

Functional body strength and conditioning program

Aim:

- Maintain / Improve strength
- Increase core stability
- Improve/maintain balance and co-ordination

Please note: that if you do not understand an exercise in the program, please contact us or ask your trainer at your next session. Choose a weight that you feel comfortable with and keep good form.

DAY 1

Warm Up

- 5-10 min any cardio equipment to mobilise the joints and increase heart rate.
- Foam Roller exercises (please refer to program sheet).

Summary Of Day 1 Program

Activity	Sets	Reps	Tempo	Weights	Rest
Cable wood chop – Low to High	3	10-15	Slow and controlled		NO
Alternate: Kettle Ball Berpees with push up and triceps extension	3	10-15	Quick tempo with control		30-45 sec
Single Arm Cable Row with lunge	3	10-15 ea side	Slow and controlled		
Alternate: Bosu skydiving position with twist and turn to back foot. <i>(Use same arm and leg)</i>	3	20	Slow and controlled		30 secs
Swiss Ball dumbbell chest Press	3	10-15	Slow and controlled		
Alternate: Bosu Dead bug <i>(keep hands on side of bosu. As you get stronger take hands off)</i>	3	30-50	Slow and controlled		30 secs

CARDIO TO FINISH

Activity	Intensity	Distance	Comments
Rower	70-80% MHR	1000m	Remember on the rower it should be 60% legs, 20% arms and 20% core.

Cool down – 5 min stretch

DAY 2

Warm Up

- 5-10 min any cardio equipment to mobilise the joints and increase heart rate
- Foam Roller exercises (please refer to program sheet)

Summary Of Day 2 Program

Activity	Sets	Reps	Tempo	Weights	Rest
Kettle ball squat with Shoulder Press	3	10-15	tempo 2/2		30 sec
Single leg, leg press 45 degree	3	12 ea leg	tempo 2/2		
Alternate: Squat jumps	3	20	Fast and controlled		30 sec
Scull crushers (triceps with Barbell on Bench)	3	12-15	Tempos 2/2		
Alternate: Dibs On Bench	3	15	Fast and Controlled		30 sec
Hamstring Curls	3	10-12	Slow and controlled pushing quads into bench		
Bosu abdominal - Devil exercise (6 reps single leg, repeat opp. leg and 6 reps with both legs on a the wall)	3	15	Fast and Controlled		30 sec

CARDIO TO FINISH

Activity	Intensity	Duration	Comments
Treadmill	80% MHR	1 km	Your goal is to try and get your km in under 5mins.

Cool down – 5 min stretch