



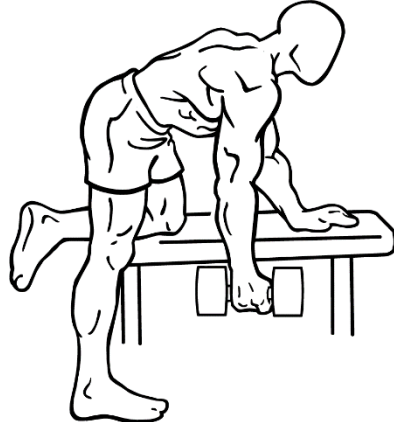
Day 1

Order	Exercise	Description	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5
1a	Barbell Bench Press	Ensure back is flat on the bench (no arching). Brace core and control breathing.	Controlled Down, Fast Up	2 min	3 x 12	3 x 10	3 x 8	3 x 6	3 x 6
1b	Dumbbell Row	Grab dumbbell with one hand. Rest knee on bench. Pull dumbbell straight up to ribcage. Slowly return to ground.	Controlled Down, Fast Up	2 min	3 x 12 Each Side	3 x 12 Each Side	3 x 10 Each Side	3 x 8 Each Side	3 x 8 Each Side
2a	Barbell Overhead Press		Controlled Down, Fast Up	2 min	3 x 12	3 x 10	3 x 8	3 x 6	3 x 6
2b	Pull Up	Brace core throughout	Controlled Throughout	2 min	3 x Max	3 x Max	3 x Max	3 x Max	3 x Max
3	Goblet Squat	Cradle a dumbbell close to your chest. Squat down until thighs are parallel to the ground. Explode powerfully up.	Controlled Down, Fast Up	3 min	3 x 12	3 x 10	3 x 8	3 x 6	3 x 6
4	Nordic Lowering	From a kneeling position, have a partner hold your ankles down. Then, while keeping hips forward lower as slow as possible towards the ground.	As slow as possible down	2 min	2 x 4	2 x 4	2 x 5	3 x 4	3 x 5
5	Plank	Maintain tight core	N/A	90 sec	2 x 45 sec	3 x 45 sec	3 x 1 min	3 x 1 min	3 x 1 min

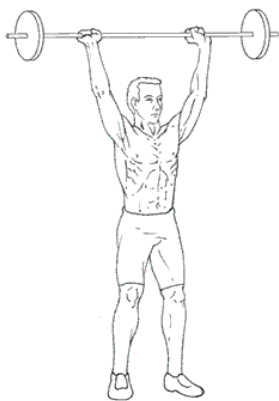
1a



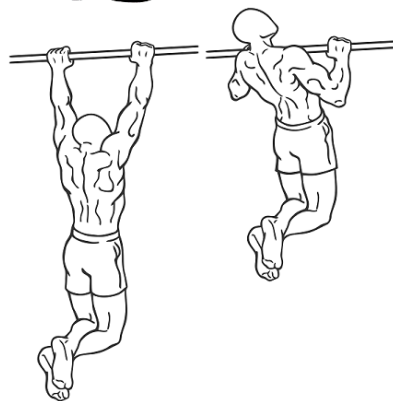
1b



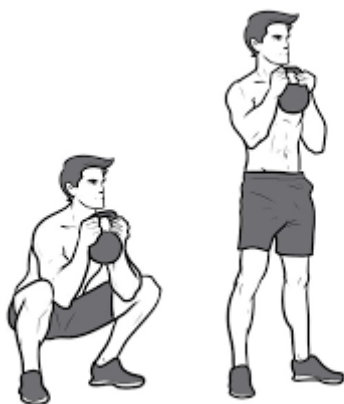
2a



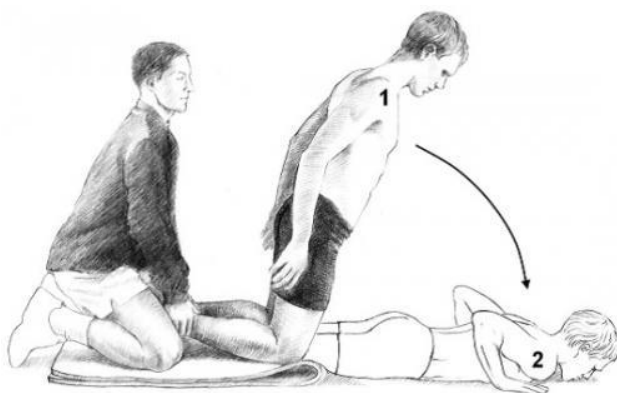
2b



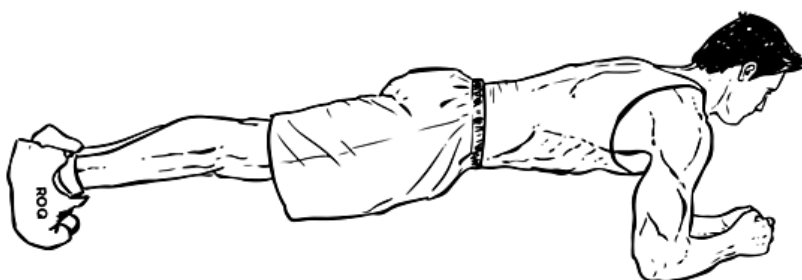
3



4



5





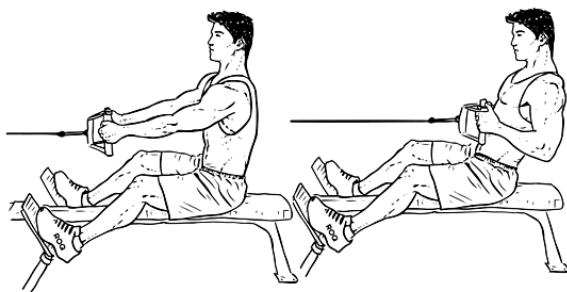
Day 2

Order	Exercise	Description	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5
1a	Narrow Grip Push-Up	Keep hands close together, breather throughout, and keep a tight, neutral spine.	Controlled Down, Fast Up	2 min	3 x 8	3 x 10	3 x 12	3 x Max	3 x Max
1b	Seated Cable Row	Using a low-pully, lean over and grab pully handle. Keep arms extended and pull back so that your back is straight. Then, keeping a straight back, pull handles towards your torso.	Fast Towards, Slow Back	2 min	3 x 12	3 x 10	3 x 8	3 x 8	3 x 8
2a	Lunge	Keep a tight core and take care to control your hip and knee position throughout the movement.	Controlled	2 min	3 x 12	3 x 10	3 x 8	3 x 8	3 x 8
2b	Deadlift	With feet shoulder width apart, roll bar next to shins. Grip the bar shoulder width apart. Keeping chest up, heels on the ground and core braced, pull weight all the way up.	Controlled Throughout	3 min	3 x 12	3 x 10	3 x 8	3 x 6	3 x 6
3	Hip-only Nordic	From a kneeling position, with a friend holding ankles down, hinge all the way down from the hip, and back up again.	As slow as possible down	1 min	2 x 10	2 x 12	2 x 8 W/Pulse	2 x 8 W/Pulse	2 x 10 W/Pulse
4	Side Plank	Controlled throughout.	Controlled	1 min	2 x 30s Each Side	2 x 45s Each Side	2 x 1min Each Side	3 x 1min Each Side	3 x 1min Each Side

1a



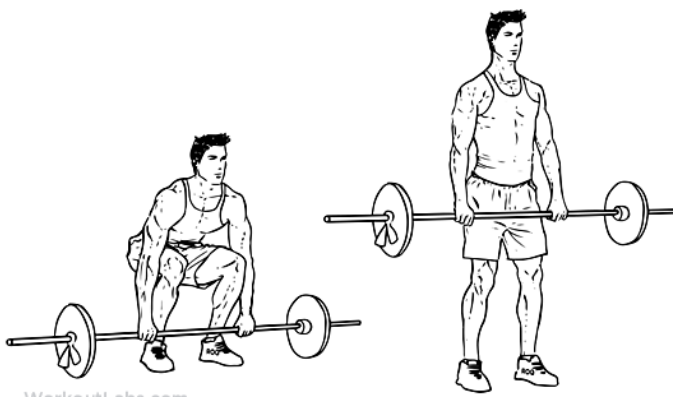
1b



2a



2b



3



4

5

