



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. Low Abs Holds x 30sec

- Hands on your chin
- Keep a straight and neutral spine position
- Don't let your hips/stomach sag, engage your abs.



2b. Iso wall Parloff x 20/30 sec each side.

- Stright arms, inline with shoulders
- Hips, knees and feet square and forward
- Try to rotate into the post/wall
- Squeeze your side abs





2c. Side Plank Knee Flexions x 5 each + 2 sec pause

- Hold and brace your side plank position
- Raise your top leg up to 90 degrees and back down



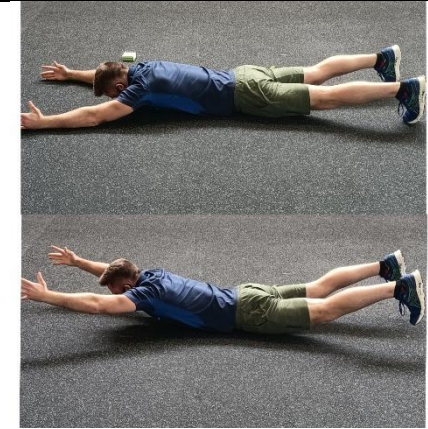
2e. Single Leg Glute Bridge x 20 sec each

- Keep a straight line from your leg through your hip down to the shoulders
- Squeeze your core and both legs



2d. Super man extensions x 8 + 2 sec pause

- Extend your arms up out inline with your shoulders with your thumbs up.
- Extend the lower legs off the ground
- Keep arms and legs straight



2f. T raises – thumbs up/thumbs down x 5 each alternating + 2 sec pause

- Keep your back as straight as possible, while bracing your core and staying stable.
- Raise into a straight line with your shoulders and squeeze the shoulder blades
- Do not complete at speed this is a slow controlled movement.





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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. Broad Jumps

- Set into a quarter squat position with your arms back
- Jump forward as far as you can, throw your hands forward in time with your jump
- Land toe to heel, think soft landings. Land stable on both feet.



3b. Body weight reverse wood choppers

- Starting at the bottom with your hands together
- Turn and rotate to the top position as fast as you can
- Slow and controlled back to the start position
- Repeat in both directions





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. Side Squats

- Keep Both Feet on the ground facing forward
- Sit back on the side you are squatting
- Keep the knee behind the toe.



4b. BW Standing Side Twists

- Keep your Feet, legs and hips in the same positions
- Hands across the shoulders
- Twist from side to side with the core.





4c. Pike Push Ups / Bodyweight Push Ups

- Start with your hands just outside your shoulder's width
- Create a straight line with your hands to your shoulders
- Bend your elbows back in a 45 degree angle (don't let the elbows go out to the side)
- Drop to your knees if necessary



4d. Plank Knee to Elbows

- Knees to the elbows, alternating from side to side.
- Keep your back as straight as possible



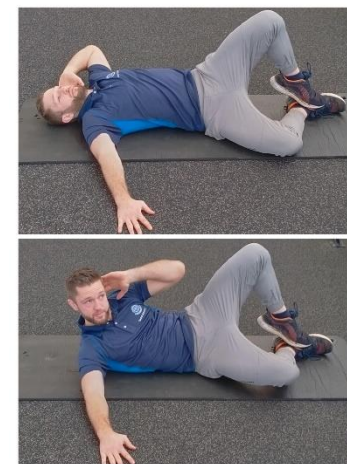
4e. single leg alternating bridges

- Same as the warmup exercise, this time alternate legs
- Raise up and down.
- Squeeze at the top



4f. Side Crunches

- Use your core to twist, don't just move your hands from side to side.
- Point the same side elbow up towards the knee that is elevated
- Crunch the side abs at the top



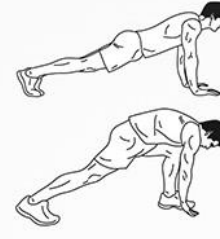


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- Warm down
 - Complete 1 to 3 rounds of the stretching routine.
 - Focus on controlling your breathing and bringing down your heart rate.



30sec side-to-side lunges



30sec plank step-ins



30sec stretch



30sec stretch



30sec stretch



60sec stretch



30sec stretch



30sec stretch



30sec upward dog



30sec swimmers



30sec bow hold