



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

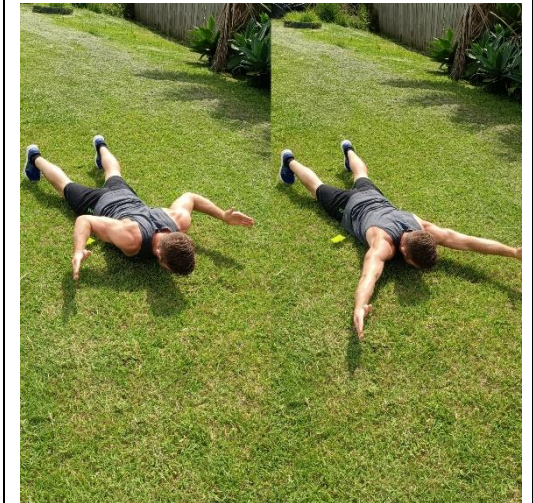
2a. plank Holds x20 to 30 seconds

- Keep your arms underneath your shoulders.
- Be careful not to put too much pressure on your shoulder



2b. Shoulder Y Reaches X 10

- You can use light resistance if you have access. 0.5 to 1kg maximum. If no weights, just sure body weight, open hands.
- Keep your back stright
- Reach your hands out infront & extend off the ground.
- Pull your elbows to your hips, while keeping it off the groud.
- Reach back out infront of your shoulders.





2c. Jack Knives 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. Hip Kick Backs x 10 each leg

- Keep your toes, knees, hips, and shoulders facing forward.
- Keep your back as straight as possible.
- Keep your leg in a 90 degree position
- Squeeze your quads & glutes at the top



2d. 90/90 Hip Switches

- Sit back and creat two 90 degree angles with your hips.
- Swap from side to side in a controlled mannar
- Becarful not to hyperextend a put pressure on your lower back.
- During the transition both knees whould be pointed to the ceiling.



2f. Cat Camel Back extentions + 2 sec pause

- Keep you back as stright as possible, while bracing your core and staying stable.
- Push the ground away with your hands and extend your back towards the ceiling
- Return back to table top position .





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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 leaning power steps 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. Tuck jumps x 6 to 8

- Try not to squat before you jump, just have a slight bend in the knees.
- Bring your knees to your chest on the jump. focus on power on the way up.
- Land softly and stably, don't let your knees collapse in.





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. Bear Crawls (back and forth).

- simultaneously moving the right hand and the left leg in a crawling motion. Your knees never touch the ground.
- Keep the body low during the bear crawl.
- Keep your back as flat as possible (balance a glass of water on your back).



4b. Reverse crunch

- Keep the knees at a 90-degree angle
- Crunch up towards the ceiling

Keep a neutral/straight spine





4c. Dimond Push Ups

- Thumb to thumb and index finger to index finger hand position
- Drop to your knees if necessary
- Option 2, go down in the diamond grip slow and controlled, come up normal grip or from the kneeling position



4d. Alternating cross mountain climbers

- Alternate legs
- Knee to Opposite elbow

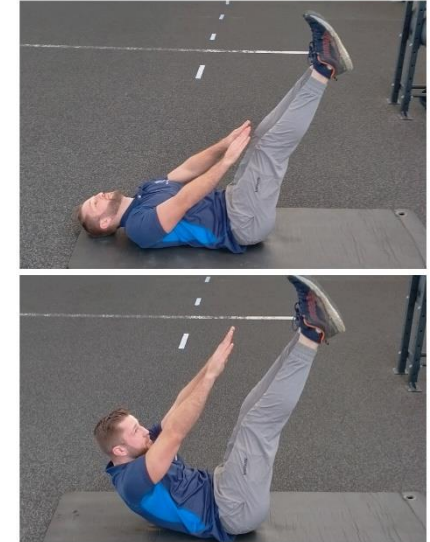


4e. Single leg Box Squat

- Keep support foot flat on the ground
- When sitting onto the seat keep the tension though your whole body, don't completely relax upon sitting down.



4f. Toe Touch





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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.

