

## Week 1 Workout 1: Upper Body

### 1 Decline bench press



**Sets 3 Reps 10 Tempo 2010 Rest 60sec**

**Targets** Chest, triceps, front shoulders

Lie on a decline bench, holding a dumbbell in each hand at chest height. Plant your feet on the floor or box directly underneath your knees. Brace your core and back muscles, and press your feet into the ground. Keeping your whole body tight and your chest up, press the weights directly up until your arms are straight. Slowly lower the weights back to the start position under complete control.

### 2 Inverted row



**Sets 3 Reps 10 Tempo 2011 Rest 60sec**

**Targets** Upper back, biceps

Take a double shoulder-width overhand grip on the bar with your heels resting on the floor. Keeping your chest up, core braced and feet on the floor, pull your chest up towards the bar. Pause and squeeze your back muscles at the top of the rep, then slowly lower yourself back to the start.

### 3 Seated Arnold press



**Sets 3 Reps 10 Tempo 2010 Rest 60sec**

**Targets** Shoulders, triceps

Sit on an upright bench, holding a dumbbell in each hand with palms facing you. Keeping your chest up and core braced press the weights directly overhead, rotating your wrists as you go to finish with arms straight and palms facing forwards. Slowly lower the weights back to the start.

### 4 Renegade row



**Sets 3 Reps 10 Tempo 2011 Rest 60sec**

**Targets** Upper back, biceps

Start in a press-up position with each hand holding a dumbbell. Keeping your body straight with abs and glutes engaged, row one arm up, leading with your elbow, then back down to the start. Repeat with your other arm. That's one rep.

### 5 Press-up



**Sets 3 Reps 12 Tempo 2010 Rest 60sec**

**Targets** Chest, triceps, front shoulders

Start in a press-up position with your hands flat on the floor and your shoulder, elbow and wrist joints lined up. Bend your elbows to lower your chest to the floor, then press back up powerfully to return to the start.

## 6 Seated Russian twist



**Sets 3 Reps 12 Tempo 1111 Rest 60sec**

**Targets** Abs

Sit holding a ViPR bar, dumbbell or other weight in both hands, then raise your feet off the floor. Engage your upper abs, then rotate your torso all the way to one side, then back across to the other side. That's one rep. Keep each rep smooth and controlled and maintain tension on your core throughout the set.

## Week 1 Workout 2: Lower Body

## 1 Box jump



**Sets 3 Reps 12 Tempo X Rest 60sec**

**Targets** Quads, glutes, hamstrings, core

Stand tall in front of a box or bench. Squat down then jump up and over the bench, landing on both feet. Turn around and jump back. That's one rep.

## 2 Transverse lunge



**Sets 3 Reps 12 Tempo 2010 Rest 60sec**

**Targets** Quads, glutes, hamstrings, core

Stand tall with your chest up and core engaged, holding a dumbbell in each hand. Take a big step with your right leg back and behind you, rotating your torso as you do and bending your right leg to lunge in that direction. Your chest should be straight over your right thigh. Press back off your front foot to return to the start, then repeat with your left leg. That's one rep.

## 3 Kettlebell squat



**Sets 3 Reps 12 Tempo 2010 Rest 60sec**

**Targets** Quads, glutes, hamstrings, core

Stand tall, holding a kettlebell in each hand in the racked position. Keeping your chest up and your core engaged, squat down as deep as you can so that your thighs are at least parallel to the floor. Push through your heels to stand back up and return to the start.

#### 4 Hip thrust



**Sets 3 Reps 12 Tempo 2011 Rest 60sec**

**Targets** Glutes, core

Lie with your upper back supported on a bench, with a weighted barbell resting on the top of your upper thighs. Engage your glutes and raise your hips as high as you can, then pause in this top position and squeeze your glutes hard. Lower your hips back to the start.

#### 5 Single-leg press



**Sets 3 Reps 12 each side Tempo 2010 Rest 60sec**

**Targets** Quads, glutes, hamstrings

Sit on the leg press machine with one leg on the platform and the other resting on the floor. Unlock the safety catch, then slowly lower the platform by bending your knee so that it moves towards your chest. Press through your foot to straighten your leg and complete the rep. Do all the reps stated with one leg, then switch legs and complete the same number of reps with the other leg.

## 6 Kettlebell swing



**Sets 3 Reps 20 Tempo X Rest 60sec**

**Targets** Core

Swing the kettlebell between your legs with both hands, then pop your hips forwards to drive it up to head height, keeping your arms relaxed. Let the kettlebell swing back down into the next rep

## Week 1 Workout 3: Upper Body

### 1 Dumbbell flye



**Sets 3 Reps 10 Tempo 2010 Rest 60sec**

**Targets Chest**

Lie on a flat bench holding two dumbbells directly over your chest with straight arms. Bend your elbows slightly, then lower your hands out to the sides until you feel a stretch across your chest. Squeeze your pecs to return to the start.

### 2 Dumbbell reverse flye



**Sets 3 Reps 10 Tempo 2011 Rest 60sec**

**Targets Upper back**

Stand holding a light dumbbell in each hand, then bend forwards from the hips so your upper back is parallel to the ground. You can use an incline bench to rest your forehead on, if you want. With a slight bend in your elbows, raise the weights to the sides, leading with your elbows. Hold the top position briefly, then lower the weights back to the start.

### 3 Kettlebell press



**Sets 3 Reps 10 Tempo 2010 Rest 60sec**

**Targets** Shoulders, triceps

Stand tall holding a kettlebell in each hand in the racked position. Keeping your chest up and your core engaged, press the weights directly overhead until your arms are straight, then lower them back to the start.

#### 4 Landmine row



**Sets 3 Reps 10 Tempo 2011 Rest 60sec**

**Targets** Upper back, biceps

Stand tall with your feet either side of a barbell loaded with weight at one end. The other end should be jammed into a corner. Bend down, hinging at the hips, and grab the barbell with both hands. Staying bent over but with your chest up so you don't round your shoulders, row the bar up towards your chest. Pause for a second at the top, then lower the bar back to the start.

#### 5 Barbell high pull





**Sets 3 Reps 10 Tempo X Rest 60sec**

**Targets** Total body

Stand tall with a very wide overhand grip on a barbell. Bend your knees then go into triple extension – at the ankles, knees and hips – to powerfully pull the bar up as high as you can. Control the bar path throughout, making sure it travels straight up and down.

## 6 TRX Pike



**Sets 3 Reps 10 Tempo 1111 Rest 60sec**

**Targets** Abs

Start in a press-up position but with your feet in a suspension trainer handle. Keeping your legs straight, raise your hips as high as you can so your upper and lower body form an inverted L-shape. Reverse the movement back to the start.

## Week 1 Workout 4: Lower Body

## 1 Sumo deadlift



**Sets 3 Reps 12 Tempo 1010 Rest 60sec**

**Targets** Quads, glutes, hamstrings, core

With your feet wider than shoulder-width apart, squat down and grasp a barbell with a shoulder-width mixed grip. Keeping your chest up and core engaged, press through your heels to stand up, keeping the bar close to your body and pushing your hips forwards at the top. Reverse the movement back to the start.

## 2 Barbell lunge



**Sets 3 Reps 12 each side Tempo 1010 Rest 60sec**

**Targets** Quads, glutes, hamstrings, core

Stand tall with a barbell resting across your back and shoulders. Point your elbows behind you to retract your shoulder blades. Keeping your back upright and core braced throughout, take a big step forwards and lunge down until your rear knee touches the floor. Push off your rear foot to return to the start position. Continue, alternating which leg you lunge on.

## 3 Front squat



**Sets 3 Reps 12 Tempo 2011 Rest 60sec**

**Targets** Quads, glutes, hamstrings, core

Hold the bar across the front of your shoulders, either with your elbows pointing forwards and upper arms parallel to the ground, or with your arms bent and crossed with the fingers of each hand resting on the opposite shoulder. Squat down as low as you can, then press back up through your heels.

#### 4 Dumbbell side lunge



**Sets 3 Reps 12 each side Tempo 2011 Rest 60sec**

**Targets** Quads, glutes, hamstrings, core

Stand tall, holding a dumbbell in each hand by your sides. Take a big step to the side, bending your leading leg as you lunge down, then press back off that foot to return to the start. Complete all the reps with that leg, then switch sides and complete the same number of reps with your other leg.

#### 5 Single leg-press



**Sets 3 Reps 12 each side Tempo 1111 Rest 60sec**

**Targets** Quads, glutes, hamstrings

Sit on the leg press machine with one leg on the platform and the other resting on the floor. Unlock the safety catch, then slowly lower the platform by bending your knee so that it moves towards your chest. Press through your foot to straighten your leg and complete the rep. Do all the reps stated with one leg, then switch legs and complete the same number of reps with the other leg.

## 6 Reverse crunch



**Sets 3 Reps 12 Tempo 1111 Rest 60sec**

**Targets** Lower abs

Lie flat on your back with your arms flat on the floor and knees bent. Use your lower abs to draw your knees in towards your chest, then raise your hips up off the ground. Lower back to the start, keeping your abs fully engaged throughout.

## Week 2



The exercises remain the same but the sets and reps change to work your body harder.

## Workout 1: Upper Body

Exercise	Sets	Reps	Tempo	Rest
1 Decline dumbbell bench press	4	8	2010	60sec
2 Inverted row	4	8	2011	60sec
3 Seated dumbbell Arnold press	4	8	2010	60sec
4 Renegade row	4	8	2011	60sec
5 Press-up	4	10	2010	60sec
6 Seated Russian twist	4	10	1111	60sec

## Workout 2: Lower Body

Exercise	Sets	Reps	Tempo	Rest
1 Box jump	4	10	X	60sec
2 Transverse lunge	4	10	2010	60sec
3 Kettlebell squat	4	10	2010	60sec
4 Glute bridge raise	4	10	2011	60sec
5 Single-leg press	4	10	2010	60sec
6 Kettlebell swing	4	20	X	60sec

## Workout 3: Upper Body

Exercise	Sets	Reps	Tempo	Rest
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1 Dumbbell flye	4	8	2010	60sec
2 Dumbbell reverse flye	4	8	2011	60sec
3 Kettlebell press	4	8	2010	60sec
4 Landmine row	4	8	2011	60sec
5 Barbell high pull	4	8	X	60sec
6 TRX pike	4	8	1111	60sec

### Workout 4: Lower Body

Exercise	Sets	Reps	Tempo	Rest
1 Sumo deadlift	4	8	1010	60sec
2 Barbell lunge	4	8	1010	60sec
3 Front squat	4	8	2010	60sec
4 Dumbbell side lunge	4	8	2010	60sec
5 Single-leg press	4	8	2010	60sec
6 Reverse crunch	4	8	1111	60sec