenly distributed
FOAM ROLL & STATIC STRETCH	Walking Lunges	1	5 minutes.	-	1-5kg dumbbells, don't stop

UPPER BODY WARM UP: **Foam roll:** Lower/upper back, lats **Mobility:** Shoulders **Activation:** Rotator cuffs

LOWER BODY WARM UP: **Foam roll:** Calves, hamstrings, ITBs, quads, lower back, glutes (spikey ball), hip flexors (Kettle bell) **Mobility:** Ankles, lower back, hip flexors, adductors/groin **Activation:** Glutes, hamstrings

NOTES:

- Use 1-2 warm up/acclimation sets on all compound movements
- Aim to progressively overload on all movements each week
- All exercises labelled with letters (A,B etc) are supersets, meaning you will perform both/all exercises consecutively before resting
- Form/lifting technique is 10 x more important than the weight, quality over quantity. Think perfect rep, every rep
- Focus on mind-muscle connection