

Trainer : Philip Nohe

Introduction

Do as a circuit 3 times through.... Do the stepper for 5 minutes after each circuit as fast as you can.

Warm Up

Cardio Program

Activity	Intensity	Duration	Comments
Stepper	HIGH	5:00	go FAST!!!!

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Bridge - Floor	Exercise		100				
Squat Jump	Exercise		25				
Body Row	Exercise		max				
Lunge - Reaching w/ DB	Exercise		30				
Crunch - Leg Lifts	Exercise		25				
Dips - Bodyweight	Exercise		max				
Squat - Prisoner	Exercise		50				
Crunch - Supine Jackknife	Exercise		25				
Axe Chop MB X-Body	Exercise		40				
Bicep Curl - w/ Deadlift	Exercise		20				
Chest Fly - On SB 2 Arm DB	Exercise		25				
French Press - On SB	Exercise		25				
Bicep Curl - Seated on SB	Exercise		25				
Abdominal Crunch - SB Long Lever Arm	Exercise		25				
Abdominal - Weighted SB Sit Up	Exercise		25				

Cool Down

BRIDGE - FLOOR

Reps : 100 **Sets :** **Intensity :**

Tempo : **Rest :** **Duration :**

Preparation :

- Begin by lying flat on floor in supine position with knees bent, feet flat, toes pointing straight ahead and arms by sides.
- Activate core by drawing navel towards the spine and squeezing the glutes.

Movement :

- With core activated and glutes squeezed, lift hips off ground to form a straight line between knees and shoulders.
- Hold and slowly return back to floor, touching floor momentarily then repeat.
- If your client feels their hamstring cramping, check their pelvis for correct alignment. Pelvis should be neutral - asis and psis should be even or horizontal. If there is a misalignment correct it. If you aren't sure then gently stretch the quads and try the exercise again.



Notes : feet wide toes up on heels

SQUAT JUMP

Reps : 25 **Sets :** **Intensity :**
Tempo : **Rest :** **Duration :**

Preparation :

- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

Movement :

- This movement involves a jump in place.
- Start with your hands by your shoulders.
- Squat down to approximately 90 degrees.
- Initiate movement with an explosive vertical jump, and at the same time explosively push your arms overhead.
- Land onto toes and then heels.



BODY ROW

Reps : max **Sets :** **Intensity :**
Tempo : **Rest :** **Duration :**

Preparation :

- Lie under bar so that the bar is at mid-sternum level.
- Activate core with drawing in and pelvic floor contraction.
- Choose appropriate grip (under or overhand).

Movement :

- Perform row and lift body towards the bar.
- The bar should meet the mid-sternum.
- Lower slowly to full extension.
- AVOID retracting the scapula before pulling yourself up, it should be a smooth action through the scapulo-thoracic joint as you lift yourself towards the bar.



LUNGE - REACHING W/ DB

Reps : 30 **Sets :** **Intensity :**

Tempo : **Rest :** **Duration :**

Preparation :

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Ensure that individual maintains a proper drawing in and pelvic floor contraction, especially when in the forward lean phase of movement.

Movement :

- Start with the feet straight, with good alignment in the kinetic chain.
- Take a stride forward, longer than a normal walking length.
- Drop the back knee to the floor, and keep most of the weight in the forward leg.
- Ensure that the forward leg maintains proper alignment (femur is not internally or externally rotated).
- Lean over at the waist and allow the dumbbell to reach towards the floor (without touching the floor).
- In a simultaneous motion, extend the trunk back to starting position and triple extend the forward leg back to starting position (as shown).



Notes :

15 per side

CRUNCH - LEG LIFTS

Reps : 25 **Sets :** **Intensity :**

Tempo : **Rest :** **Duration :**

Preparation :

- Ensure the individual is very proficient at a basic crunch before prescribing this exercise.

Movement :

- Lie supine on the ground.
- The hands should be to the side of the body with the shoulders on the ground.
- With the upper body still, lift both legs at the hips off the ground as shown (ensure to keep the legs straight).
- Pay close attention to the video to observe the relative timing of this dynamic movement pattern.
- TRAINERS: Watch for a forward head carriage, anterior collapsing of the shoulders and holding of the breath. These are indications that the exercise is too difficult and should be regressed.

