

GYM PLAN

1 week sample





DAY 1

LEG DAY

WARM-UP

Row 5 minutes with increasing pace every minute

2 Sets

10 Adductor Glute Bridge
10 Side Lying Hip Abduction
5/side Bird Dogs

Get in a steady state 1km jog after all this is done.

WORKOUT OF THE DAY

Strength Supersets

3 sets of all, with 60sec rest

A1) Barbell Hip Thrust

12 Reps @30X1

A2) Cyclist Goblet Squat

6-8 Reps @20X1

B1) Curtsy Lunges

10/side Reps not alternating @2010

B2) Rear Foot Elevated DB RDL

10/side Reps @2010

C1) Suitcase Walking Lunge

10 Reps/side @20X1

C2) Copenhagen Plank

15sec/side

Muscle Endurance

3 sets, rest 60sec

5 Snatch R

5 Goblet Reverse Lunge R

10 **Russian KBS**

5 Goblet Reverse Lunge L

5 Snatches L

10 Cal row

COOLDOWN

Thread the Needle

Sitting Floor Twist

Twisted Cross

Cat Camel



DAY 2

EMOM CONDITIONING

WARM-UP

Walk 5 minutes with increasing pace every minute

2 Sets

5/side Active Straight Leg Raise
5/side Lying Clams
10 Pike Squat

WORKOUT OF THE DAY

EMOM Conditioning

28 mins

1 – 7 cal row

2 – 30sec heavy Farmers Carry

3 – 7 cal bike

4 – 20sec Hanging Knees to Chest

Midline

1 set

100m Farmers Carry

50 Hollow Rock

100m Farmers Carry

40 Anchored Feet Sit Ups

100m Farmers Carry

30 Tuck Ups

100m Farmers Carry

20/side Single Legged V Ups

100m Farmers Carry

10 V Ups

COOLDOWN

5mins Static Back

Upward and Downward Dogs



DAY 3

UPPER BODY S+C

WARM-UP

5 Minute Reverse Treadmill Walk

2 Sets

12 Soleus Raise
12 Bodyweight Tibialis Raise
12 FHL Calf Raise
10 Patrick Step/Side
20s. Side Plank/Side

WORKOUT OF THE DAY

Strength Supersets

3 sets of all, rest 60sec

A1) DB Bench Press

12 Reps @30X1

A2) DB Tripod Row

10 Reps/side @30X1

B1) DB Deficit Push Ups

AMRAP @30X1. Rest 30s. x 3 Sets

B2) Chest Supported Mid Back Row

18 Reps @20X1. Rest 30s. x 3 Sets

B3) Lateral Raise into Front Raise

18 Reps. Rest 60s. x 3 Sets

Muscle Endurance

3 sets, 60sec rest

5 Double Push Up Burpee

1 Wall Walk

10 Bent Over Row

1 Wall Walk

5 Cal Hard Row

2-3mins rest

COOLDOWN

Sitting Floor Twist

Lying Down Hamstring Stretch

Butterfly Stretch

Legs Up The Wall Pose

Pigeon Stretch





DAY 4

CARDIO + CORE

WARM-UP

Walk 5 minutes with increasing pace every minute

2 Sets

5/side Active Straight Leg Raise

5/side Lying Clams

10 Pike Squat

WORKOUT OF THE DAY

2km jog

1min Bent Hollow Hold

3-5mins rest

1.5km jog

1min Push Up Plank Hold

3-5mins rest

1km jog

30sec/side Side Plank Hold

3-5mins rest

500m jog

1min Plank Hold

COOLDOWN

5mins Static Back

Upward and Downward Dogs



DAY 5

FULL BODY

WARM-UP

Row 5 minutes with increasing pace every minute

2 Sets

6-8 Seated External Rotation

6-8 Prone Trap 3 Raise

30s. Reverse Plank Bridge

WORKOUT OF THE DAY

Strength Supersets

3 sets of all, rest 60sec

A1) Goblet Box Squat

12 Reps @22X1

A2) Leg press

12 Reps @21X1

A3) Nordic Curls

6-8 Reps @30X1

B1) Kneeling Cable Lat Pull Down

12 Reps @20X1

B2) Incline 1 1/4th Chest Press

12 Reps @20X1

B3) Side Plank Hold

45s./Side Rest.

Steady State Cardio

15mins on any cardio machine

COOLDOWN

Thread the Needle

Sitting Floor Twist

Twisted Cross

Cat Camel

