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WARM-UP		Dynamic Warm-Up - focus on moving the parts of your body you will be using in your workout!											
Workout 1						Workout 3							
Circuits	Exercise	Reps/Sets	Weight Week 1	Week 2	Week 3	Week 4	Circuits	Exercise	Reps/Sets	Weight Week 1	Week 2	Week 3	Week 4
a1	Squat to Press	10/3					a1	Romanian Deadlift	12/3				
a2	Cable Row	12/3					a2	Pushups	10/3				
a3	Sprinter Starters	10es/3					a3	Kettlebell Swing	15/3				
REST 2 MINUTES						REST 2 MINUTES							
b1	Cable Glute Kickbacks	12es/3					b1	Reverse Lunge	10es/3				
b2	Lat Pulldown	12/3					b2	Single Arm Shoulder Press	10es/3				
b3	Jump Squats	10-15					b3	Shoulder Taps	10es/3				
REST 2 MINUTES						REST 2 MINUTES							
c1	Lateral Lunges	10es/3					c1	Single Leg Deadlift	6es/3				
c2	Low to High Row	12es/3					c2	Tricep Kickback	12es/3				
c3	Speed Skaters	10es/3					c3	Split Jumps	10es/3				
Workout 2						Workout 4							
Circuits	Exercise	Reps/Sets	Weight/Time Week 1	Week 2	Week 3	Week 4	Cardio Day!						
a1	Leg Press	12/3					<p>Pick a cardio machine and pick your poison for intervals.</p> <p>Try to maintain whatever you select for at least 10 minutes, following the suggested timed pattern. Your "work intervals" should be at 100% effort and "rest intervals" around 50-60%. As you feel more comfortable, increase the work time, and/or decrease the rest time. Your options are...</p> <p>A. 15 second increase in speed/ 45 seconds slow (run or jog/walk)</p> <p>B. 15 seconds increase in incline/ 45 seconds flat</p> <p>C. 15 seconds increase in resistance/ 45 seconds little to no resistance</p> <p>After your cardio, be sure to get in a good stretch and some foam rolling (you should be doing this every other day as well :-))</p> <p>Legend: ALAP = As Long As Possible (up to 60-90 seconds) es = each side</p>						
a2	Plank	ALAP											
REST 2 MINUTES													
b1	Machine Row	12/3											
b2	Side Plank (Right Side)	ALAP											
REST 2 MINUTES													
c1	Leg Curl	12/3											
c2	Side Plank (Left Side)	ALAP											
REST 2 MINUTES													
d1	Machine Chest Press	12/3											
d2	Tuck Crunch	10/3											
REST 2 MINUTES													
e1	Leg Extension	12/3											
e2	Flutter Kicks	15-20es											