

# Week 1 – 8 Jan 2017

Warm up – (5 mins)

Technique – Squat with Dumbbell/kettlebell counterweight. (5 mins) – hold – ½, ¾, bottom position

Circuit – 6,5,4,3,2,1 – Barbell – 12 rep shoulder press weight. (12 mins + 3 mins prep) – 15 mins

Shoulder Press

Front squat

BOR

Deadlift

Rest 1 minute

Introduction move - Hang Clean (5 mins)

Abs (10 mins)

Figure 8 (30 secs)

Windscreen wipers – straight leg (30 secs)

Twisting piston (plank forearms) (30 secs)

Rest 1 min

Starfish crunch (30 secs)

Tuck plank same side (30 secs)

Upper circle crunch

Clockwise (30 secs)

Anti-clockwise (30 secs)

Rest 1 min then repeat

Mobility – (10 mins)

Hips/ankles – figure 4. Gates – open/close. Lunge stretch with empty bar and hands to ground

Backs/hamstrings – std move

Neck – 4 way