



## 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, 15 – 20 seconds rest between exercises

2a. Plank Holds x 30sec

- Keep your elbows underneath your shoulders.
- Keep a straight and neutral spine position
- Don't let your hips/stomach sag, engage your abs.



2b. Forward Lunge Walk x 10 alternating

- Walking forwards, drop into a lunge on each step.
- Don't hit your back knee onto the ground, just of the ground is sufficient.
- Try and maintain to 90 degree angles with your legs in the bottom position.
- Don't just keep a nice slow and controled pace.





## 2c. V Sit Rolls x 10

- Roll out into a V position, reach your hand forward to create a light stretch
- Roll to your back and complete a leg raise.
- Don't rush keep the movement under control



## 2e. Push up/incline

Isolation holds x 15-20 seconds

- Hold the bottom position of your push up, bracing your core and upper body.
- Keep your back as straight as possible.
- Elbows on a 45 degree angle
- If you cannot to a full push up use the incline position.



## 2d. V raises x 10 + 2 sec pause at the top

- Extend your arms up at 2 45 degree angles with your thumbs up.
- just use your body weight, open hands.
- Keep your back stright
- Keep it slow and controlled



## 2f. Alternating Side Twists X 5 each side + 2 sec pause

- Keep your back as stright as possible, while bracing your core and staying stable.
- Finger tips on your ears and twist to the side, as far as you can in a controled manner.
- Do not complete at speed this is a slow controlled movement.





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. Alternating power Step ups x 3 each leg

- Step up onto a box or chair that can support your weight and that is stable.
- Focus on stability of your foot that is on the box and your balance at the top.
- Focus on stepping up fast and coming down slow and controlled.
- Take your time with each rep, reset after each step up.





## 3b. Burpees x 6 - 8

- Starting at the bottom of your push up, explode up to your feet and perform your burpee jump.
- If you cannot do full push ups burpees just drop down to the top position and back up again.
- Take your time with each rep, you can pause 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. Static Lunges, 1 x each leg

- Don't smack your knee onto the ground.



### 4b. Alternating running lunges

- Legs to the outside of your hands back and forth





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## 4c. Close Grip

### Bodyweight Push Ups

- Drop to your knees if necessary



## 4d. Leg Raises

- Try to keep your legs as straight as possible.
- If you need you can bend your knees on the way up, try to keep them straight on the way down.



## 4e. Mountain Climbers

- Knees through the middle of your hands as fast as possible.



## 4f. Ab Side Twists

- Use your core to twist, don't just move your hands from side to side.





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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.

