

	Exercise	Tempo	Rest	Week	Sets	Reps	Monday	Thursday
A1	Russian Step Ups (use bench or high platform)	2010	60	5	3	15-20		
			60	6	3	15-20		
			45	7	4	15-20		
			30	8	4	15-20		
A2	Hanging Leg Raises	2010	60	5	3	15-20		
			60	6	3	15-20		
			45	7	4	15-20		
			30	8	4	15-20		
B1	Walking Lunges	2020	60	5	3	20-24		
			60	6	3	20-24		
			45	7	4	20-24		
			30	8	4	20-24		
B2	Flat Bench Dumbbell Press	4010	60	5	3	10-12		
			60	6	3	10-12		
			45	7	4	10-12		
			30	8	4	10-12		
C1	Standing Calf Raises	2010	60	5	3	15-20		
			60	6	3	15-20		
			45	7	4	15-20		
			30	8	4	15-20		
C2	Dips	3010	60	5	3	8-10		
			60	6	3	8-10		
			45	7	4	8-10		
			30	8	4	8-10		
D1	Crunch on Swiss Ball with Weight	3010	60	5	3	15-20		
			60	6	3	15-20		
			45	7	4	15-20		
			30	8	4	15-20		
D2	Incline Dumbbell Curls	3010	60	5	3	10-12		
			60	6	3	10-12		
			45	7	4	10-12		
			30	8	4	10-12		

	Exercise	Tempo	Rest	Week	Sets	Reps	Tuesday	Friday
A1	Regular Lat Pulldowns	3010	60	5	3	10-12		
			60	6	3	10-12		
			45	7	4	10-12		
			30	8	4	10-12		
A2	Supine Leg Curl Feet on Swiss Ball	5010	60	5	3	8-10		
			60	6	3	8-10		
			45	7	4	8-10		
			30	8	4	8-10		
B1	Single Arm Dumbbell Row	3010	60	5	3	10-12		
			60	6	3	10-12		
			45	7	4	10-12		
			30	8	4	10-12		
B2	Standing Dumbbell Press	3010	60	5	3	10-12		
			60	6	3	10-12		
			45	7	4	10-12		
			30	8	4	10-12		
C1	Romanian Deadlifts with Snatch Grip	4010	60	5	3	8-10		
			60	6	3	8-10		
			45	7	4	8-10		
			30	8	4	8-10		
C2	Lying Triceps Extensions with EZ Bar	3010	60	5	3	10-12		
			60	6	3	10-12		
			45	7	4	10-12		
			30	8	4	10-12		
D1	Rear Deltoid Raises	2110	60	5	3	10-12		
			60	6	3	10-12		
			45	7	4	10-12		
			30	8	4	10-12		
D2	Lower Body Russian Twists	2020	60	5	3	20-24		
			60	6	3	20-24		
			45	7	4	20-24		
			30	8	4	20-24		

CARDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rowing Intervals	Squat Push Press	5mins Warm Up	Cycle Intervals	Squat Push Press	5mins Warm Up
	3-5min Warm Up	8 x 20s 10s Rec	Intervals	3-5min Warm Up	8 x 20s 10s Rec	Intervals
			5 x 15s 45s Rec			15 x 60s Hard
	10 x 200m Max Effort 30s Rec		30mins Steady State	10 x 20s Max Effort 40s Rec		60s Rec
						5mins Cool Down
	3-5min Cool Down		Intervals	3-5min Cool Down		
			6 x 20s 40s Rec			
			5mins Cool Down			
STRETCH	Specific	Specific	General	Specific	Specific	General