

## Phase 2

## Whole Body Circuit

WARM UP					
Exercise	Sets	Duration		Notes	
SMR - Gastroc/Rec Fem	1			Roll entire muscle 4-5 times	
Latissimus Dorsi	1			1 inch per second. Hold trigger point x30 sec if required	
Active Iso Stretch - Hip Flexor	1	Hold for 2-3 seconds		Move into stretch, hold, then release and repeat	
Soleus	1				
Pec Major	1				
CORE/BALANCE/REACTIVE					
Exercise	Sets	Reps	Tempo	Rest	Notes
Dorsal Raises	2	8	4-2-1	45	Multiset
Swiss Ball Ab Crunch	2	8	4-2-1	45	Multiset
TRX Single Leg Squat	2	10	2-0-2	45	Multiset - 1 set each leg- focus on tech
MAIN CV					
Exercise	Time		Notes		
N/A	N/A		N/A		
RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Notes
Walking Lunge to OH MB Press	2	12	2-0-2		Complete all exercises in a circuit format. The rest is completed after the exercise in that line then move down to the next exercise. Complete the whole circuit twice
DB Chest Press		12	2-0-2		
Bosu Press Ups		12	4-2-1	20	
Bent Over Row		12	2-0-2		
Swiss Ball DB Pullover		12	4-2-1	20	
Lateral Raise		12	2-0-2		
Single Leg Shoulder Press		12	4-2-1	60	
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			

## Phase 2

## Whole Body & CV

### WARM UP

Exercise	Sets	Duration	Notes
SMR - Gastroc/Rec Fem	1		Roll entire muscle 4-5 times
Latissimus Dorsi	1		1 inch per second. Hold trigger point x30 sec if required
Active Iso Stretch - Hip Flexor	1	Hold for 2-3 seconds	Move into stretch, hold, then release and repeat
Soleus	1		
Pec Major	1		

### CORE/BALANCE/REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Notes
Dorsal Raises	2	8	4-2-1		Completed as Vertical Loading/Circuit
Swiss Ball Ab Crunch	2	8	4-2-1		
TRX Single Leg Squat	2	10	2-0-2	45	

### MAIN CV

Exercise	Time	Notes
Rower (Tabata)	4 minutes	20 seconds max effort, 10 sec rest x 8
Treadmill (lactate Intervals)	10 minutes	1 minute Fast Run; 2 minutes Jog
		Repeat x 3

### RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Notes
1a. Bench Press 1b. Swiss Ball Flye	3	10 10	2-0-2 4-2-1	60	Post Exhaust Superset
2a. Prone Flye 2b. TRX Row	3	10 10	2-0-2 4-2-1	60	Pre Exhaust Superset
3a. Leg Press 3b. DB Reverse Lunges	3	10 10	2-0-2 4-2-1	60	Agonist Superset
Russian Twist	2	12	2-0-2	60	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		

# Phase 2 Upper Body & CV

## WARM UP

Exercise	Sets	Duration	Notes
SMR - Gastroc/Rec Fem	1		Roll entire muscle 4-5 times
Latissimus Dorsi	1		1 inch per second. Hold trigger point x30 sec if required
Active Iso Stretch - Hip Flexor	1	Hold for 2-3 seconds	Move into stretch, hold, then release and repeat
Soleus	1		
Pec Major	1		

## CORE/BALANCE/REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Notes
Dorsal Raises	2	8	4-2-1	45	Multiset
Swiss Ball Ab Crunch	2	8	4-2-1	45	Multiset
Single Leg Scaption	2	8	2-0-2	45	Multiset

## 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
BB Clean and Press	2	10/8/6	2-0-2	60	Pyramid – increase weight 5% each set
1a. Press Ups 1b. TRX Flye	3	10 10	2-0-2 4-2-1	60	Post Exhaust Superset
2a. Prone Flye 2b. TRX Wide Arm Row	3	10 10	2-0-2 4-2-1	60	Pre exhaust Superset
3a. Bicep Cable Curl 3b. Tricep Cable Ext	2	10 10	2-0-2 2-0-2	60	Antagonist Superset
Chin Ups	2	5	5-0-0	60	Negative Reps – focus on eccentric

## 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			