



Phase: Print Example - Program 1

A1



Ice Skaters

Sets: 3 Reps: 60 seconds

Tempo: Fast Rest: 30 Seconds

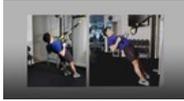


- Stand with your weight on one foot.
- Jump sideways as far as you can to land on the other foot.
- On landing jump again to land on the first foot.
- Look straight ahead throughout the movement.

Record progress

1	2	3
4	5	6

A2



Row on Suspension Trainer - Neutral Grip

Sets: 3 Reps: 10-12

Tempo: 3010 Rest: 30 Seconds



- Take hold of a suspension trainer with a shoulder width grip and palms facing toward each other, bring your feet forward and lie back with your arms fully extended.
- Pull your body up with your chest coming towards the suspension trainer.
- Lower under control to the starting position.
- Keep your tummy drawn in and your body aligned through the whole movement.

Record progress

1	2	3
4	5	6

A3



Squat with Shoulder Press

Sets: 3 Reps: 20

Tempo: Fast Rest: 30 Seconds



- Stand with your feet a comfortable distance apart. Take a dumbbell in each hand and hold them at shoulder height.
- Keeping your chest up, bend at your knees then hips to lower your bum down towards the ground behind you.
- Go as low as you can with control, ideally your hips should go below your knees.
- Keeping your heels on the ground, push up into the start position. Use the upward momentum to help you press the dumbbells up overhead directly above your shoulders.
- Bring the dumbbells back to the shoulder height position ready to go again.

Record progress

1	2	3
4	5	6

A4



Press Up to BOSU

Sets: 3 Reps: Max you can

Tempo: 4010 Rest: 45 Seconds



- Come down so that your feet are on the floor and hands on the flat side of a BOSU ball.
- Place your hands a little wider than shoulder width apart.
- Position your hips to form a straight line from your heels to head.
- Gently draw in your tummy using roughly 30% effort.
- Bend your elbows lowering your body toward the ground. Keep your elbows at about 45 degrees from the sides of your body.
- You should come down so that your chest is between your hands.
- Lower until your chest is a small fist away from the top of the BOSU and then push back up to the start position.

Record progress

1	2	3
4	5	6

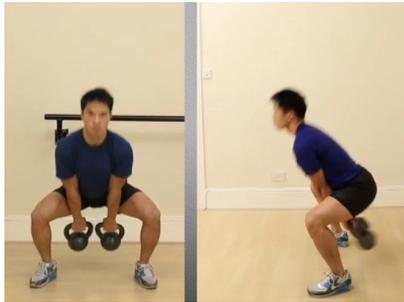
B1



Double Kettlebell Swing

Sets: 2 Reps: Max in 60 Se

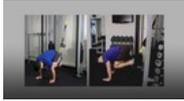
Tempo: Fast Rest: 45 Seconds



- Stand with your feet wider than shoulder width apart. Take a kettlebell in each hand, lean from your hips to put them on the ground a short distance in front of your body. Push your chest out to straighten your back.
- Keeping your back straight, lift the bells off the ground and swing them gently back between your legs. From this position thrust your hips forward and fully extend your body to power the bells out in front of your body.
- At shoulder height pull the kettlebells back down between your legs ready to thrust forward again.
- Your arms should remain extended throughout the movement.
- To end the movement just take the momentum out of the swing until the kettlebell stops in the bottom position and lower down to the floor.

Record progress

1	2	3
4	5	6

B2**Suspension Trainer Knees to Chest**

Sets: 2 Reps: 15-20

Tempo: 3030 Rest: 45 Seconds



- Set up the straps so they are roughly mid shin height. Put your feet in the straps and hands on the ground, face the floor.
- Engage your core by drawing your tummy in and pelvic floor (the muscle you would use to stop yourself from peeing) up with 30% effort.
- Start with your body extended in a plank like position. From here bring your knees towards your torso.
- Move under control back into the start position.
- Keep your head in a neutral position throughout the movement.

Record progress

1	2	3
4	5	6

B3



Squat Thrust to Step with Shoulder Press

Sets: 2 Reps: Max in 45 Sec

Tempo: Fast Rest: 45 Seconds



- Start standing up in a fully extended position with chest up and shoulders back and down. Have a dumbbell in each hand.
- Quickly move your hands down to a step and jump your legs back to a fully extended position.
- Bounce your legs forward then stand up fast.
- As you stand up press the dumbbells up above your shoulders and bring them down again.
- Keep your head in a neutral position throughout the movement and don't allow your hips to drop below the point where your body is straight from ankles to head.

Record progress

1	2	3
4	5	6

C1



Versa Climber

Sets: 4 Reps: 20 seconds

Tempo: Fast Rest: 10 Seconds



- Set the handles to a position that is appropriate to your height.
- Put your feet on the peddles and strap them in. Take hold of the handles.
- pull one side down while bringing the other side up and then switch over to create a climbing motion.

Record progress

1	2	3
4	5	6