



Monday 08/11/2021 – Strength Endurance & Work Capacity Training

Warm up

1. 3-5 min light jog, skipping or brisk walk. Elevate Heart rate & warm up the muscle tissue

2. Corrective / isometric warm up circuit: follow the circuit bellow. Complete 2 to 3 times

2a. Side Plank Dips x 10 each

- Keep your support arm underneath your shoulder.
- Be careful not to put too much pressure on your shoulder



2b. Shoulder Rotations X 10

- You can use light resistance if you have access. 0.5 to 1kg maximum. If no weights, just use your body weight, open hands.
- Keep your back straight
- Rotate your hand out into a 90 degree angle
- Keep it slow and controlled





2c. Inch worms x 10

- Walk out into a push up position and then back to standing.
- Keep your knees as straight as possible, do not lock out the knees.



2e. Low Squat Lateral Walk. X 10 steps each way.

- Keep your toes, knees, hips, and shoulders facing forward.
- Keep your back as straight as possible.
- Stay as low as possible
- Squeeze your quads



2d. Glute Bridge Raises X 10 + 2 second pause at the top.

- Extend your hips until you are in a straight line from your shoulders, to your hips, to the top of your knees.
- Be careful not to hyperextend and put pressure on your lower back.
- At the top squeeze your hamstrings and glutes



2f. Alternating Bird Dogs X 5 each side + 2 sec pause

- Keep your back as straight as possible, while bracing your core and staying stable.
- Extend opposite arm and legs straight out and as high as you can
- Squeeze and brace the entire body at the top.





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Power Section – perform the 2 exercises as a super set, going from A to B, then rest for 45 to 60 seconds then repeat this process for 3 sets. Focus on the quality of the movement and completing the rep as powerful as possible.

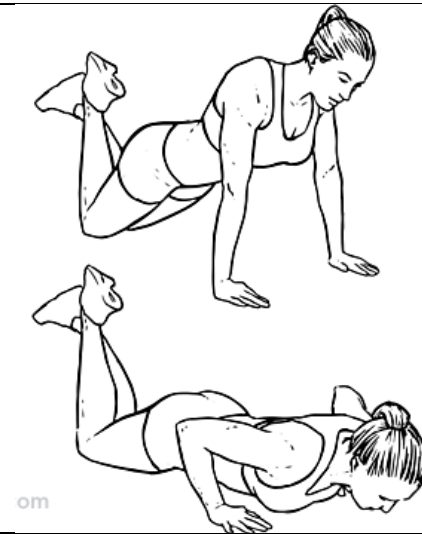
3a. Single Leg Skater Jumps x5 each leg

- Take your time with each rep, reset after each jump.
- Focus on soft landings, balance, and stability on each jump
- Take a 2 to 3 second pause between each jump



3b. Power push ups and release x 6 to 8

- If you cannot do full push ups with good quality, drop to your knees and complete the exact same way
- Take your time with each rep, release your hands and the focus on power on the way up





Body Weight Strength Endurance Circuit.

You can complete all sets on one exercise then move on to the next or you can also complete the exercises in order and at the end start back at the first exercise number one until you complete the desired sets. Complete the exercises/workout in order with 20 to 30 seconds between sets and 1.30 to 2 mins between rounds.

- Beginner = 10 seconds work / 1 to 2 set / 1 to 2 rounds
- Intermediate = 15 seconds work / 1 to 2 set / 2 to 3 rounds
- Advanced = 20 seconds work / 1 to 2 set / 3 to 5 rounds

4a. Body weight Squats



4b. Crunch Kicks



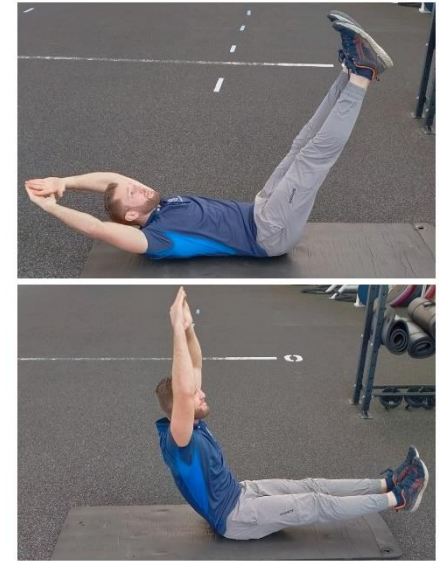


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4c. Bodyweight Push Ups



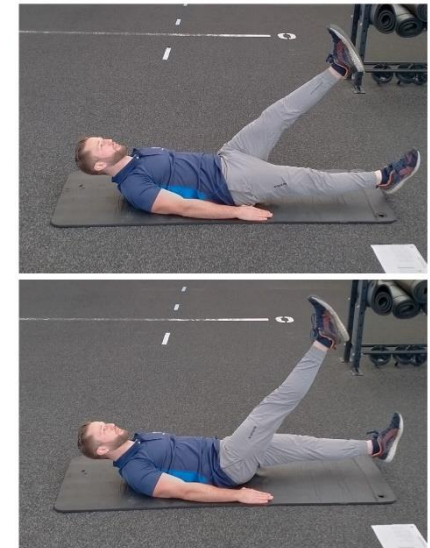
4d. Hollow Rocks



4e. Alternating Lunges



4f. Scissor Kicks





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- Warm down
 - Complete 1 to 3 rounds of the stretching routine.
 - Focus on controlling your breathing and bringing down your heart rate.

