

Week 4 – 29 Jan 2017

Warm up – (5 mins)

Technique – Overhead Squat

Superset– 6x6 – Barbell – 12 rep shoulder press weight. (12 mins + 3 mins prep) – 15 mins

Shoulder Press

Front squat

Bicep Curl

BOR

Deadlift

Rest 1 minute

Circuit – plyo (30 secs each)

Burpee

NSEW

High knees to deep squat

Abs (10 mins)

Figure 8 (30 secs)

Windscreen wipers – straight leg (30 secs)

Twisting piston (plank forearms) (30 secs)

Rest 1 min

Plank variations

Std Plank (1 min)

Side arm up (30:30)

Superman (1min)

Mobility – (10 mins)

Standing quad

Standing hamstring

Chest, Shoulder, Tricep

Neck – 4 way