

# Phase 1

# Whole Body & CV

## WARM UP

| Exercise                   | Sets | Duration   | Notes   |
|----------------------------|------|------------|---|
| SMR - Soleus/Gastrocnemius | 1    |            | Roll entire muscle 4-5 times                              |
| Latissimus Dorsi           | 1    |            | 1 inch per second. Hold trigger point x30 sec if required |
| Static Stretch - Pec Major | 1    | 30 seconds |   |
| Hip Flexor                 | 1    | 30 seconds | Hold to a mild tension                                    |
| Quads                      | 1    | 30 seconds |   |

## CORE/BALANCE/REACTIVE

| Exercise               | Sets | Reps | Tempo | Rest   | Notes                             |
|------------------------|------|------|-------|--------|-----------------------------------|
| Prone Iso Plank        | 1    | 6    | Hold  | 10 sec | Hold 6 sec, rest 10 sec x 6       |
| Prone Cobra            | 1    | 6    | Hold  | 10 sec | Hold 6 sec, rest 10 sec x 6       |
| Lateral Tube Walks     | 2    | 10   | Slow  | 30 sec |                                   |
| Single Leg MB OH Press | 1 EL | 8    | 4-2-1 | 20 Sec | One leg, one set - other leg done |

## MAIN CV

| Exercise                      | Time      | Notes  |
|-------------------------------|-----------|--|
| Rower (LSD)                   | 1000m     | Complete distance, note time - match each week |
| Treadmill (Aerobic Intervals) | 8 minutes | 1 Minutes RPE 11 (light)                       |
|                               |           | 1 Minutes RPE 15 (Hard)                        |
|                               |           | x 4 rounds                                     |

## RESISTANCE

| Exercise  | Sets | Reps    | Tempo | Rest   | Notes                                    |
|---|------|---------|-------|--------|--|
| Front Squat to OH Press                         | 3    | 12/10/8 | 4-2-1 | 60 sec | Pyramid – increase weight each set by 5% |
| Bosu Press Ups                                  | 2    | 12      | 4-2-1 | 60 sec | Multiset                                 |
| Prone Swiss Ball Row                            | 2    | 12      | 4-2-1 | 60 sec | Multiset                                 |
| Straight Arm Cable Pulldown                     | 2    | 12      | 4-2-1 | 60 sec | Multiset                                 |
| 1a. Cable Bicep Curl<br>1b. OH Tricep Extension | 2    | 12      | 4-2-1 | 60 sec | Antagonist Superset                      |
| Leg Press                                       | 2    | 12      | 4-2-1 | 60sec  | Multiset                                 |

## COOL DOWN

| Exercise                   | Sets | Reps | Tempo      | Rest | Notes                        |
|----------------------------|------|------|------------|------|------------------------------|
| SMR - Soleus/Gastrocnemius | 1    |      |            |      | Roll entire muscle 4-5 times |
| Latissimus Dorsi           | 1    |      |            |      | 1 inch per second            |
| Static Stretch - Pec Major | 1    |      | 30 seconds |      |                              |
| Hip Flexor                 | 1    |      | 30 seconds |      | Hold to a mild tension       |
| Quads                      | 1    |      | 30 seconds |      |                              |