

THE
BUSY DAD

TRANSFORMATION

PROGRAMME.

INTRODUCTION

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week. Also please scan the QR codes provided for an exercise tutorial.

Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Leg Press Machine

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Leg Press Machine exercise tutorial.



Squats

(can use weight of your choice i.e. kettlebell/barbell/powerbag etc)

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Squats exercise tutorial.



Stationary Lungee

(Hold a dumbbell in each hand and complete rep range for each side before changing)

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Stationary Lungee exercise tutorial.



Hip Thrust

(If adding weight to the movement use either a dumbbell or barbell whichever is more comfortable)

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Glute Bridge exercise tutorial.



Leg Curl Machine

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min

Please use this QR code for Leg Curl Machine exercise tutorial.



10-minute FAT BURN! Incline Treadmill Walk

Time	Incline	speed	Intensity
10 minutes	5-8°		Moderate

Cool down

FULL BODY STRETCH



INTRODUCTION

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Warm Up

Always ensure you complete a FULL warm up before your workout begins.

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Chest Press Machine

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Chest Press Machine exercise tutorial.



Shoulder Press Machine

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Shoulder Press Machine exercise tutorial.



Seated Row

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Seated Row exercise tutorial.



Deadlift

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min

Please use this QR code for Deadlift Machine exercise tutorial.



Superset Bicep Curl to Tricep Extension

(Superset is one exercise followed by another before you rest)

Bicep Curl

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min

Please use this QR code for Seated Row exercise tutorial.



Tricep Extension

Sets	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min

Please use this QR code for Tricep Extension exercise tutorial.



10-minute FAT BURN! Incline Treadmill Walk

Time	Incline	speed	Intensity
10 minutes	5-8°		Moderate

FULL BODY STRETCH



INTRODUCTION

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Warm Up

Always ensure you complete a FULL warm up before your workout begins.

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Bar Complex Circuit

(Complete 10 reps of each exercise before you put the bar down to rest select a wait which allows you to do all 5 exercises before resting)

Exercise	Reps	Week 1 KG	Week 2 KG	Week 3 KG	Week 4 KG
Squats	10				
Shoulder Press	10				
Upright Row	10				
Deadlift	10				
Bicep Curl	10				

Rest for 30 seconds and Repeat x3

Plyometric Circuit

(Complete each exercise using the preferred height for your plyometric box before you rest)

Exercise	Time
Step Ups	30 seconds
Mountain Climbers (hands on the box for support)	30 seconds
Press Ups (hands on the box for support)	30 seconds
Tricep Dips of the box	30 seconds
Step and Squat	30 seconds

Rest for 30 seconds and Repeat x3

Plyometric exercises



BATTLE ROPE CIRCUIT

Battle Rope Circuit

QUICK HANDS	30 SECONDS
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Rest for 30 seconds

QUICK HANDS	30 SECONDS
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Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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Battle Rope Circles



Battle Rope Quick hands



Battle Rope Slams

CORE CIRCUIT 1

Exercise	Time
Reverse Curls	30 seconds
Hip Raises	30 seconds
Scissor Kicks	30 seconds

Rest and Repeat x3

CORE CIRCUIT 2

Exercise	Time
V Sit Reps	30 seconds
V Sit Hold	30 seconds
V Sit Twists	30 seconds

Repeat x3

BEST EFFORT PLANK HOLD

Week	Time
Week 1	
Week 2	
Week 3	
Week 4	

FULL BODY STRETCH

INTRODUCTION

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Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Superset

(Superset is one exercise followed by another before you rest)

Bench Press to Seated Row

Bench Press

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	12				
2	8-10				
3	8-10				
4	8-10				

Please use this QR code for Bench Press exercise tutorial.



Seated Row

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	12					1 min
2	8-10					1 min
3	8-10					1 min
4	8-10					1 min

Please use this QR code for Seated Row exercise tutorial.



SuperSet

45° Incline Bench Press to Lat Pulldown

45° Incline Bench Press

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	12				
2	8-10				
3	8-10				
4	8-10				

Please use this QR code for 45° Incline Bench Press exercise tutorial.



Lat Pull down

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	12					1 min
2	8-10					1 min
3	8-10					1 min
4	8-10					1 min

Please use this QR code for Lat Pull down exercise tutorial.



Superset

30 Second Press Ups to Deadlift

Deadlift

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min

Please use this QR code for Deadlift exercise tutorial.



10-MINUTE FAT BURNER!

Battle Rope Circuit

QUICK HANDS	30 SECONDS
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Rest for 30 seconds

QUICK HANDS	30 SECONDS
--------------------	-------------------

Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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FULL BODY STRETCH



Battle Rope Circles



Battle Rope Quick hands



Battle Rope Slams

INTRODUCTION

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week. Also please scan the QR codes provided for an exercise tutorial.

Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Superset

(Superset is one exercise followed by another before you rest)

Military Press to Lateral Raise

Standing Press

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	12				
2	10-12				
3	10-12				
4	10-12				

Please use this QR code for Standing Press exercise tutorial.



Lateral Raise

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	8-10					1 min
2	8-10					1 min
3	8-10					1 min
4	8-10					1 min

Please use this QR code for Lateral Raise exercise tutorial.



SuperSet EZ Bar Curl to Skull Crushers

EZ Bar Curl

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	10-12				
2	10-12				
3	10-12				

Please use this QR code for EZ Bar Curl exercise tutorial.



Skull Crushers

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min

Please use this QR code for Skull Crushers exercise tutorial.



SuperSet

Clean and Press to Upright Row

Clean and Press

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	10				
2	10				
3	10				
4	10				

Please use this QR code for Clean and Press exercise tutorial.



Upright Row

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	8-10					1 min
2	8-10					1 min
3	8-10					1 min
4	8-10					1 min

Please use this QR code for Upright Row exercise tutorial.



SuperSet

Hammer Curl to Tricep Extension

Hammer Curl

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	10-12				
2	10-12				
3	10-12				

Please use this QR code for Hammer Curl exercise tutorial.



Tricep Extension

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min

Please use this QR code for Tricep Extension exercise tutorial.



10-minute FAT BURNER!

Spin Bike

Time	Intensity	Gear	Speed
10 minutes	Moderate		5-8 kph

FULL BODY STRETCH



INTRODUCTION

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Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Squats

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	1-0					1 min

Please use this QR code for Squats exercise tutorial.



Superset

Leg Press to Extension

Leg Press

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	20				
2	20				
3	20				
4	20				

Please use this QR code for Leg Press exercise tutorial.



Leg Extension

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min

Please use this QR code for Extension exercise tutorial.



Superset

Barbell Glute-bridge to Lungee Walk

Hip Thrust

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	15				
2	15				
3	15				
4	15				

Please use this QR code for Barbell Glute-bridge exercise tutorial.



Lungee Walk

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min

Please use this QR code for Lungee Walk exercise tutorial.



Hamstring Curl

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min

Please use this QR code for Hamstring Curl exercise tutorial.



10-MINUTE FAT BURNER!

Battle Rope Circuit

QUICK HANDS	30 SECONDS
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Rest for 30 seconds

QUICK HANDS	30 SECONDS
--------------------	-------------------

Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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FULL BODY STRETCH



Battle Rope Circles



Battle Rope Quick hands



Battle Rope Slams

INTRODUCTION

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week. Also please scan the QR codes provided for an exercise tutorial.

Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Bar Complex Circuit

(Complete 10 reps of each exercise before you put the bar down to rest select a wait which allows you to do all 5 exercises before resting)

Exercise	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
Squats	15				
Shoulder Press	15				
Upright Row	15				
Deadlift	15				
Bicep Curl	15				

Rest for 30 seconds and Repeat x3

Body Weight Circuit

(Please check my Youtube (James Robertson Fitness Body Weight Circuit) for demonstration.

Exercise	Time
Squats	30 seconds
Plyometric Squats	30 seconds
Seal Jumps	30 seconds
High Knees	30 seconds
Press Ups	30 seconds

Core Circuit

Superset

Hangin Leg Raise to Full body Crunch

(Please check my Youtube (James Robertson Fitness Week 5-8 core circuit) for demonstration.

Hangin Leg Raises

Sets	Reps	Week 5 KG	Week 6 KG	Week 7 KG	Week 8 KG
1	10-20				
2	10-20				
3	10-20				
4	10-20				

Please use this QR code for Hangin Leg Raises exercise tutorial.



Full Body Crunch = 30 seconds
Rest 1 minute Repeat x4

Cobra Hold to Best effort Plank hold
Cobra hold = 30 seconds

PLANK HOLD

Week	Time
Week 5	
Week 6	
Week 7	
Week 8	

FULL BODY STRETCH



FULL BODY CRUNCH

INTRODUCTION

Well done you have committed to this program and have made it to the final phase this in itself is a MASSIVE achievement, but its now time to start getting ready for a new program which will be even more challenging so be brave and look at increasing your weights further. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

PROGRESSION IS THE KEY TO SUCCESS!

Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Superset

Bench Press to Incline DB Chest Press

Bench Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	15				
2	8				
3	8				
4	8				

Please use this QR code for Bench Press tutorial.



Incline DB Chest Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	15					1 min
2	8					1 min
3	8					1 min
4	8					1 min

Please use this QR code for Incline DB Chest Press exercise tutorial.



Superset

Incline Bench Press to Flat DB Chest Press

Incline Bench Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	15				
2	8				
3	8				
4	8				

Please use this QR code for Incline Bench Press exercise tutorial.



Flat DB Chest Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	15					1 min
2	8					1 min
3	8					1 min
4	8					1 min

Please use this QR code for Flat DB Chest Press exercise tutorial.



Drop set cable chest fly's.

Drop set 1

Drop set 1

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	12					1 min
2	8					1 min
3	8					1 min

Drop set 2

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	12					1 min
2	8					1 min
3	8					1 min

Superset

Squats to Extension

Squats

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	15				
2	8				
3	8				
4	8				

Please use this QR code for Squats exercise tutorial.



Leg Extension

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min

Please use this QR code for Extension exercise tutorial.



AirbikeSprints

Sets	Intensity	Time	Rest
10	Maximum	30 seconds	30 seconds

FULL BODY STRETCH

INTRODUCTION

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PROGRESSION IS THE KEY TO SUCCESS!

Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Superset

Lat Pulldown to Seated Row

Lat Pulldown

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	15				
2	10				
3	10				
4	10				

Please use this QR code for Lat Pull down tutorial.



Seated Row

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	15					1 min
2	10					1 min
3	10					1 min
4	10					1 min

Please use this QR code for Seated Row exercise tutorial.



Superset

Pull Ups to Standing Lat Pulldown

Pull Ups

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	6-8				
2	6-8				
3	6-8				
4	6-8				

Please use this QR code for Pull Ups exercise tutorial.



Standing Lat Pulldown

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min

Please use this QR code for Standing Lat Pulldown exercise tutorial.



**Drop set.
Reverse Flys**

Drop set 1

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	12					1 min
2	8					1 min
3	8					1 min

Drop set 2

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	12					1 min
2	8					1 min
3	8					1 min

Deadlift to Hamstring Curl

Deadlift

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	12				
2	12				
3	12				
4	12				

Please use this QR code for Deadlift exercise tutorial.



Hamstring Curl

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min

Please use this QR code for Hamstring Curl exercise tutorial.



Battle Rope Circuit

QUICK HANDS	30 SECONDS
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Rest for 30 seconds

QUICK HANDS	30 SECONDS
--------------------	-------------------

Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
----------------	-------------------

Rest for 30 seconds

CIRCLES	30 SECONDS
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Rower

Distance	Week 1 time	Week 2 time	Week 3 time	Week 4 time
1000m				

FULL BODY STRETCH

INTRODUCTION

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Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Superset

DB Shoulder Press to Lateral Raise

DB Shoulder Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	15				
2	10				
3	10				
4	10				

Please use this QR code for DB Shoulder Press tutorial.



Lateral Raise

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min

Please use this QR code for Lateral Raise exercise tutorial.



Superset

Clean and Press to Military Press

Clean and Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	10				
2	8				
3	8				
4	8				

Please use this QR code for Clean and Press exercise tutorial.



Military Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min

Please use this QR code for Military Press exercise tutorial.



Superset

Flat bar curl to Tricep Extension

Flat bar curl

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	12				
2	10				
3	10				
4	10				

Please use this QR code for Flat bar curl exercise tutorial.



Tricep Extension

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	12					1 min
2	12					1 min
3	12					1 min
4	12					1 min

Please use this QR code for Tricep Extension exercise tutorial.



Treadmill Sprints

Sets	Speed	Incline	Time	Rest
8			30 seconds	30 seconds

Air bike Sprints

Sets	Intensity	Time	Rest
10	Maximum	30 seconds	30 seconds

FULL BODY STRETCH

INTRODUCTION

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Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Superset

Hip Thrust to Squat

Hip Thrust

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	15				
2	15				
3	15				
4	15				

Please use this QR code for Hip Thrust tutorial.



Squat

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	8					1 min
2	8					1 min
3	8					1 min
4	8					1 min

Please use this QR code for Squat exercise tutorial.



Superset Lunge Walk to Leg Press

Lunge Walk

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	30				
2	30				
3	30				
4	30				

Please use this QR code for Lunge Walk exercise tutorial.



Leg Press

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	12					1 min
2	12					1 min
3	12					1 min
4	12					1 min

Please use this QR code for Leg Press exercise tutorial.



Superset

Straight leg deadlifts to Leg Extension

Straight leg deadlift

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG
1	8				
2	8				
3	8				
4	8				

Please use this QR code for Straight leg deadlift exercise tutorial.



Leg Extension

Sets	Reps	Week 9 KG	Week 10 KG	Week 11 KG	Week 12 KG	Rest
1	12					1 min
2	12					1 min
3	12					1 min
4	12					1 min

Please use this QR code for Leg Extension exercise tutorial.



Battle Rope Circuit

QUICK HANDS	30 SECONDS
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Rest for 30 seconds

QUICK HANDS	30 SECONDS
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Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

Battle Slams	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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Rest for 30 seconds

CIRCLES	30 SECONDS
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Rower

Distance	Week 1 time	Week 2 time	Week 3 time	Week 4 time
1000m				

FULL BODY STRETCH

INTRODUCTION

Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

Warm Up

Always ensure you complete a FULL warm up before your workout begins.

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm up (Please check on MEA tutorials)

Main Session

Circuit

Battle Rope Quick Hands

Exercise	Time
Battle Rope Quick hands	30 seconds
Body Weight Squats	30 seconds
Seal Jumps	30 seconds
Battle Rope Slams	30 seconds
Plyometric Squats	30 seconds
Press Ups	30 seconds

Rest for 1 minute

Repeat x3.

Treadmill Sprints

Time	Rounds	Speed	Rest
30 sec. per round	10		30 seconds

Superset

Hanging Leg Raises to Decline Reverse Curls

Hanging Leg Raises

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	15				
3	15				
4	15				

Please use this QR code for Hanging Leg Raises exercise tutorial.



Decline Reverse Curls

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	20					1:30 min
2	20					1:30 min
3	20					1:30 min
4	20					1:30 min

Please use this QR code for Decline Reverse Curls exercise tutorial.



Superset

Battle Rope Rows

Sets	Time	Week 1	Week 2	Week 3	Week 4
1	30 secs				
2	30 secs				
3	30 secs				
4	30 secs				

Please use this QR code for Battle Rope Rows exercise tutorial.



V Sit Reps

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	20					1:30 min
2	20					1:30 min
3	20					1:30 min
4	20					1:30 min

Please use this QR code for
V Sit reps exercise tutorial.



FULL BODY STRETCH