



Your Goals, Your Fitness, Your Surroundings

Prepare: Home Based Training – Body Weight: Full Body Strength and Calisthenics

Session 1: Monday			Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Exercise	Rest	Tempo/Notes	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps
1. Snap Downs	90 secs	Controlled	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10
2a. Prisoner Squat	90 secs	Controlled	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10
2b. Push Ups		Controlled	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10
3a. Glute Bridge	90 secs	Controlled	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10
3b. Lying YTWIs Hold		Braced	3 x 3s hold: each	4 x 3s hold: each	5 x 5s hold: each	3x 10s hold: each	3 x 10s hold: each	5 x 5s hold: each
4a. ½ Hollow Holds	90 secs	Controlled/Braced	3 x 2s hold x 10	4 x 2s hold x 10	3 x 3s hold x 12	4 x 3s hold x 12	3 x 4s hold x 15	4 x 4s hold x 15
4b. Half Wall Walks		Controlled/Braced	3 x 2	4 x 2	3 x 3	4 x 3	3 x 1 Full Wall Walk	4 x 1 Full Wall Walk
5a. Rocking Plank	90 secs	Controlled/Braced	3 x 20s	4 x 20s	3 x 25s	4 x 25s	3 x 30s	4 x 30s
5b. Wall Kick Ups		Controlled/Braced	3 x 1: 5s hold	4 x 1: 5s hold	3 x 2: 5s hold	4 x 2: 5s hold	3 x 3: 5s hold	4 x 3: 5s hold





## Prepare: Home Based Training – Bodyweight: Full Body Strength and Calisthenics

Session 3: Friday			Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Exercise	Rest	Tempo/Notes	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps
1. Broad Jump and Stick	90 secs	Controlled	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10
2a. Lateral Lunge	90 secs	Controlled	3 x 6 es	4 x 6 es	3 x 8 es	4 x 8 es	3 x 10 es	4 x 10 es
2b. Knee Bent Tricep Dips		Controlled	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10
3a. Single Leg Hammy Box Bridge	90 secs	Controlled	3 x 6 es	4 x 6 es	3 x 8 es	4 x 8 es	3 x 10 es	4 x 10 es
3b. Hindu Push Ups		Braced	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10
4a. Heel Taps	90 secs	Controlled/Braced	3 x 6 es	4 x 6 es	3 x 8 es	4 x 8 es	3 x 10 es	4 x 10 es
4b. Tripod		Controlled/Braced	3 x 10s	4 x 10s	3 x 15s	4 x 15s	3 x 20s	4 x 20s
5a. Half Wall Walks	90 secs	Controlled/Braced	3 x 2	4 x 2	3 x 3	4 x 3	3 x 1 Full Wall Walk	4 x 1 Full Wall Walk
5b. Lying Wipers		Controlled/Braced	3 x 6	4 x 6	3 x 8	4 x 8	3 x 10	4 x 10