

Gym Program

Name:

Warm Up	Reliese / Mobility stretches		Glut Activation with Resistance bands					Bar Warm Up			Dead Lifts Stiff Leg Deadlifts Stugs, Cleans & Jerk, Sholder Press					
Exercise	Sets / Reps	WU	Load	Load	Load	Load	WU	Load	Load	Load	Load	WU	Load	Load	Load	Load
Over Head Squats	3 x 10															
Squats	3 x 10															
Stiff Leg Deadlifts	3 x 10															
Press Ups 30sec rest	4 x 5															
Pull Ups	target is 10															
Single leg Squats + Box Jumps	3 x 10															
<b>Core</b>																
Gluts Circuit 20 sec each																
Front Plant / Side plank 1min	x 3															
<b>Notes</b>																
<b>Exercises</b>	Sets / Reps	WU	Load	Load	Load	Load	WU	Load	Load	Load	Load	WU	Load	Load	Load	Load
Pistol Squats	3 x 10															
Single leg Squats + Box Jumps	3 x 10															
Sholder Press	3 x 5															
Pull up row																
<b>Conditioning</b>																
Sprints 4 x 5 60m sprints 3 min rest between sets																
<b>Core</b>																
Gluts Circuit 20 sec each																
Front Plant / Side plank 1min	x3															
<b>Notes</b>	Goals:															



Pull up row

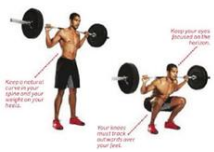
Stiff Leg Deadlifts



Sholder Press



Squats



Single leg Squats



Box Jumps



Pistol Squats



Pull Ups

