	Notes
	Record weight, repetitions, time, heart rate (HR), rate of perceived
	exertion (RPE) so that in future workouts you know where to push
	harder/faster/longer.
Workout #1	
Muscular endurance focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Churchall	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch Pectoral stretch	
Deltoid stretch	
(15-20s stretch each side)	
Prime	
Air squat	
Push ups (from knees if needed)	
Alternating lunges	
Crunches	
(10 repetitions each. 2 rounds)	
Workout	
Alternating lunges	
Crunches	
Star jumps	
(40 repetitions of each, then 30 of each, 20, 10)	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
	-

Workout #2	
<u>Workout #2</u> <u>Muscular endurance and cardiovascular fitness focus</u>	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
Abdominal stretch	
(15-20s stretch each side)	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
Crunches	
(10 repetitions each. 2 rounds)	
Workout	
Air squats	
Squat thrusts	
Press ups	
Crunches	
Star jumps	
(21 repetitions of each, then 18, then 15, 12, 9, 6, 3) Complete as quickly as possible whilst maintaining correct	
technique.	
Cool down	
5 minutes of Animal Flow	

or	
5 minutes of gentle stretching.	
Workout 3	
Strength (lower body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Circle every joint you can, tox in both directions gently and as large a motion as is connortable.	
Warm up	
30s alternating squat thrusts	
30s jogging on the spot	
30s air squats + single knee raise as you come up.	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
(15-20s stretch each side)	
Prime	
Split squat	
T-Push ups (from knees if needed)	
Calf peddles	
Explosive squats	
(10 repetitions each. 2 rounds)	
Workout	
(Make a weight by putting books into your bag to make it heavy. Adjust as necessary. If unsure of the	
movements you can check the links below)	
movements you can check the miks belowy	
1 A coto of 15 weighted DACK COLLATS. But your her on tight to your head. You should descend devide	
1. 4 sets of 15 <u>weighted</u> BACK SQUATS. Put your bag on tight to your back. You should descend slowly	
for 4sec until your hips are level with your knees before driving for 2sec up to full extension.	
Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and	
keeping your chest up.	
2. 4 sets of 16 weighted ALTERNATING REVERSE LUNGES. Keep your bag in the same place as the back	
squats but lighten it by around 20%.	

3. 4 sets of 30-60 second isometric WALL SITS.	
4. 4 sets of 15 GLUTE BRIDGES	
BACK SQUAT	
https://www.youtube.com/watch?v=5a86newu86o&list=PL596OoZ7wV_fK4zICdSEIbvL07xxuxpvJ_	
ALTERNATING REVERSE LUNGES	
https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13	
WALL SIT	
https://www.youtube.com/watch?v=-cdph8hv000	
GLUTE BRIDGES	
https://www.youtube.com/watch?v=YRqoIM0u0PY	
Cool down	
5 minutes of Animal Flow	
or The second se	
5 minutes of gentle stretching.	
Markey & A	
Workout 4 Cardiousseular fitness focus	
Cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
circle every joint you can, tox in both an ections gently and as large a motion as is connortable.	
Warm up	
30s star jumps	
30s jogging on the spot (low knees)	
30s Alternate squat thrusts	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
(15-20s stretch each side)	
Prime	
Air squat	
Push ups (knees if necessary)	

Alternating lunges	
(10 repetitions each. 2 rounds)	
Workout: Tabata workout	
Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.	
Repeated for 8 rounds of 20sec work and 10sec rest.	
1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)	
 Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest) Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 	
exercise 4 times each).	
(Have a full 5 minutes rest)	
 Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). 	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout 5	
Strength and control with mobility	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s spotty dogs	
(3x round)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
Extended stretching	
Hamstring stretch	

https://www.youtube.com/watch?v=eF_BqIFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u>	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>	
(15-20s stretch each side)	
Prime	
Air squat	
Push ups	
Alternating lunges	
(10 repetitions each. 2 rounds)	
Workout:	
The focus of all of these movements should be slow and controlled throughout, you should push your range of	
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos	
show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be	
performed unweighted.	
Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.	
1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)	
https://www.youtube.com/watch?v=C_VtOYc6j5c_	
2. T-push ups (knees if necessary) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u>	
3. Long alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u>	
4. Cossack squats (comfortable depth)	
https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true	
5. Inch worm push up <u>https://www.youtube.com/watch?v=Gv0rFtj-Xjl</u>	
Cool down	
5 minutes of Animal Flow	
or	

5 minutes of gentle stretching.	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true	
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>0IFelyPubGlaqCnj5AeMMB&index=3</u>	
Workout #6	
Muscular endurance focus	
Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Circle every joint you can, tox in both directions gently and as large a motion as is connortable.	
Warm up	
30s jogging on the spot	
30s 3 directional star jumps 30s heel flicks	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Churchels	
Stretch Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
<u>OIFelyPubGIaqCnj5AeMMB&index=2&disable_polymer=true</u>	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
(15-20s stretch each side)	
Prime	
Air squat x 1, Alternating lunge x2 (repeat until you have done this 10x)	
T-Push ups (from knees if needed) (10 repetitions)	
20s front plank, 20s Left side plank, 20s Right side plank (each 20s set adds up to 60s)	
REPEAT TWICE ROUND	
Workout	
This workout should be performed as fast as you can whilst still remaining strict with your technique. Take	
short rests when you need to rather than working to absolute failure and taking forever to recover. Plan a rest,	
for example, 20 squats, 10 second breather, 20 squats, 10s breather, 10 squats and then move onto the next	
exercise. This will be better than going to failure and taking a huge 1-minute rest.	
 Air squats (<u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u>) 	
Glute bridges (<u>https://www.youtube.com/watch?v=YRqoIMOu0PY</u>)	
Press ups (<u>https://www.youtube.com/watch?v=Eh00_rniF8E</u>)	
(50 repetitions of each, then 40 of each, then 30 of each, 20, 10)	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout 7	
Strength (upper body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s 3 directional star jumps	
30s alternating squat thrusts	
30s spotty dogs	
(3x round)	

or follow	https://www.youtube.com	/watch?v=Ks-IKvKQ8f4
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Stretch

Tricep stretch

https://www.youtube.com/watch?v=Sj-pzA2nt7o

Abdominal stretch

https://www.youtube.com/watch?v=gMyDaDqiWvg

Pectoral stretch

https://www.youtube.com/watch?v=yElqfGirnmU

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Lower back stretch

<u>https://www.youtube.com/watch?v=1iFrIryIYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4</u> (15-20s stretch each side)

Prime

Air squat <u>https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true</u> T-push up (from knees if needed) <u>https://www.youtube.com/watch?v=vKaLCCNxMho</u> Plank (30 second hold) <u>https://www.youtube.com/watch?v=pvljsG5Svck</u>

(10 repetitions each, apart from the plank. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

- 1. 4 sets of 15 <u>weighted</u> double arm KNEELING SHOULDER PRESS. <u>https://www.youtube.com/watch?v=fHHNI5ANFrE</u>
- 2. 4 sets of 15 <u>weighted</u> double arm BICEP CURLS. <u>https://www.youtube.com/watch?v=I3FXctMVCbc&disable_polymer=true</u>
- 3. 4 sets of 15 <u>weighted</u> double arm BENT OVER ROW. <u>https://www.youtube.com/watch?v=P9HVkvG5Cfl</u>
- 4. 4 sets of 15 <u>weighted</u> double arm BACKPACK PUSH UPS <u>https://www.youtube.com/watch?v=ATfHICdsrvw</u>
- 5. 4 sets of 15 <u>weighted</u> double arm BENCH PRESS. <u>https://www.youtube.com/watch?v=EcFV-U_Nv2Q</u>

Cool down

5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
5 minutes of gentle stretching.	
Workout #8	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s 3 directional star jumps	
30s jogging on the spot (high knees)	
30s air squats (3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
(15-20s stretch each side)	
Defense	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
Alternating lunges Press ups	
(10 repetitions each. 2 rounds)	
(10 i cpciilions calii. 2 i ounus)	
Workout	
This workout should be performed as fast as you can whilst still remaining strict with your technique. Take	
short rests when you need to rather than working to absolute failure and taking forever to recover. Plan a rest,	
for example, breaking the exercise into half and doing 11 burpees, 10second breather, then performing 10	
more burpees. This is much better than doing all 21 burpees and taking 3 minutes before moving to the start	
jumps.	
Burpees	
Star jumps	

Alternating squat thrusts Star jumps Air squats Star jumps Press ups	
Star jumps (21 repetitions of each, then 18, then 15, 12, 9, 6, 3) Complete as quickly as possible whilst maintaining correct technique.	
Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.	
Workout 9 Strength (whole body) focus	
Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up 30s star jumps 30s fast air squats 30s spotty dogs (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14- OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=glqfGirnmU Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	

(15-20s stretch each side)	
Prime	
Air squat	
https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true	
Push up	
https://www.youtube.com/watch?v=Eh00 rniF8E&disable polymer=true	
Plank (30 second hold)	
https://www.youtube.com/watch?v=pvIjsG5Svck	
(10 repetitions each, apart from the plank. 2 rounds)	
Workout	
(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you	
put together for your lower body workout but should be slightly heavier than your upper body workout.	
Adjust as necessary. If unsure of the exercises, you can check the links below).	
1. 4 sets of 15 weighted RUCKSACK THRUSTERS	
https://www.youtube.com/watch?v=Tvd73WJ-os0&list=PLj5JlaCi72-	
7LhxYy6erJhohjxpgRVe74&index=3	
2. 4 sets of 15 <u>weighted KETTLEBELL SWINGS</u>	
https://www.youtube.com/watch?v=wkCbfADYW3s&list=PLj5JlaCi72-	
7LhxYy6erJhohjxpqRVe74&index=1	
3. 4 sets of 15 weighted FRONT SQUATS	
https://www.youtube.com/watch?v=a4Qdxi4TlsY&disable_polymer=true	
4. 4 sets of 15 weighted SUMO DEADLIFT HIGHPULL	
https://www.youtube.com/watch?v=V0qNjLHV3_c	
5. 4 sets of 10 (5 each arm) weighted TURKISH GET UPS	
https://www.youtube.com/watch?v=dghZiBHjq90	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
or	
follow https://www.youtube.com/watch?v=u5Hr3rNUZ24	
Workout 10	
Cardiovascular fitness focus	
Mobilise	

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps 30s jogging on the spot (low knees) 30s Alternate squat thrusts (3x round) or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Air squat Push ups (knees if necessary) Alternating lunges (10 repetitions each. 2 rounds)

Workout: Circuit Training

Set your stop watch or Rounds Timer (loads of free apps for smart phones).

This part of the workout will take you 20 minutes. You will work as hard as you can for 1 minute followed by a 1 minute rest. You will follow that order until you have worked 10x and rested 10x.

- When your minute begins you will perform <u>30 star jumps</u> as fast as you can, in the time remaining in the minute you should perform as many burpees as possible. (make sure you remember how many you get).
- When the next minute begins you should rest for the whole minute.
- When the next minute begins you will perform 20 alternating squat thrusts as fast as you can, in the time remaining in the minute you should perform as many burpees as possible. (continue your count from previous round).
- When the next minute begins you should rest for the whole minute.

You will alternate between these two rounds until you have done 20 rounds (10 working and 10 resting). You will do the star jump + burpee part for rounds 1/3/5/7/9 and the alternating squat thrust + burpee one for rounds 2/4/6/8/10.

Your score is your total number of burpees. Your goal should be for each round to be a similar score so don't go out too hot!
Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.
<u>Workout 11</u> Strength and control with mobility
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.
Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.
Warm up 30s air squats (focus on depth) 30s alternating toe touches
30s spotty dogs (3x round) or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>
Extended stretching Hamstring stretch
https://www.youtube.com/watch?v=eF_BqlFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA
Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14- DIFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB
Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>	
(30-40s stretch each side)	
Prime	
Air squat	
Push ups	
Alternating lunges	
(10 repetitions each. 2 rounds)	
Workout:	
The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of	
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos	
show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be	
performed unweighted. It is the second time you have seen this workout so refer back to your notes about how	
the last one felt and you may feel like you can push the range deeper.	
Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.	
1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
T-push ups (knees if necessary) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u>	
Long alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u>	
4. Cossack squats (comfortable depth)	
https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true	
Inch worm push up <u>https://www.youtube.com/watch?v=Gv0rFtj-Xjl</u>	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #2.1	
Muscular endurance focus	
This is a revisit to this workout so if you have completed it before then refer back to your time and RPE (rate of	
perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break	
less and drive your heart rate up higher.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	

Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA	
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB</u>	
Pectoral stretch <u>https://www.youtube.com/watch?v=yElqfGirnmU</u>	
Deltoid stretchhttps://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-	
Xiwr0G8DCD 23Bml	
(15-20s stretch each side)	
Prime	
Air squat	
Push ups (from knees if needed)	
Alternating lunges	
Crunches	
(10 repetitions each. 2 rounds)	
Workout	
Alternating lunges	
Crunches	
Star jumps	
(40 repetitions of each, then 30 of each, 20, 10)	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #2.2	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Circle every joint you can, tox in both unections gently and as large a motion as is comfortable.	
Warm up	

30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
Abdominal stretch	
(15-20s stretch each side)	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
https://www.youtube.com/watch?v=-SgeUqvNzag	
Cossack squat tilt	
https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true	
Crunches	
https://www.youtube.com/watch?v=8P5Vn9qPV0Y	
(10 repetitions each. 2 rounds)	

Workout

Use your full name (including middle names).

If you have less than 20 letter in your full name borrow a

family members' name as well.

A – 50 star jumps	N – 25 burpees
B – 20 crunches	0 – 40 star jumps
C – 30 air squats	P – 15 alternating lunges
D – 15 push ups	Q – 30 crunches
E – 1 minute ski sit	R – 15 push ups
F – 10 burpees	S – 30 jump squats
G – 20 alternating lunges	T – 15 burpees
H – 20 jump squats	U – 30 tricep dips (chair)
I – 30 star jumps	V – 2 minute ski sit
J – 1 minute plank	W – 50 calf raises
K – 10 push ups	X – 60 star jumps
L – 20 tricep dips (chair)	Y – 2 minute plank
M – 20 burpees	Z – 20 push ups

Cool down

5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true</u> or

5 minutes of gentle stretching.

Workout 2.3

Strength (lower body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s alternating squat thrusts30s jogging on the spot30s air squats + single knee raise as you come up.(3x round)

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB&index=3 Lower back stretch https://www.youtube.com/watch?v=1iFrlrylYKo&list=PLqMWsWQP14-OEK4LwfCXhcmKebCn-RZ_B&index=4 (15-20s stretch each side)

Prime

Split squat <u>https://www.youtube.com/watch?v=UcZVX7Sc9YI</u> Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true</u> Explosive squats <u>https://www.youtube.com/watch?v=87ynaOgFplw</u> (10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the second phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

- 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up.
- 2. 4 sets of 16 <u>weighted</u> ALTERNATING REVERSE LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%.
- 3. 4 sets of 15 <u>weighted</u> SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%.
- 4. 4 sets of 30 <u>weighted</u> CALF RAISES. Keep your bag in the same place as the back squats but increase the weight by 10% from your back squat.
- 5. 4 sets of 30-60 second isometric WALL SITS.
- 6. 4 sets of 15 GLUTE BRIDGES

BACK SQUAT https://www.youtube.com/watch?v=5a86newu86o&list=PL596OoZ7wV_fK4zlCdSElbvL07xxuxpvJ ALTERNATING REVERSE LUNGES https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13 WALL SIT https://www.youtube.com/watch?v=-cdph8hv0O0 GLUTE BRIDGES https://www.youtube.com/watch?v=YRqoIM0u0PY	
https://www.youtube.com/watch?v=5a86newu86o&list=PL596OoZ7wV_fK4zlCdSElbvL07xxuxpvJ ALTERNATING REVERSE LUNGES https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13 WALL SIT https://www.youtube.com/watch?v=-cdph8hv0O0 GLUTE BRIDGES	
ALTERNATING REVERSE LUNGES https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13 WALL SIT https://www.youtube.com/watch?v=-cdph8hv000 GLUTE BRIDGES	
https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13 WALL SIT https://www.youtube.com/watch?v=-cdph8hv0O0 GLUTE BRIDGES	
WALL SIT https://www.youtube.com/watch?v=-cdph8hv000 GLUTE BRIDGES	
https://www.youtube.com/watch?v=-cdph8hv000 GLUTE BRIDGES	
GLUTE BRIDGES	
https://www.youtube.com/watch?v=YRqoIM0u0PY	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout 2.4	
Cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
Stretch	
(15-205 Stretch each side)	
Brime	
l rime	
Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>	
Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Push ups (knees if necessary) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u>	
Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>	
Os star jumps Os jogging on the spot (low knees) Os Alternate squat thrusts 3x round) r follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4 tretch lamstring stretch igeon stretch Quadriceps stretch ectoral stretch 15-20s stretch each side)	

	-
Workout: <u>Tabata workout</u>	
This is now a repeated workout from the 24 th March. Refer back to your notes and records to see how many repetitions you accomplished, or what heart rate you hit, or what RPE (rate of perceived extertion) you	
managed. Today's session should be an effort to beat your previous workload.	
Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.	
Repeated for 8 rounds of 20sec work and 10sec rest. 1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)	
 <u>Tabata 1</u>. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest) <u>Tabata 2</u>. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest) <u>Tabata 2</u>. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest) <u>Tabata 3</u>. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). 	
Cool down	
5 minutes of Animal Flow or	
5 minutes of gentle stretching.	
Workout 2.5 Strength and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth) 30s alternating toe touches	
30s star jumps	

(3x round)
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4
Extended stretching
Hamstring stretch
https://www.youtube.com/watch?v=eF_BglFmFm8
Pigeon stretch
https://www.youtube.com/watch?v=tYY-cqNjuVA
Figure of 4 stretch
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-
0IFelyPubGlagCnj5AeMMB&index=2&disable_polymer=true
Quadriceps stretch
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB
Pectoral stretch
https://www.youtube.com/watch?v=yElgfGirnmU_
Deltoid stretch
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml
Hip flexor stretch
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-
0lFelyPubGlagCnj5AeMMB&index=3
(30-40s stretch each side)
Prime
Air squat
Push ups
Alternating lunges
(10 repetitions each. 2 rounds)
Workout:
The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos
show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be
performed unweighted. It is the second time you have seen this workout so refer back to your notes about how
the last one felt and you may feel like you can push the range deeper.
the last one jelt and you may jeet me you can pash the range accepting
Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.
1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)
https://www.youtube.com/watch?v=C_VtOYc6j5c
 T-push ups (knees if necessary) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u>
pass app (mees in necessary) <u>mepsi// introductorial action of operating</u>
3. Lunge with rotation https://www.youtube.com/watch?v=kIKwPAS7PWY
 Lunge with rotation <u>https://www.youtube.com/watch?v=kIKwPASZPWY</u> Inch worm push up <u>https://www.youtube.com/watch?v=Gv0rFtj-Xjl</u>

Static deep lunge with rotation <u>https://www.youtube.com/watch?v=IRv2XAIJSDA</u>	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
Or .	
5 minutes of gentle stretching.	
Workout #2.6	
Muscular endurance focus	
This is a revisit to this workout so if you have completed it before then refer back to your time and RPE (rate of	
perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break	
less and drive your heart rate up higher.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Circle every joint you can, 10x in both directions gently and as large a motion as is comortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u>	
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch <u>https://www.youtube.com/watch?v=yElqfGirnmU</u>	
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-	
Xiwr0G8DCD_23Bml	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>	
(15-20s stretch each side)	
Prime	
Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c	

Push ups (knees option) https://www.youtube.com/watch?v=4_1V0NRv7Ww Crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y (10 repetitions each. 2 rounds) Workout This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. (1) Forward alternating lunges https://www.youtube.com/watch?v=tTej-ax9XiA&disable_polymer=true (2) Crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y (3) Reverse alternating lunges https://www.youtube.com/watch?v=0x0fKkaY6 c&disable_polymer=true (4) Push ups (knee option) https://www.youtube.com/watch?v=0pkj0k0EiAk&disable_polymer=true (40 repetitions of each, then 30 of each, 20, 10) Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.	
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 (2) Crunches <u>https://www.youtube.com/watch?v=8P5Vn9qPV0Y</u> (3) Reverse alternating lunges <u>https://www.youtube.com/watch?v=OX0fKkaY6_c&disable_polymer=true</u> (4) Push ups (knee option) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u> (40 repetitions of each, then 30 of each, 20, 10) Cool down 5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true</u> or 	
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Cool down 5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true</u> or	
5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true</u> or	
5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true</u> or	
or	
5 minutes of gentle stretching.	
Workout 2.7	
Strength (upper body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s 3 directional star jumps	
30s alternating squat thrusts	
30s spotty dogs	
(3x round)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
Stratch	
Stretch	
Tricep stretch	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Lower back stretch https://www.youtube.com/watch?v=1iFrIryIYKo&list=PLgMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4 (15-20s stretch each side)

Prime

Air squat https://www.youtube.com/watch?v=C VtOYc6j5c&disable polymer=true T-push up (from knees if needed) https://www.youtube.com/watch?v=vKaLCCNxMho Plank (30 second hold) https://www.youtube.com/watch?v=pvljsG5Svck (10 repetitions each, apart from the plank. 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

	ow the second phase of backpack weight training so try and increase your workload by increasing the by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1.	4 sets of 15 weighted double arm KNEELING SHOULDER PRESS.	
	https://www.youtube.com/watch?v=fHHNI5ANFrE	
2.	4 sets of 15 <u>weighted</u> double arm BICEP CURLS.	
	https://www.youtube.com/watch?v=I3FXctMVCbc&disable_polymer=true	
3.	4 sets of 15 <u>weighted</u> double arm BENT OVER ROW.	
	https://www.youtube.com/watch?v=P9HVkvG5Cfl	
4.	4 sets of 15 <u>weighted</u> double arm BACKPACK PUSH UPS	
	https://www.youtube.com/watch?v=ATfHICdsrvw	
5.	4 sets of 15 <u>weighted</u> double arm BENCH PRESS.	
	https://www.youtube.com/watch?v=EcFV-U_Nv2Q	
Cool do	wn	
5 minut	es of Animal Flow	
or		
5 minut	es of gentle stretching.	
Worko	<u>it #2.8</u>	
Muscul	ar endurance and cardiovascular fitness focus	

This is a revisit to this workout so if you have completed it before then refer back to your time and RPE (rate of perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break less and drive your heart rate up higher. This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch Abdominal stretch (15-20s stretch each side)

Prime

Air squat (slow descent with a 2 second pause at the bottom). T-Push ups (from knees if needed, stretch the chest out on every T position) Crunches (10 repetitions each. 2 rounds)

Workout

Air squats Squat thrusts Press ups Crunches Star jumps

(21 repetitions of each, then 18, then 15, 12, 9, 6, 3) Complete as quickly as possible whilst maintaining correct technique.

Cool down

5 minutes of Animal Flow	
Or E-minutes of eachier	
5 minutes of gentle stretching.	
Workout #2.9	
Strength (whole body) focus	
<u></u>	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s fast air squats	
30s spotty dogs	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
<u>OlFelyPubGlagCnj5AeMMB&index=2&disable_polymer=true</u>	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Tricep stretch	
https://www.youtube.com/watch?v=Sj-pzA2nt7o	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
(15-20s stretch each side)	
(דאר אר א	
Prime	
Air squat	
https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true	
Push up	
https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true	
Plank (30 second hold)	
https://www.youtube.com/watch?v=pvljsG5Svck	

(10 repetitions each, apart from the plank. 2 rounds)	
Workout (Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you	
put together for your lower body workout but should be slightly heavier than your upper body workout.	
Adjust as necessary. If unsure of the exercises, you can check the links below).	
Aujust as necessary. If unsure of the exercises, you can check the links below).	
This is now the second phase of backpack weight training so try and increase your workload by increasing the	
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1. 4 sets of 15 weighted RUCKSACK THRUSTERS	
https://www.youtube.com/watch?v=Tvd73WJ-os0&list=PLj5JlaCi72-	
7LhxYy6erJhohjxpqRVe74&index=3	
2. 4 sets of 15 weighted KETTLEBELL SWINGS	
https://www.youtube.com/watch?v=wkCbfADYW3s&list=PLj5JlaCi72-	
7LhxYy6erJhohjxpqRVe74&index=1 3. 4 sets of 15 weighted FRONT SQUATS	
https://www.youtube.com/watch?v=a4Qdxi4TlsY&disable_polymer=true	
4. 4 sets of 15 <u>weighted</u> SUMO DEADLIFT HIGHPULL	
https://www.youtube.com/watch?v=V0qNjLHV3_c_	
5. 4 sets of 10 (5 each arm) <u>weighted</u> TURKISH GET UPS	
https://www.youtube.com/watch?v=dghZiBHjq90	
Cool down	
5 minutes of Animal Flow	
or 5 minutes of gentle stretching.	
or	
follow <u>https://www.youtube.com/watch?v=u5Hr3rNUZ24</u>	
Workout 2.10	
Cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot (low knees)	
30s Alternate squat thrusts	

(3x round)

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Push ups (knees if necessary) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u> Alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u> (10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest. Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

• <u>Tabata 1</u>. (do push ups for the first round, and shoulder taps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

(Have a full 5 minutes rest)

- <u>Tabata 2.</u> (do air squats ups for the first round, and jump switch lunges for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
 (Have a full 5 minutes rest)
- <u>Tabata 3</u>. (do burpee tuck jumps for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Push up:

https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true Air squat: https://www.youtube.com/watch?v=C_VtOYc6j5c Shoulder taps: https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true Jump switch lunges

https://www.youtube.com/watch?v=zUNVifB6g0k

Burpee tuck jump	
https://www.youtube.com/watch?v=xM2DLDRPT5M	
Alternate squat thrusts	
https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true	
Cool down	
5 minutes of Animal Flow	
or E minutes of contle stratching	
5 minutes of gentle stretching.	
Workout 2.11	
Strength and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and	
soreness from your muscles more effectively than a rest day would.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches 30s star jumps	
(3x round)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
or follow <u>inteps.//www.youtube.com/watch:v=ks-ikvkQoi+</u>	
Extended stretching	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u>	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
Hip flexor stretch	

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat Push ups Alternating lunges (10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

- 1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true
- 2. Pigeon press up <u>https://www.youtube.com/watch?v=z7IA_qCmCNs&disable_polymer=true</u>
- 3. Lunge with rotation https://www.youtube.com/watch?v=kIKwPASZPWY
- 4. Inch worm push up <u>https://www.youtube.com/watch?v=Gv0rFtj-Xjl</u>
- 5. Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>
- 6. Static deep lunge with rotation https://www.youtube.com/watch?v=IRv2XAIJSDA

Cool down

5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true</u> or

5 minutes of gentle stretching.

Workout #3.1

Muscular endurance focus

This is a revisit to this workout 26th March) so if you have completed it before then refer back to your time and RPE (rate of perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break less and drive your heart rate up higher.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

- 30s star jumps
- 30s jogging on the spot
- 30s spotty dogs
- (3 rounds)

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA

Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-

0lFelyPubGlaqCnj5AeMMB

Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU

Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-

Xiwr0G8DCD_23Bml Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-

0lFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u> Push ups (knees option) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u> Calf peddles

https://www.youtube.com/watch?v=xrZcrrIVaDI&disable_polymer=true

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as you can whilst still remaining strict with your technique. Take short rests when you need to rather than working to absolute failure and taking forever to recover. Plan a rest, for example, 20 squats, 10 second breather, 20 squats, 10s breather, 10 squats and then move onto the next exercise. This will be better than going to failure and taking a huge 1-minute rest.

- 1. Air squats (<u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u>)
- 2. Glute bridges (<u>https://www.youtube.com/watch?v=YRqoIM0u0PY</u>)
- Press ups (<u>https://www.youtube.com/watch?v=Eh00_rniF8E</u>) (50 repetitions of each, then 40 of each, then 30 of each, 20, 10)

Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true

	1
or	
5 minutes of gentle stretching.	
Workout #3.2	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
Abdominal stretch	
(15-20s stretch each side)	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
Crunches	
(10 repetitions each. 2 rounds)	
· · · /	
Workout	
(1) Death by Burpee (2) Death by squat thrust press up	
Firstly set a stop watch somewhere you can see it.	
• When you hit start (0.00) perform 4 burpees and then rest for the remainder of that minute.	
 When 1:00 shows on the clock perform 5 burpees and then rest for the remainder of that 	
minute.	
 When 2:00 shows on the clock perform 6 burpees and then rest for the remainder of that 	
minute.	
This part of the workout is completed when you can no longer finish the burpees in the allocated time. (burpee	
https://www.youtube.com/watch?v=NqV4vxL-e7k&disable_polymer=true)	
https://www.youtube.com/watch:v=wgv4vxt=erk&usuble_polymer=true/	

You will then repeat the same workout but with squat thrust press ups.	
(https://www.youtube.com/watch?v=Aq7-q0h6yvw&disable_polymer=true)	
(<u>https://www.youtubeleon/watch.tr/kg/qono/watchable_polymer_date</u>)	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #3.3	
Strength (lower body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s alternating squat thrusts 30s jogging on the spot	
30s air squats + single knee raise as you come up.	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
OlFelyPubGlagCnj5AeMMB	
Abdominal stretch <u>https://www.youtube.com/watch?v=gMyDaDqiWvg</u>	
Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=3	
Lower back stretch https://www.youtube.com/watch?v=1iFrlrylYKo&list=PLqMWsWQP14-	
0EK4LwfcXhcmKebCn-RZ_B&index=4	
(15-20s stretch each side)	
Prime	
Split squat https://www.youtube.com/watch?v=UcZVX7Sc9YI	
Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pg&disable_polymer=true	
Calf peddles https://www.youtube.com/watch?v=xrZcrrIVaDI&disable_polymer=true	
Explosive squats <u>https://www.youtube.com/watch?v=87ynaOgFplw</u>	

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the THIRD phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

- 1. 4 sets of 15 <u>weighted</u> BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up. *Add a 3 second pause at the bottom of the squat to build strength at our weakest position.*
- 2. 4 sets of 16 <u>weighted</u> ALTERNATING REVERSE LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%.
- 3. 4 sets of 15 <u>weighted</u> SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%.
- 4. 4 sets of 30 <u>weighted</u> CALF RAISES. Keep your bag in the same place as the back squats but increase the weight by 10% from your back squat.
- 5. 4 sets of 30-60 second isometric WALL SITS.
- 6. 4 sets of 15 GLUTE BRIDGES Hold a 3 second pause at the top of the movement to build strength at the hardest position.

BACK SQUAT

BACK SQUAT
https://www.youtube.com/watch?v=5a86newu86o&list=PL596OoZ7wV fK4zICdSEIbvL07xxuxpvJ
ALTERNATING REVERSE LUNGES
https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV fHlemrzbARC2a sUwcZ3oh&index=13
WALL SIT
https://www.youtube.com/watch?v=-cdph8hv000
GLUTE BRIDGES
https://www.youtube.com/watch?v=YRqoIM0u0PY
Cool down
5 minutes of Animal Flow
or
5 minutes of gentle stretching.
Workout #3.4

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps 30s jogging on the spot (low knees) 30s Alternate squat thrusts (3x round) or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Push ups (knees if necessary) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u> Alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u> (10 repetitions each. 2 rounds)

Workout: Tabata workout

This is now a repeated workout from the 10th April. Refer back to your notes and records to see how many repetitions you accomplished, or what heart rate you hit, or what RPE (rate of perceived exertion) you managed. Today's session should be an effort to beat your previous workload.

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest. Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

<u>Tabata 1</u>. (do push ups for the first round, and shoulder taps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
 (Have a full 5 minutes rest)

• <u>Tabata 2.</u> (do air squats ups for the first round, and jump switch lunges for the second. Continue	
to alternate between the 2 exercises until you have done 8 sets, this means you will have seen	
each exercise 4 times each).	
(Have a full 5 minutes rest)	
• <u>Tabata 3</u> . (do burpee tuck jumps for the first round, and alternating squat thrusts for the second.	
Continue to alternate between the 2 exercises until you have done 8 sets, this means you will	
have seen each exercise 4 times each).	
Push up:	
https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true	
Air squat:	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
Shoulder taps:	
https://www.youtube.com/watch?v=QOCn3 iOAro&disable polymer=true	
Jump switch lunges	
https://www.youtube.com/watch?v=zUNVifB6g0k	
Burpee tuck jump	
https://www.youtube.com/watch?v=xM2DLDRPT5M	
Alternate squat thrusts	
https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #3.5	
Strength and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and	
soreness from your muscles more effectively than a rest day would.	
Mahillan	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warmun	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s star jumps	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqlFmFm8_

Pigeon stretch

https://www.youtube.com/watch?v=tYY-cqNjuVA

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-

OlFelyPubGlaqCnj5AeMMB&index=2&disable polymer=true

Quadriceps stretch

https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB

Pectoral stretch

https://www.youtube.com/watch?v=yElqfGirnmU

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-

0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat Push ups Alternating lunges (10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

- 1. Rolling lizard <u>https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true</u>
- 2. Pigeon press up <u>https://www.youtube.com/watch?v=z7IA_qCmCNs&disable_polymer=true</u>
- 3. Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>
- 4. Crab Reach <u>https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true</u>
- 5. Kneeling T-Spine rotations <u>https://www.youtube.com/watch?v=uzrQ_CzN7Ic&disable_polymer=true</u>
- 6. Shin box rotation to raise <u>https://www.youtube.com/watch?v=GJGYcoK3mSI</u>

Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or 5 minutes of gentle stretching.	
S minutes of gentie stretching.	
Workout #3.6	
Muscular endurance focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA	
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB</u>	
Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-	
Xiwr0G8DCD_23Bml	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OIFelyPubGIaqCnj5AeMMB&index=3</u>	
(15-20s stretch each side)	
Prime	
Air squat:	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Long alternating lunges:	
https://www.youtube.com/watch?v=uvjhei0SWaQ	
intps://www.youtube.com/watch:v=uyincloswag	1

T-push up:	
https://www.youtube.com/watch?v=-SgeUqvNzag	
(10 repetitions each. 2 rounds)	
Workout	
This workout should be performed as fast as is possible whilst still remaining tight and strong in your	
technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this	
in weeks to come.	
400m x run (if nowhere to run, substitute for garden shuttles/40 step ups/40 star jumps)	
40 x walking lunges <u>https://www.youtube.com/watch?v=L8fvypPrzzs&disable_polymer=true</u>	
30 x crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y	
20 x push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true	
10 x burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true	
(3 rounds)	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #3.7	
Strength (upper body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s Jog on spot (low knees)	
30s Jog on spot (high knees)	
30s 3 directional star jumps	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Tricep stretch	
https://www.youtube.com/watch?v=Sj-pzA2nt7o	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	

Lower back stretch

https://www.youtube.com/watch?v=1iFrIryIYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=3 Neck stretch (2:50 of clip) https://www.youtube.com/watch?v=2NOsE-VPpkE

(15-20s stretch each side)

Prime

Shoulder taps: <u>https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true</u> T-push up (from knees if needed) <u>https://www.youtube.com/watch?v=vKaLCCNxMho</u> Crab Reach <u>https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true</u> (10 repetitions each, 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the THIRD phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

- 1. 4 sets of 15 <u>weighted</u> single arm SEATED SHOULDER PRESS. <u>https://www.youtube.com/watch?v=iNW7c7EmVLI</u>
- 2. 4 sets of 15 <u>weighted</u> double arm KNEELING BICEP CURLS. <u>https://www.youtube.com/watch?v=FR8adBK8IYc</u>
- 3. 4 sets of 15 <u>weighted</u> SINGLE ARM BENT OVER ROW. https://www.youtube.com/watch?v=N8Fv5jABUYI&disable_polymer=true
- 4. 4 sets of 15 <u>weighted</u> double arm DECLINE BACKPACK PUSH UPS <u>https://www.youtube.com/watch?v=IpFtTZZLZCA</u>
- 5. 4 sets of 15 <u>weighted</u> DOUBLE ARM WEIGHTED CHAIR DIP <u>https://www.youtube.com/watch?v=vOz27LsaEwE</u>
- 6. 4 sets of 15 weighted single arm PUSH PRESS https://www.youtube.com/watch?v=GBtTNjS1LfE

Cool down

5 minutes of Animal Flow

or

E unioutes of countly studenting	
5 minutes of gentle stretching.	
Workout #3.8	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s 3 directional star jumps	
30s jogging on the spot	
30s alternate squat thrusts	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u>	
Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-</u>	
<u>OlFelyPubGlaqCnj5AeMMB</u>	
Pectoral stretch <u>https://www.youtube.com/watch?v=yElqfGirnmU</u>	
Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
<u>OlFelyPubGlagCnj5AeMMB&index=2&disable_polymer=true</u>	
Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg	
(15-20s stretch each side)	
(13-205 Stretch each side)	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
Crunches	
(10 repetitions each. 2 rounds)	
Workout	
Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30	
minutes. This means you will see each exercise 10 times each by the end of your 30 minutes.	
When the first minute begins you will perform 8 burpees, whatever time is left of that minute is your rest	
period. When minute 2 begins you perform 16 crunches, whatever time is left of that minute is your rest	
period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period.	
For minute 4 you return to burpees etc.	
8 v hurnees	
8 x burpees	

16 x crunches	
24 x squats	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #3.9	
Strength (whole body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s fast air squats	
30s spotty dogs	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
of follow <u>inteps.//www.youtube.com/watch:v=ks-ikvkQ8i4</u>	
Stretch	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Tricep stretch	
https://www.youtube.com/watch?v=Sj-pzA2nt7o	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
(15-20s stretch each side)	
Prime	
Air squat	
https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true	

Push up	
https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true	
Plank (30 second hold)	
https://www.youtube.com/watch?v=pvljsG5Svck	
(10 repetitions each, apart from the plank. 2 rounds)	
Workout	
(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you	
put together for your lower body workout but should be slightly heavier than your upper body workout.	
Adjust as necessary. If unsure of the exercises, you can check the links below).	
This is now the THIRD phase of backpack weight training so try and increase your workload by increasing the	
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1. 4 sets of 15 weighted RUCKSACK SQUAT CLEAN THRUSTERS	
https://www.youtube.com/watch?v=V7FXNBFZn4c	
4 sets of 15 weighted ALTERNATING SINGLE ARM PUSH PRESS	
https://www.youtube.com/watch?v=qM5p3s6GMVo	
3. 4 sets of 15 <u>weighted</u> FRONT SQUATS	
https://www.youtube.com/watch?v=a4Qdxi4TlsY&disable_polymer=true	
4. 4 sets of 15 <u>weighted</u> SUMO DEADLIFT HIGHPULL	
https://www.youtube.com/watch?v=V0qNjLHV3_c	
5. 4 sets of 10 (5 each arm) weighted TURKISH GET UPS	
https://www.youtube.com/watch?v=dghZiBHjq90	
Cool down	
Cool down 5 minutes of Animal Flow	
or 5 minutes of gentle stretching.	
or	
follow https://www.youtube.com/watch?v=u5Hr3rNUZ24	
Workout #3.10	
Cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	

30s jogging on the spot (low knees)

30s Alternate squat thrusts (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Push ups (knees if necessary) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u> Alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u> (10 repetitions each. 2 rounds)

Workout: Tabata workout

 Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

 Repeated for 8 rounds of 20sec work and 10sec rest.

 1 full Tabata tabases of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- <u>Tabata 1</u>. (do star jumps for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest)
- <u>Tabata 2.</u> (do jumping squats ups for the first round, and bicycle crunches for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest)
- <u>Tabata 3</u>. (do high knees sprinting for the first round, and shoulder taps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Star jumps

https://www.youtube.com/watch?v=c4DAnQ6DtF8 High knees sprinting in place

https://www.youtube.com/watch?v=dWnssSlxgl4

Jump squats

https://www.youtube.com/watch?v=AzI5tkCzDcc&disable_polymer=true

Bicycle crunches	
https://www.youtube.com/watch?v=IQ76ehxls3c	
Shoulder taps:	
https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true	
Alternate squat thrusts	
https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true	
Cool down	
5 minutes of Animal Flow	
or for the second se	
5 minutes of gentle stretching.	
Workout #3.11	
Strength and control with mobility	
or engine and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and	
soreness from your muscles more effectively than a rest day would.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s heel flicks	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Extended stretching	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8_	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u>	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElgfGirnmU_	
Cossack squat tilt	

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true	
https://www.youtube.com/watch:v=JT10E05Pq5&disable_polymer=trac	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>0IFelyPubGlagCnj5AeMMB&index=3</u>	
(30-40s stretch each side)	
Prime	
Air squat	
Push ups	
Alternating lunges	
(10 repetitions each. 2 rounds)	
Workout:	
The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of	
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos	
show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be	
performed unweighted. It is the second time you have seen this workout so refer back to your notes about how	
the last one felt and you may feel like you can push the range deeper.	
Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.	
1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true	
Inch worm + push up <u>https://www.youtube.com/watch?v=uwB_ImF3_R0</u>	
Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>	
 Crab Reach <u>https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true</u> 	
Supine leg swings (10 both sides) <u>https://www.youtube.com/watch?v=uwB_lmF3_R0</u>	
6. Shin box rotation to raise https://www.youtube.com/watch?v=GJGYcoK3mSI	
7. Elbow to instep T-spine rotations https://www.youtube.com/watch?v=b0awMvFV6dE	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
J minutes of gentle stretching.	
Workout #4.1	
Muscular endurance focus	
Mahilia	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	

200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)	
10 x burpees	
20 x push ups	
30 x crunches	
40 x air squats	
200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #4.2	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot (high knees)	
30s heel flicks	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
(15-20s stretch each side)	
Prime	
Air squat <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u>	
T-Push ups (from knees if needed) https://www.youtube.com/watch?v=-SgeUqvNzag	
Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>	
(10 repetitions each. 2 rounds)	
Workout	
This is a revisit to this workout from the 13 th April. Refer back to your notes and try and make it a 1-2 minutes	
further in both exercises.	

(1) Death by Burpee (2) Death by squat thrust press up	
Firstly set a stop watch somewhere you can see it.	
 When you hit start (0.00) perform 4 burpees and then rest for the remainder of that minute. When 1:00 shows on the clock perform 5 burpees and then rest for the remainder of that 	
 When 1.00 shows on the clock perform 5 burgees and then rest for the remainder of that minute. 	
 When 2:00 shows on the clock perform 6 burpees and then rest for the remainder of that 	
minute.	
This part of the workout is completed when you can no longer finish the burpees in the allocated time. (burpee	
https://www.youtube.com/watch?v=NqV4vxL-e7k&disable_polymer=true_)	
You will then repeat the same workout but with squat thrust press ups.	
<pre>(https://www.youtube.com/watch?v=Aq7-q0h6yvw&disable_polymer=true)</pre>	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #4.3 Strength (lower body) focus	
Strength (lower body) locus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s alternating squat thrusts	
30s jogging on the spot	
30s air squats + single knee raise as you come up. (3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch https://www.youtube.com/watch?v=eF BqlFmFm8	
Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u>	
Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-</u>	
<u>OIFelyPubGIaqCnj5AeMMB</u> Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg	

Hip flexor stretch <u>https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-</u> <u>OIFelyPubGIaqCnj5AeMMB&index=3</u> Lower back stretch <u>https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-</u> <u>OEK4LwfcXhcmKebCn-RZ_B&index=4</u> (15-20s stretch each side)

Prime

Split squat <u>https://www.youtube.com/watch?v=UcZVX7Sc9YI</u> Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true</u> Explosive squats <u>https://www.youtube.com/watch?v=87ynaOgFplw</u> (10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the **FOURTH** phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

- 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up. Add a 3 second pause at the bottom of the squat to build strength at our weakest position. https://www.youtube.com/watch?v=5cf1Fw1eF0Y&disable_polymer=true
- 2. 4 sets of 16 <u>weighted</u> SHOULDER HOLD WALKING LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%. <u>https://www.youtube.com/watch?v=yudx99vYNuY</u>
- 3. 4 sets of 15 <u>weighted</u> BULGARIAN SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%. <u>https://www.youtube.com/watch?v=gZHj8qdtmto</u>
- 4. 4 sets of 30 <u>weighted</u> SINGLE LEGGED CALF RAISES. Put your bag on your front but increase the weight by 10% from your back squat. <u>https://www.youtube.com/watch?v=cNNDltsxFUg</u>
- 5. 4 sets of 30-60 second isometric WALL SITS.
- 6. 4 sets of 15 GLUTE BRIDGES Hold a 3 second pause at the top of the movement to build strength at the hardest position. <u>https://www.youtube.com/watch?v=YRqoIM0u0PY</u>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.4

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps 30s jogging on the spot (low knees) 30s Alternate squat thrusts (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Push ups (knees if necessary) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u> Alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u> (10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest. Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

• <u>Tabata 1</u>. (do star jumps for the first round, and burpees for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

(Have a full 5 minutes rest)

• <u>Tabata 2.</u> (do jumping squats ups for the first round, and high knees running in place for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

(Have a full 5 minutes rest)

• Tabata 2 (do alternating caust thrusts for the first round, and human tuck jumps for the second	
• <u>Tabata 3</u> . (do alternating squat thrusts for the first round, and burpee tuck jumps for the second	
Continue to alternate between the 2 exercises until you have done 8 sets, this means you will	
have seen each exercise 4 times each).	
Star jumps https://www.youtube.com/watch?v=c4DAnQ6DtF8	
High knees sprinting in place	
https://www.youtube.com/watch?v=dWnssSlxgl4	
Jump squats	
https://www.youtube.com/watch?v=AzI5tkCzDcc&disable_polymer=true	
Burpee tuck jump	
https://www.youtube.com/watch?v=xM2DLDRPT5M	
Burpee	
https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true	
Alternate squat thrusts	
https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #4.5	
Strength and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and	
soreness from your muscles more effectively than a rest day would.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s heel flicks	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Extended stretching	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch	

https://www.youtube.com/watch?v=tYY-cqNjuVA
Figure of 4 stretch
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-
<u>OIFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u>
Quadriceps stretch
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB
Pectoral stretch
https://www.youtube.com/watch?v=yElqfGirnmU
Cossack squat tilt
https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true
Hip flexor stretch
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-
0IFelyPubGlaqCnj5AeMMB&index=3
(30-40s stretch each side)
Prime
Air squat
Push ups
Alternating lunges
(10 repetitions each. 2 rounds)
Workout:
The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos
show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be
performed unweighted. It is the second time you have seen this workout so refer back to your notes about how
the last one felt and you may feel like you can push the range deeper.
Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.
1. Hip flexor to knight stretch
https://www.youtube.com/watch?v=COyFqDGwj7U
 Push up-downward facing dog into calf peddles <u>https://www.youtube.com/watch?v=rGdIMVV4EFo</u>
 Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true
4. Chalk circles <u>https://www.youtube.com/watch?v=KGJXAsbatP0</u>
 Supine leg swings (10 both sides) <u>https://www.youtube.com/watch?v=uYml88S2tmo</u>
 6. Pigeon press up <u>https://www.youtube.com/watch?v=z7IA_gCmCNs&disable_polymer=true</u>
 Figeon press up <u>https://www.youtube.com/watch?v=z/A_qcmcvs&disable_polymer=true</u> Elbow to instep T-spine rotations <u>https://www.youtube.com/watch?v=b0awMvFV6dE</u>
7. LIDOW to instep 1-spine rotations <u>inteps//www.youtube.com/watch:v=boawivivrvouE</u>
Cool down
Cool down 5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true</u>

5 minutes of gentle stretching.	
Workout #4.6	
Muscular endurance focus	
This is a manifest to this work from the distribution of the second se	
This is a revisit to this workout from the 17 th April. Refer back to your notes and try and speed up your	
movements (whilst keeping good technique)	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Circle every joint you can, fox in both directions gently and as large a motion as is connortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA	
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB</u>	
Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-	
Xiwr0G8DCD_23Bml	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>	
(15-20s stretch each side)	
Delaye	
Prime	
Air squat:	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrIVaDI&disable_polymer=true	
Long alternating lunges: https://www.youtube.com/watch?v=uvjhei0SWaQ	
T-push up:	
https://www.youtube.com/watch?v=-SgeUqvNzag	

(10 repetitions each. 2 rounds)
Workout
This workout should be performed as fast as is possible whilst still remaining tight and strong in your
technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this
in weeks to come.
400m x run (if nowhere to run, substitute for garden shuttles/40 step ups/40 star jumps)
40 x walking lunges https://www.youtube.com/watch?v=L8fvypPrzzs&disable_polymer=true
30 x crunches <u>https://www.youtube.com/watch?v=8P5Vn9qPV0Y</u>
20 x push ups <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u>
10 x burpees <u>https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true</u>
(3 rounds)
Cool down
Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true
or
5 minutes of gentle stretching.
Workout #4.7
Strength (upper body) focus
Mobilise
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.
Warm up
30s Spotty dogs
30s Air squats
30s 3 directional star jumps
(3x round)
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4
Stretch Tricon stretch
Tricep stretch
https://www.youtube.com/watch?v=Sj-pzA2nt7o
Pectoral stretch https://www.youtube.com/watch?v=yElgfGirnmU
Deltoid stretch
https://www.youtube.com/watch?y=9XE8pkcBwMs&list=PLgMWsWOP14-0yg2E-Xiwr0G8DCD_23Bml
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Lower back stretch

Hip flexor stretch

<u>https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-</u> 0lFelvPubGlagCni5AeMMB&index=3

Neck stretch (2:50 of clip)

https://www.youtube.com/watch?v=2NOsE-VPpkE
(15-20s stretch each side)

Prime

Shoulder taps: <u>https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true</u> T-push up (from knees if needed) <u>https://www.youtube.com/watch?v=vKaLCCNxMho</u> Crab Reach <u>https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true</u> (10 repetitions each, 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the FOURTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

- 1. 4 sets of 15 <u>weighted</u> DOUBLE ARM STANDING SHOULDER PRESS. <u>https://www.youtube.com/watch?v=sikkFJZ9swc</u>
- 2. 4 sets of 15 <u>weighted</u> double arm KNEELING BICEP CURLS. <u>https://www.youtube.com/watch?v=FR8adBK8IYc</u>
- 3. 4 sets of 15 <u>weighted</u> DOUBLE ARM BENT OVER ROW. <u>https://www.youtube.com/watch?v=N_I7nd4cOKg&disable_polymer=true</u>
- 4. 4 sets of 15 <u>weighted</u> double arm DECLINE BACKPACK PUSH UPS <u>https://www.youtube.com/watch?v=IpFtTZZLZCA</u>
- 5. 4 sets of 15 <u>weighted</u> DOUBLE ARM WEIGHTED CHAIR DIP https://www.youtube.com/watch?v=vOz27LsaEwE
- 6. 4 sets of 15 weighted single arm PUSH PRESS https://www.youtube.com/watch?v=GBtTNjS1LfE

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.8

Muscular endurance and cardiovascular fitness focus

This is a revisit to this workout from the 19th April. Refer back to your notes and try and speed up your movements (whilst keeping good technique).

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s 3 directional star jumps 30s jogging on the spot 30s alternate squat thrusts (3 rounds) or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>

Stretch

Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u> Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB</u> Pectoral stretch <u>https://www.youtube.com/watch?v=yElqfGirnmU</u> Figure of 4 stretch <u>https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u> Abdominal stretch <u>https://www.youtube.com/watch?v=gMyDaDqiWvg</u> (15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> T-Push ups (from knees if needed, stretch the chest out on every T position) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true</u> (10 repetitions each. 2 rounds) **Workout**

Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30 minutes. This means you will see each exercise 10 times each by the end of your 30 minutes.

period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period. For minute 4 you return to burgees etc. 8 hurgees 24 squats Cool down 5 minutes 04 namel Flow or 5 minutes 04 period Flow Mobiles Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable. Warn up 30s jog no spot high knees 30s alternating squat thrusts 30s alternating squat thrusts 30s alternating squat thrusts 30s alternating squat thrusts 30s spot high knees 30s alternating squat thrusts 30s spot high knees 30s s	When the first minute begins you will perform 8 burpees, whatever time is left of that minute is your rest	
For minute 4 you return to burgees etc. 8 x burgees 16 x crunches 24 x squats Cool down S minutes of Animal Flow or 5 minutes of gentle stretching. Workout #4.9 Strength (whole body) focus Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable. Warm up 30s jog on spot high knees 30s apot high knees 30s apot high knees 30s apot high xnees 30s apot high xnees <td< td=""><td>period. When minute 2 begins you perform 16 crunches, whatever time is left of that minute is your rest period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period.</td><td></td></td<>	period. When minute 2 begins you perform 16 crunches, whatever time is left of that minute is your rest period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period.	
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https://www.youtube.com/watch?v=gMyDaDqiWvg Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14- <u>OIFelyPubGlaqCnj5AeMMB&index=3</u> (15-20s stretch each side) Prime		
Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14- OlFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side) Prime		
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14- <u>0IFelyPubGlaqCnj5AeMMB&index=3</u> (15-20s stretch each side) Prime		
(15-20s stretch each side) Prime	https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
Prime	0lFelyPubGlaqCnj5AeMMB&index=3	
	(15-20s stretch each side)	
	Prime	
	Air squat	

https://www.voutube.com/watch?v=C_\/tOVcGiEc2disable_palymor_true	
https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true	
Push up	
https://www.youtube.com/watch?v=Eh00 rniF8E&disable polymer=true	
Plank (30 second hold)	
https://www.youtube.com/watch?v=pvljsG5Svck	
(10 repetitions each, apart from the plank. 2 rounds)	
Workout	
(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you	
put together for your lower body workout but should be slightly heavier than your upper body workout.	
Adjust as necessary. If unsure of the exercises, you can check the links below).	
This is now the FOURTH phase of backpack weight training so try and increase your workload by increasing the	
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1. 4 sets of 15 <u>weighted</u> ALTERNATING BAG ON SHOULDER THRUSTERS	
https://www.youtube.com/watch?v=_ovsJxBXmqE	
2. 4 sets of 15 weighted FRONT SQUATS https://www.youtube.com/watch?v=S52KPyLNB-A	
3. 4 sets of 15 <u>weighted POWER CLEANS</u>	
https://www.youtube.com/watch?v=INmeQkOUwiE	
4. 4 sets of 15 weighted SUMO DEADLIFT HIGHPULL	
https://www.youtube.com/watch?v=INEfXKPOxjE	
5. 4 sets of 10 (5 each arm) <u>weighted PUSH PRESS</u>	
6. https://www.youtube.com/watch?v=P06hRvWh0yA	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
or	
follow https://www.youtube.com/watch?v=u5Hr3rNUZ24	
Workout #4.10	
Cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot (low knees)	

30s Alternate squat thrusts

(3x round)

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Air squat Push ups (knees if necessary) Alternating lunges (10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest. Repeated for 8 rounds of 20sec work and 10sec rest. 1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

• Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

(Have a full 5 minutes rest)

- Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
 (Have a full 5 minutes rest)
- Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.11

Strength and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and	
soreness from your muscles more effectively than a rest day would.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s alternating lunges (half depth)	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Extended stretching	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cgNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLgMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElgfGirnmU	
Cossack squat tilt	
https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=3	
(30-40s stretch each side)	
Prime	
Air squat	
Push ups	
Alternating lunges	
(10 repetitions each. 2 rounds)	
Werkout	
Workout:	

The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set. 1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true 2. Push up-downward facing dog into calf peddles https://www.youtube.com/watch?v=GJIMVV4EFo 3. Chalk circles https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true 5. Supine leg swings https://www.youtube.com/watch?v=uYml88S2tmo	
 6. Shin box rotation to raise <u>https://www.youtube.com/watch?v=GJGYcoK3mSI</u> 7. Crab Reach <u>https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true</u> 	
Cool down 5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true</u> or	
5 minutes of gentle stretching.	
Workout #5.1 Muscular endurance focus	
Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
Stretch Calf peddles https://www.youtube.com/watch?v=xrZcrrIVaDI&disable_polymer=true Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14- OlFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F- Xiwr0G8DCD_23Bml	

Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=3	
(15-20s stretch each side)	
Prime	
Air squat:	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Lunge to knee drive	
https://www.youtube.com/watch?v=4_1V0NRv7Ww	
T-push up:	
https://www.youtube.com/watch?v=-SgeUqvNzag	
(10 repetitions each. 2 rounds)	
Workout	
This workout should be performed as fast as is possible whilst still remaining tight and strong in your	
technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this	
in weeks to come.	
<u>150 x weighted alternating lunges</u>	
(every 15 repetitions you must stop and perform 7 push ups & 8 crunches before beginning the lunges again).	
For a weight use your weighted ruck sack but do not put it on. You must have it in front of your body, holding	
it like a bear hug.	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or contraction of the second sec	
5 minutes of gentle stretching.	
Workout #5.2	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm un	
Warm up	
30s 3 directional star jumps	
30s jogging on the spot	

30s alternate squat thrusts

(3 rounds)

or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4

Stretch

Quadriceps stretch

https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB

Tricep stretch

https://www.youtube.com/watch?v=Sj-pzA2nt7o

Pectoral stretch

https://www.youtube.com/watch?v=yElqfGirnmU

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-

OlFelyPubGlaqCnj5AeMMB&index=3

Abdominal stretch

https://www.youtube.com/watch?v=gMyDaDqiWvg

(15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> T-Push ups (from knees if needed, stretch the chest out on every T position) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true</u> Air squat (add 2 sec pause at bottom): <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u> (10 repetitions each. 2 rounds)

Workout

Push ups (10/9/8/7/6/5/4/3/2/1) Squats (1/2/3/4/5/6/7/8/9/10)

Round 1 is 10 push ups and 1 squat Round 2 is 9 push ups and 2 squats Round 3 is 8 push ups and 3 squats etc. until Round 10 which is 1 push up and 10 squats.

Put a stop watch where you can see it and every 2 minutes you must perform 5 burpees.

Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
5 minutes of gentle stretching.	
Workout #5.3	
Strength (lower body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s alternating squat thrusts	
30s jogging on the spot	
30s air squats + single knee raise as you come up.	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u>	
Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-</u>	
<u>OIFelyPubGlaqCnj5AeMMB</u>	
Abdominal stretch <u>https://www.youtube.com/watch?v=gMyDaDqiWvg</u> Hip flexor stretch https://www.youtube.com/watch?v=QW jQz5Efs0&list=PLqMWsWQP14-	
OlFelyPubGlagCnj5AeMMB&index=3	
Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-	
0EK4LwfcXhcmKebCn-RZ_B&index=4	
(15-20s stretch each side)	
Prime	
Split squat https://www.youtube.com/watch?v=UcZVX7Sc9Yl	
Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>	
Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Explosive squats <u>https://www.youtube.com/watch?v=87ynaOgFplw</u>	
(10 repetitions each. 2 rounds)	
Workout	

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right	
at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as	
necessary. If unsure of the movements, you can check the links below).	
necessary. In disure of the movements, you can check the links belowj.	
This is now the FIFTH phase of backpack weight training so try and increase your workload by increasing the	
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1. 4 sets of 15 ALTERNATING COSSACK SQUAT (bodyweight only)	
https://www.youtube.com/watch?v=5oVpSP4bTEA	
2. 4 sets of 15 weighted DEADLIFT put your bag on the floor between your legs	
https://www.youtube.com/watch?v=rvOxXxqjOqc	
3. 4 sets of 16 weighted RUCKSACK WALKING LUNGES. Keep your bag in the same place as the back	
squats but lighten it by around 20%. https://www.youtube.com/watch?v=aEqdEfkItC8	
4. 4 sets of 15 weighted RUCKSACK FRONT SQUATS. Put your bag on your front but increase the weight	
by 10% from your back squat. <u>https://www.youtube.com/watch?v=S52KPyLNB-A</u>	
5. 4 sets of 15 weighted RUCKSACK 1&1/4 BACK SQUATS	
https://www.youtube.com/watch?v=ASnB8x4CRyc	
IIIIps.//www.youtube.com/watch?v=AShBox4CKyC	
6. 4 sets of 15 CURTSEY LUNGES (body weight only) <u>https://www.youtube.com/watch?v=3kL7_XwVGBA</u>	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout 5.4	
Cardiovascular fitness focus	
This is a revisit from the 24 th March so refer to your notes and try for one more rep each round. Make a note of	
your heart rate and rate of perceived exertion (RPE out of 10).	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot (low knees)	
30s Alternate squat thrusts	
(3x round)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
Stretch	
Hamstring stretch	
Pigeon stretch	

Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
(15-20s stretch each side)	
Prime	
Air squat	
Push ups (knees if necessary)	
Alternating lunges	
(10 repetitions each. 2 rounds)	
Workout: Tabata workout	
Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.	
Repeated for 8 rounds of 20sec work and 10sec rest.	
1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)	
• Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate	
between the 2 exercises until you have done 8 sets, this means you will have seen each exercise	
4 times each).	
(Have a full 5 minutes rest)	
• Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to	
alternate between the 2 exercises until you have done 8 sets, this means you will have seen each	
exercise 4 times each).	
(Have a full 5 minutes rest)	
• Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the	
second. Continue to alternate between the 2 exercises until you have done 8 sets, this means	
you will have seen each exercise 4 times each).	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #5.5	
Strength and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and	
soreness from your muscles more effectively than a rest day would.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	

Warm up

30s air squats (focus on depth) 30s alternating toe touches

30s alternating lunges (half depth)

(3x round)

or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqlFmFm8

Pigeon stretch

https://www.youtube.com/watch?v=tYY-cqNjuVA

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-

<u>OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u>

Quadriceps stretch

https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB

Pectoral stretch

https://www.youtube.com/watch?v=yElqfGirnmU

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-

OlFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat Push ups Alternating lunges (10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.

1. Supine leg swings <u>https://www.youtube.com/watch?v=uYml88S2tmo</u>

2. Ship has notation to raise https://www.es.tube.com/wateb2v_CIOVac/2mSI	
 Shin box rotation to raise https://www.youtube.com/watch?v=GJGYcoK3mSl Air a must (class and families and smaller black be attained as a single families for A second black bl	
3. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
4. T-push ups (knees if necessary) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u>	
5. Long alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u>	
6. Cossack squats (comfortable depth)	
https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true	
Inch worm push up <u>https://www.youtube.com/watch?v=Gv0rFtj-Xjl</u>	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #5.6	
Muscular endurance focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA	
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB</u>	
Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-	
Xiwr0G8DCD 23Bml	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=3	
(15-20s stretch each side)	
Prime	

Air caust https://www.youtube.com/watch2y=C_V/tOVc6iEc	
Air squat <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u>	
Push ups (knees option) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u>	
Lunge to knee drive	
https://www.youtube.com/watch?v=4_1V0NRv7Ww	
Crunches <u>https://www.youtube.com/watch?v=8P5Vn9qPV0Y</u>	
(10 repetitions each. 2 rounds)	
Workout	
This workout should be performed as fast as is possible whilst still remaining tight and strong in your	
technique. Do not sacrifice technique and form for speed.	
Place a stop watch in front of you and complete these movements back to back:	
1 minute of burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true	
1 minute of star jumps https://www.youtube.com/watch?v=c4DAnQ6DtF8	
1 minute of push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true	
1 minute of crunches https://www.youtube.com/watch?v=8P5Vn9gPV0Y	
1 minute of rest	
Your score is the total reps. If you get 15 burpees then begin your star jump count as 16, 17, 18 etc. Record	
your total reps across the 3 rounds and try and keep them as similar as possible. Set a good pace and try to	
maintain it, don't go out too fast and decline in performance.	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #5.7	
Strength (upper body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s Spotty dogs	
30s Air squats	
30s 3 directional star jumps	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Tricep stretch	

https://www.youtube.com/watch?v=Sj-pzA2nt7o		
Pectoral stretch		
https://www.youtube.com/watch?v=yElqfGirnmU		
Deltoid	stretch	
https://	/www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
Lower b	back stretch	
https://	/www.youtube.com/watch?v=1iFrIryIYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4	
Hip flex	kor stretch	
https://	/www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
OIFelyP	ubGlagCnj5AeMMB&index=3	
Neck st	retch (2:50 of clip)	
https://www.youtube.com/watch?v=2NOsE-VPpkE		
(15-20s stretch each side)		
Prime		
Shoulde	er taps:	
https://www.youtube.com/watch?v=QOCn3 iOAro&disable polymer=true		
T-push up (from knees if needed)		
https://www.youtube.com/watch?v=vKaLCCNxMho		
Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true		
(10 repetitions each, 2 rounds)		
Worko	ut	
Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right		
at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as		
necessary. If unsure of the movements, you can check the links below).		
This is now the FIFTH phase of backpack weight training so try and increase your workload by increasing the		
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.		
	.,	
1.	4 sets of 15 weighted DOUBLE ARM STANDING SHOULDER PRESS.	
	https://www.youtube.com/watch?v=ts8ktLPe0BA	
2.		
3.	4 sets of 15 weighted DOUBLE ARM BENT OVER ROW.	
	https://www.youtube.com/watch?v=N_I7nd4cOKg	
4.		
	https://www.youtube.com/watch?v=IpFtTZZLZCA	
5.		
	https://www.youtube.com/watch?v=vOz27LsaEwE	
6.	4 sets of 15 weighted standard PUSH UPS	
	https://www.youtube.com/watch?v=WfXZ4ZdgA5M	

Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #5.8	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s Jog on spot (high knees)	
30s Heel flicks	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
Abdominal stretch	
(15-20s stretch each side)	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
https://www.youtube.com/watch?v=-SgeUqvNzag	
Cossack squat tilt	
https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true	
(10 repetitions each. 2 rounds)	
Workout	
Get your weighted bag you have been using for the lifting workouts. Make it a little lighter as you will want to	
move quickly. You should not need to take more than 1 break each set. If you need to then the weight is too	
heavy this time.	
21 x Bag thrusters	

· · · ·	1
21 x Burpees over your bag	
15 x Bag thrusters	
15 x Burpees over your bag	
9 x Bag thrusters	
9 x Burpees over your bag	
BAG THRUSTER: https://www.youtube.com/watch?v=VMN81T0PO4c	
BURPEE OVER BAG	
https://www.youtube.com/watch?v=G_Vi2m0c08c	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
יש אווויועובי טו אבוווב או בונווווא.	
Workout #5.9	
Strength (whole body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s alternate squat thrusts	
30s high knees	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Lower back stretch	
https://www.youtube.com/watch?v=1iFrIryIYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4	
Pectoral stretch	
https://www.youtube.com/watch?v=yElgfGirnmU	
Tricep stretch	
https://www.youtube.com/watch?v=Sj-pzA2nt7o	
Abdominal stretch	
https://www.youtube.com/watch?v=gMyDaDqiWvg	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0lFelyPubGlaqCnj5AeMMB&index=3	
(15-20s stretch each side)	

Prime

Prime	
Air squat	
https://w	<pre>/ww.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true</pre>
T-push up	p:
https://w	<u>/ww.youtube.com/watch?v=-SgeUqvNzag</u>
Lunge to	knee drive
https://w	<pre>/ww.youtube.com/watch?v=4 1V0NRv7Ww</pre>
(10 repe	titions each, 2 rounds)
Workout	
put toget	weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you ther for your lower body workout but should be slightly heavier than your upper body workout. necessary. If unsure of the exercises, you can check the links below).
	w the FIFTH phase of backpack weight training so try and increase your workload by increasing the y a book, or doing 1 more rep, or making your existing reps tidier and more controlled.
1.	4 sets of 15 weighted BAG DEADLIFTS https://www.youtube.com/watch?v=rvOxXxqjOqc
	4 sets of 15 weighted PUSH PRESS https://www.youtube.com/watch?v=M4tYjREDOPE
	4 sets of 15 weighted BAG THRUSTERS https://www.youtube.com/watch?v=PRD-ioe_IB4
4. 4	4 sets of 15 weighted BICEP CURLS https://www.youtube.com/watch?v=FR8adBK8IYc
5. 4	4 sets of 10 (5 each arm) weighted SPLIT SQUAT https://www.youtube.com/watch?v=S3O7w6a_xBw
6. 4	4 sets of 15 weighted REVERSE LUNGES https://www.youtube.com/watch?v=-pwSBa4kJrc
Cool dow	/n
5 minute	s of Animal Flow
or	
	s of gentle stretching.
or	······································

or follow <u>https://www.youtube.com/watch?v=u5Hr3rNUZ24</u>

Workout #5.10

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s Jog on spot (high knees)

30s Star jumps

30s Alternate squat thrusts

(3x round)

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> Push ups (knees if necessary) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u> Alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u> Air squat: <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u> (10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest. Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

• <u>Tabata 1</u>. (do star jumps for the first round, and burpees for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

(Have a full 5 minutes rest)

- <u>Tabata 2.</u> (do jumping squats ups for the first round, and high knees running in place for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
 (Have a full 5 minutes rest)
- <u>Tabata 3</u>. (do alternating squat thrusts for the first round, and burpee tuck jumps for the second.. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Star jumps

https://www.youtube.com/watch?v=c4DAnQ6DtF8

High knees sprinting in place

https://www.youtube.com/watch?v=dWnssSlxgl4

Jump squats

https://www.youtube.com/watch?v=AzI5tkCzDcc&disable_polymer=true

	1
Burpee tuck jump	
https://www.youtube.com/watch?v=xM2DLDRPT5M	
Burpee	
https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true	
Alternate squat thrusts	
https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Mexicout #E 11	
Workout #5.11 Strength and control with mobility	
Strength and control with mobility	
This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and	
soreness from your muscles more effectively than a rest day would.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s heel flicks	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Extended stretching	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
0IFelyPubGIaqCnj5AeMMB&index=2&disable_polymer=true	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Cossack squat tilt	

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>	
(30-40s stretch each side)	
Prime	
Air squat	
Push ups	
Alternating lunges	
(10 repetitions each. 2 rounds)	
Workout:	
The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of	
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos	
show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be	
performed unweighted. It is the second time you have seen this workout so refer back to your notes about how	
the last one felt and you may feel like you can push the range deeper.	
Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.	
1. Hip flexor to knight stretch	
https://www.youtube.com/watch?v=COyFqDGwj7U	
2. Push up-downward facing dog into calf peddles https://www.youtube.com/watch?v=rGdIMVV4EFo	
3. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true	
4. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true	
5. Chalk circles https://www.youtube.com/watch?v=KGJXAsbatP0	
6. Supine leg swings (10 both sides) <u>https://www.youtube.com/watch?v=uYml88S2tmo</u>	
7. Pigeon press up https://www.youtube.com/watch?v=z7IA_gCmCNs&disable_polymer=true	
8. Elbow to instep T-spine rotations <u>https://www.youtube.com/watch?v=b0awMvFV6dE</u>	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #6.1	
Muscular endurance focus	
Mobilise	
Circle every joint you can 10 v in both directions gently and as large a motion as is comfortable	1

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

- 30s star jumps
- 30s jogging on the spot
- 30s spotty dogs
- (3 rounds)
- or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch <u>https://www.youtube.com/watch?v=eF_BqlFmFm8</u> Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u> Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB</u> Pectoral stretch<u>https://www.youtube.com/watch?v=yElqfGirnmU</u> Deltoid stretch<u>https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml</u> (15-20s stretch each side)

Prime

Air squat Push ups (from knees if needed) Alternating lunges Crunches (10 repetitions each. 2 rounds)

Workout

 (1) Push ups (from knees if necessary)

 https://www.youtube.com/watch?v=Opkj0k0EiAk&disable_polymer=true

 (2) Squats https://www.youtube.com/watch?v=C_Vt0Yc6j5c

 (3) Bicycle crunches https://www.youtube.com/watch?v=Q76ehxls3c

 (4)Jump switch lunges https://www.youtube.com/watch?v=zUNVifb6g0k

 (5) Star jumps https://www.youtube.com/watch?v=zUNVifb6g0k

 (6) Crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y

 (10 of all movements, then move to 9, 8, 7, 6, 5, 4, 3, 2, 1)

 Cool down

 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

 or

 5 minutes of gentle stretching.

Muscular endurance and cardiovascular fitness focus	
This is a revisit workout from the 2 nd April so refer back to your notes and see if you can either beat your	
previous time or execute the movements with better quality and technique.	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
Abdominal stretch	
(15-20s stretch each side)	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
https://www.youtube.com/watch?v=-SgeUqvNzag	
Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true	
Crunches	
https://www.youtube.com/watch?v=8P5Vn9qPV0Y	
(10 repetitions each. 2 rounds)	

Workout

Use your full name (including middle names).

If you have less than 20 letter in your full name borrow a

family members' name as well.

A – 50 star jumps	N – 25 burpees
B – 20 crunches	0 – 40 star jumps
C – 30 air squats	P – 15 alternating lunges
D – 15 push ups	Q – 30 crunches
E – 1 minute ski sit	R – 15 push ups
F – 10 burpees	S – 30 jump squats
G – 20 alternating lunges	T – 15 burpees
H – 20 jump squats	U – 30 tricep dips (chair)
I – 30 star jumps	V – 2 minute ski sit
J – 1 minute plank	W – 50 calf raises
K – 10 push ups	X – 60 star jumps
L – 20 tricep dips (chair)	Y – 2 minute plank
M – 20 burpees	Z – 20 push ups

Cool down

5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true</u> or

5 minutes of gentle stretching.

Workout #6.3

Strength (lower body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s alternating squat thrusts30s jogging on the spot30s air squats + single knee raise as you come up.(3x round)

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch <u>https://www.youtube.com/watch?v=eF_BqlFmFm8</u> Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u> Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-</u> <u>OlFelyPubGlaqCnj5AeMMB</u> Abdominal stretch <u>https://www.youtube.com/watch?v=gMyDaDqiWvg</u> Hip flexor stretch <u>https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-</u> <u>OlFelyPubGlaqCnj5AeMMB&index=3</u> Lower back stretch <u>https://www.youtube.com/watch?v=1iFrlrylYKo&list=PLqMWsWQP14-</u> <u>OEK4LwfcXhcmKebCn-RZ_B&index=4</u> (15-20s stretch each side)

Prime

Split squat <u>https://www.youtube.com/watch?v=UcZVX7Sc9Yl</u> Jump switch lunges <u>https://www.youtube.com/watch?v=zUNVifB6g0k</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrlVaDl&disable_polymer=true</u> Explosive squats <u>https://www.youtube.com/watch?v=87ynaOgFplw</u> (10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the **SIXTH** phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

- 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up. Add a 3 second pause at the bottom of the squat to build strength at our weakest position. <u>https://www.youtube.com/watch?v=5cf1Fw1eF0Y&disable_polymer=true</u>
- 2. 4 sets of 16 <u>weighted</u> SHOULDER HOLD WALKING LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%. <u>https://www.youtube.com/watch?v=yudx99vYNuY</u>
- 3. 4 sets of 15 <u>weighted</u> BULGARIAN SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%. <u>https://www.youtube.com/watch?v=gZHj8qdtmto</u>
- 4. 4 sets of 15 <u>weighted</u> GOOD MORNINGS. Put your bag on your front but increase the weight by 10% from your back squat <u>https://www.youtube.com/watch?v=IA7dHb7HPSM</u>

5. 4 sets of 15 <u>weighted</u> WALKING LUNGES (FRONT RACK)
https://www.youtube.com/watch?v=xF_PjJau0aw_
6. 4 sets of 15 GLUTE BRIDGES Hold a 3 second pause at the top of the movement to build strength at
the hardest position. https://www.youtube.com/watch?v=YRqoIMOu0PY
Cool down
5 minutes of Animal Flow
or
5 minutes of gentle stretching.
Workout 6.4
Cardiovascular fitness focus
Make a note of your heart rate and rate of perceived exertion (RPE out of 10).
Mobilise
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.
Warm up
30s star jumps
30s jogging on the spot (low knees)
30s Alternate squat thrusts
(3x round)
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>
or follow <u>Inteps//www.youtube.com/watchrv=ks-ikvkQol4</u>
Stratch
Stretch
Hamstring stretch
Pigeon stretch
Quadriceps stretch
Pectoral stretch
Deltoid stretch
(15-20s stretch each side)
Prime
Air squat
Push ups (knees if necessary)
Alternating lunges
(10 repetitions each. 2 rounds)
Workout: Tabata workout
Tabata is working hard and fact (100%) for 20 seconds followed by 10 seconds rest
Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Dependented for Queen under of 20000 work and 10000 root	
Repeated for 8 rounds of 20sec work and 10sec rest.	
1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)	
 Tabata 1. (do burpees tuck jumps for the first round, and push ups for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest) Tabata 2. (do jump squats for the first round, and jumping switching lunges for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest) Tabata 3. (do double legged squat thrusts for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest) Tabata 3. (do double legged squat thrusts for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). 	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
5 minutes of gentie stretening.	
Workout 6.5	
Strength and control with mobility	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s spotty dogs	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4	
For the standard standard in a	
Extended stretching	
Hamstring stretch	
<u>https://www.youtube.com/watch?v=eF_BqlFmFm8</u> Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Neck stretch (2:50 of clip)	
https://www.youtube.com/watch?v=2NOsE-VPpkE	
Quadriceps stretch	

https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLgMWsWQP14-0lFelvPubGlagCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side) Prime Air squat Push ups Alternating lunges (10 repetitions each. 2 rounds) Workout: The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Chalk circles	
https://www.youtube.com/watch?v=KGJXAsbatP0	
2. Rolling lizard	
https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true	
3. Kneeling T-Spine rotations	
https://www.youtube.com/watch?v=uzrQ_CzN7Ic&disable_polymer=true	
4. Hip flexor to knight stretch	
https://www.youtube.com/watch?v=COyFqDGwj7U	
5. Supine leg swings	
https://www.youtube.com/watch?v=uYml88S2tmo	
6. Push up-downward facing dog into calf peddles	
https://www.youtube.com/watch?v=rGdIMVV4EFo	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	

Workout #6.6	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s 3 directional star jumps	
30s jogging on the spot	
30s alternate squat thrusts	
(3 rounds)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
Charach	
Stretch	
Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
OlFelyPubGlagCnj5AeMMB	
Pectoral stretch <u>https://www.youtube.com/watch?v=yElqfGirnmU</u>	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
0lFelyPubGlagCnj5AeMMB&index=2&disable_polymer=true	
Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg	
(15-20s stretch each side)	
(,,,,,,,	
Prime	
Air squat (slow descent with a 2 second pause at the bottom).	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
Crunches	
(10 repetitions each. 2 rounds)	
Workout	
Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30	
minutes. This means you will see each exercise 6 times each by the end of your 30 minutes.	
When the first minute begins you will perform 20 alternating squat thrusts (20 each leg), whatever time is left	
of that minute is your rest period. When minute 2 begins you perform air squats, whatever time is left of that	
minute is your rest period. When minute 3 begins you perform 12 x burpees, whatever time is left of that	
minute is your rest period. For minute 4 you return to burpees etc.	
20 x alternating caust thrusts (20 each log)	
20 x alternating squat thrusts (20 each leg)	

20 x air squats <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u>	
12 x burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true	
10 x jump squats <u>https://www.youtube.com/watch?v=87ynaOgFplw</u>	
40s plank hold https://www.youtube.com/watch?v=TvxNkmjdhMM&disable_polymer=true	
Cool down	
5 minutes of Animal Flow	
Or E-minutes of e-multi-standalized	
5 minutes of gentle stretching.	
Workout #6.7	
Strength (upper body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s Spotty dogs	
30s Air squats	
30s 3 directional star jumps	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch	
Tricep stretch	
https://www.youtube.com/watch?v=Sj-pzA2nt7o	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
Lower back stretch	
https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OIFelyPubGIaqCnj5AeMMB&index=3</u>	
Neck stretch (2:50 of clip)	
https://www.youtube.com/watch?v=2NOsE-VPpkE	
(15-20s stretch each side)	
Prime	

Shoulder taps:	
https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true	
T-push up (from knees if needed) slow your descent for 4 seconds and drive up for 1	
https://www.youtube.com/watch?v=vKaLCCNxMho	
Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true	
(10 repetitions each, 2 rounds)	
Workout	
Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right	
at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as	
necessary. If unsure of the movements, you can check the links below).	
This is now the SIXTH phase of backpack weight training so try and increase your workload by increasing the	
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1. 4 sets of 15 weighted KNEELING SINGLE ARM SHOULDER PRESS.	
https://www.youtube.com/watch?v=jObn7DyxUgk	
2. 4 sets of 15 weighted SINGLE ARM BICEP CURLS. https://www.youtube.com/watch?v=FR8adBK8IYc	
3. 4 sets of 15 weighted SINGLE ARM BENT OVER	
ROW. https://www.youtube.com/watch?v=N8Fv5jABUYI	
4. 4 sets of 15 weighted double arm BACKPACK PUSH UPS	
https://www.youtube.com/watch?v=WfXZ4ZdqA5M	
5. 4 sets of 15 weighted SINGLE ARM (water bottle) WEIGHTED TRICEP KICKBACKS	
https://www.youtube.com/watch?v=6SS6K3IAwZ8	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #6.8	
Muscular endurance focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
sus star jumps	

30s jogging on the spot	
30s spotty dogs	
(3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Stretch Colf modeling	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u>	
Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-</u>	
<u>OlFelyPubGlaqCnj5AeMMB</u>	
Pectoral stretch <u>https://www.youtube.com/watch?v=yElqfGirnmU</u>	
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-	
Xiwr0G8DCD 23Bml	1
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>	
(15-20s stretch each side)	
Prime	
Air squat:	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
Calf peddles	
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true_	
Long alternating lunges:	
https://www.youtube.com/watch?v=uvjhei0SWaQ	
T-push up:	
https://www.youtube.com/watch?v=-SgeUqvNzag	
<u>Inteps//www.youtube.com/watch:v=-sgeoqvivzag</u>	
(10 repetitions each. 2 rounds)	
Workout	
This workout should be performed as fast as is possible whilst still remaining tight and strong in your	
technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this	
in weeks to come.	
200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)	
40 x air squats https://www.youtube.com/watch?v=L8fvypPrzzs&disable_polymer=true	
30 x crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y	1
20 x push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true	
10 x burpees <u>https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true</u>	
200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)	1
200m x run (ij nownere to run, substitute jor garaen snuttles/20 step ups/20 star jumps)	\bot

10 x burpees	
20 x push ups	
30 x crunches	
40 x air squats	
200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true	
or	
5 minutes of gentle stretching.	
Workout #6.9	
Strength (whole body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s alternate squat thrusts	
30s high knees	
(3x round)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
or follow <u>maps.//www.youddbelcom/watch.v_ko-kwadory</u>	
Stretch	
Lower back stretch	
https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Tricep stretch	
https://www.youtube.com/watch?v=Sj-pzA2nt7o	
Abdominal stretch	
https://www.youtube.com/watch?v=gMyDaDqiWvg	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLgMWsWQP14-	
0lFelyPubGlagCnj5AeMMB&index=3	
(15-20s stretch each side)	
Prime	
Air squat	
https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true	
T-push up:	

https://www.youtube.com/watch?v=-SgeUqvNzag	
Lunge to knee drive	
https://www.youtube.com/watch?v=4_1V0NRv7Ww	
(10 repetitions each, 2 rounds)	
Workout	
(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you	
put together for your lower body workout but should be slightly heavier than your upper body workout.	
Adjust as necessary. If unsure of the exercises, you can check the links below).	
This is now the FIFTH phase of backpack weight training so try and increase your workload by increasing the	
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1. 4 sets of 16 <u>weighted</u> FRONT BAG HOLD ALTERNATING STEP UPS	
https://www.youtube.com/watch?v=q7-a9Smlcyshttps://www.youtube.com/watch?v=q7-a9Smlcys	
2. 4 sets of 15 <u>weighted</u> BAG ON SHOULDER ALTERNATING THRUSTERS	
https://www.youtube.com/watch?v=n_FJBv6q7GU	
3. 4 sets of 15 <u>weighted</u> BAG HANG CLEAN <u>https://www.youtube.com/watch?v=dX4BUZikc2g</u>	
4. 4 sets of 15 <u>weighted</u> BAG GROUND TO OVERHEAD <u>https://www.youtube.com/watch?v=0QrxDIrXZZY</u>	
5. 4 sets of 10 <u>weighted</u> WIDE STANCE GOOD MORNINGS	
https://www.youtube.com/watch?v=6SdV2F6S62M	
6. 4 sets of 15 <u>weighted</u> BAG LOADED ZERCHER REVERSE LUNGES	
https://www.youtube.com/watch?v=Yi-5d8W-4Bk	
Cool down	
5 minutes of Animal Flow	
Or Environmente afrante in a	
5 minutes of gentle stretching.	
follow <u>https://www.youtube.com/watch?v=u5Hr3rNUZ24</u>	
Workout 6.10	
Cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s star jumps	
30s jogging on the spot (low knees)	
30s Alternate squat thrusts	
•	

(3x round)

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)

Prime

Air squat Push ups (knees if necessary) Alternating lunges (10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest. Repeated for 8 rounds of 20sec work and 10sec rest. 1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest)
 Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). (Have a full 5 minutes rest)
- Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #6.11 Strength and control with mobility

This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid a soreness from your muscles more effectively than a rest day would.	nd
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Circle every joint you can, tox in both directions gently and as large a motion as is connortable.	
Warm up	
30s air squats (focus on depth)	
30s alternating toe touches	
30s heel flicks	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
Extended stretching	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqlFmFm8_	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cqNjuVA	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
OlFelyPubGlagCnj5AeMMB&index=2&disable_polymer=true	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB	3
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Cossack squat tilt	
https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=3	
(30-40s stretch each side)	
Prime	
Air squat	
Push ups	
Alternating lunges	
(10 repetitions each. 2 rounds)	
Workout:	
The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your re	anae of
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo vide	
Jexibility/motion lightly not throw yourself into bud positions with the muscles in pain. If the demo via	205

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show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be
performed unweighted. It is the second time you have seen this workout so refer back to your notes about how
the last one felt and you may feel like you can push the range deeper.
 Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set. 1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true 2. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pag&disable_polymer=true 3. Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true 4. Supine leg swings (10 both sides) https://www.youtube.com/watch?v=uwB_lmF3_R0 5. Shin box rotation to raise (add an overhead stretch each side) https://www.youtube.com/watch?v=GJGYcoK3mSI 6. Hip flexor to knight stretch https://www.youtube.com/watch?v=COyFqDGwj7U
Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.
Workout #7.1 Muscular endurance focus
Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.
Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4
StretchCalf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14- OlFelyPubGlaqCnj5AeMMBPectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F- Xiwr0G8DCD 23BmlHip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14- OlFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)	
Prime	
Air squat: <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u>	
Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
Lunge to knee drive https://www.youtube.com/watch?v=4_1V0NRv7Ww	
T-push up: https://www.youtube.com/watch?v=-SgeUqvNzag	
(10 repetitions each. 2 rounds)	
Workout	
This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not apprint to charge and form for speed. Keen a note of your time as you will be revisiting this.	
technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.	
• 10 squats	
• 1 push up	
• 9 squats	
• 2 push ups	
8 squats a push ups	
• 3 push ups	
Continue this until 1 squat and 10 push ups have been completed.	
Between each round perform 10 crunches.	
Cool down	
5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true</u>	
or	
5 minutes of gentle stretching.	
Workout #7.2 Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s 3 directional star jumps	
30s jogging on the spot	

20c alternate coust thrusts	
30s alternate squat thrusts (3 rounds)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
of follow <u>https://www.youtube.com/watch?v=Ks-KvKQ814</u>	
Stretch	
Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u>	
Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-	
0lFelyPubGlagCnj5AeMMB	
Pectoral stretch <u>https://www.youtube.com/watch?v=yElgfGirnmU</u>	
Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
0lFelyPubGlagCnj5AeMMB&index=2&disable_polymer=true	
Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg	
(15-20s stretch each side)	
Prime	
Cossack squat tilt	
https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true	
T-Push ups (from knees if needed, stretch the chest out on every T position)	
https://www.youtube.com/watch?v=-SgeUqvNzag	
Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true	
(10 repetitions each. 2 rounds)	
Workout	
As quickly as possible whilst remaining strict and tight with your form:	
Run ½ mile (if cannot run substitute for 100 star jumps)	
50 x push ups	
50 x squats	
50 x crunches	
50 x alternating lunges	
Run ½ mile (if cannot run substitute for 100 star jumps)	
Cool down 5 minutes of Animal Flow	
or 5 minutes of gentle stretching.	
ש אווויענבא טו צבוונוב אוויבנטווווצ.	
Workout #7.3	
Strength (lower body) focus	

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

- 30s alternating squat thrusts
- 30s jogging on the spot
- 30s air squats + single knee raise as you come up.
- (3x round)
- or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3 Lower back stretch https://www.youtube.com/watch?v=1iFrIryIYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4 (15-20s stretch each side)

Prime

Split squat <u>https://www.youtube.com/watch?v=UcZVX7Sc9YI</u> Jump switch lunges <u>https://www.youtube.com/watch?v=zUNVifB6g0k</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrIVaDI&disable_polymer=true</u> Explosive squats <u>https://www.youtube.com/watch?v=87ynaOgFplw</u> (10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the **SEVENTH** phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

 4 sets of 15 <u>weighted</u> BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and

	keeping your chest up. Add a 3 second pause at the bottom of the squat to build strength at our	
	weakest position. https://www.youtube.com/watch?v=5cf1Fw1eF0Y&disable_polymer=true	
2.	4 sets of 16 weighted SHOULDER HOLD WALKING LUNGES. Keep your bag in the same place as the	
	back squats but lighten it by around 20%. <u>https://www.youtube.com/watch?v=yudx99vYNuY</u>	
3.	4 sets of 15 weighted BULGARIAN SPLIT SQUATS (both sides). Keep your bag in the same place as the	
	back squats but lighten it by around 20%. <u>https://www.youtube.com/watch?v=gZHj8qdtmto</u>	
4.	4 sets of 15 weighted GOOD MORNINGS. Put your bag on your front but increase the weight by 10%	
	from your back squat https://www.youtube.com/watch?v=IA7dHb7HPSM	
5.	4 sets of 15 <u>weighted</u> WALKING LUNGES (FRONT RACK)	
	https://www.youtube.com/watch?v=xF_PjJau0aw_	
6.	4 sets of 15 GLUTE BRIDGES Hold a 3 second pause at the top of the movement to build strength at	
	the hardest position. https://www.youtube.com/watch?v=YRqoIM0u0PY	
l		
Cool do	wn	
5 minut	es of Animal Flow	
or		
5 minut	es of gentle stretching.	
<u>Worko</u>	<u>it #7.4</u>	
Cardiov	ascular fitness focus	
Mobilis	e	
Circle e	very joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm u		
30s stai		
	ging on the spot (low knees)	
	ernate squat thrusts	
(3x rou		
or follo	<u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
Stretch		
	ng stretch	
Pigeon		
-	eps stretch	
	l stretch	
Deltoid		
	stretch each side)	
,	,	
Prime		
Cossack	squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true	

Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true	
Alternating lunges https://www.youtube.com/watch?v=uvjhei0SWaQ	
(10 repetitions each. 2 rounds)	
Workout: <u>Tabata workout</u>	
Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.	
Repeated for 8 rounds of 20sec work and 10sec rest.	
1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)	
• <u>Tabata 1</u> . (do star jumps for the first round, and burpees for the second. Continue to alternate	
between the 2 exercises until you have done 8 sets, this means you will have seen each exercise	
4 times each).	
(Have a full 5 minutes rest)	
• <u>Tabata 2.</u> (do jumping squats ups for the first round, and high knees running in place for the	
second. Continue to alternate between the 2 exercises until you have done 8 sets, this means	
you will have seen each exercise 4 times each).	
(Have a full 5 minutes rest)	
• <u>Tabata 3</u> . (do alternating squat thrusts for the first round, and burpee tuck jumps for the second	
Continue to alternate between the 2 exercises until you have done 8 sets, this means you will	
have seen each exercise 4 times each).	
Star jumps	
https://www.youtube.com/watch?v=c4DAnQ6DtF8	
High knees sprinting in place	
https://www.youtube.com/watch?v=dWnssSlxgl4	
Jump squats	
https://www.youtube.com/watch?v=AzI5tkCzDcc&disable_polymer=true_	
Burpee tuck jump	
https://www.youtube.com/watch?v=xM2DLDRPT5M	
Burpee	
https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true	
Alternate squat thrusts	
https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout 7.5	
Strength and control with mobility	

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth) 30s alternating toe touches 30s spotty dogs (3x round) or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>

Extended stretching

Hamstring stretch https://www.youtube.com/watch?v=eF BglFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=2&disable polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlagCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLgMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLgMWsWQP14-0lFelyPubGlagCnj5AeMMB&index=3 (15-20s stretch each side)

Prime

Air squat Push ups Alternating lunges (10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted.

	Ι
Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.	
6. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
T-push ups (knees if necessary) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u>	
Long alternating lunges <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u>	
9. Cossack squats (comfortable depth)	
https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true	
Inch worm push up <u>https://www.youtube.com/watch?v=Gv0rFtj-Xjl</u>	
Cool down	
5 minutes of Animal Flow	
or the second seco	
5 minutes of gentle stretching.	
Hamstring stretch	
https://www.youtube.com/watch?v=eF_BqIFmFm8	
Pigeon stretch	
https://www.youtube.com/watch?v=tYY-cgNjuVA	
<u>Inteps://www.youtube.com/watch:v=tff-cqnjuvA</u>	
Figure of 4 stretch	
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-	
0IFelyPubGlagCnj5AeMMB&index=2&disable_polymer=true	
Quadriceps stretch	
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0IFelyPubGlaqCnj5AeMMB&index=3	
Workout #7.6	
Muscular endurance focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	

Warm up

- 30s star jumps
- 30s jogging on the spot
- 30s spotty dogs
- (3 rounds)
- or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

- Calf peddles
- https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true
- Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u>
- Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-</u>
- 0lFelyPubGlaqCnj5AeMMB
- Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU
- Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-
- Xiwr0G8DCD 23Bml
- Hip flexor stretch
- https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-
- 0IFelyPubGlaqCnj5AeMMB&index=3
- (15-20s stretch each side)

Prime

- Air squat: <u>https://www.youtube.com/watch?v=C_VtOYc6j5c</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true</u> Long alternating lunges: <u>https://www.youtube.com/watch?v=uvjhei0SWaQ</u> T-push up:
- https://www.youtube.com/watch?v=-SgeUqvNzag
- (10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.

(Use your weighted ruck sack)

3 rounds of

10 x ruck sack deadlifts https://www.youtube.com/watch?v=rvOxXxqjOqc	
10 x burpees over your bag https://www.youtube.com/watch?v=5kSYIUKGRfE	
then straight into	
10 x ruck sack thrusters https://www.youtube.com/watch?v=vmn81t0po4c	
10 x ruck sack front rack alternating lunges https://www.youtube.com/watch?v=eWaFLLIJq08	
Cool down	
5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true	
or 5 minutes of gentle stretching.	
5 minutes of gentle stretching.	
Manhaut #7.7	
Workout #7.7	
Strength (upper body) focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s Spotty dogs	
30s Air squats	
30s 3 directional star jumps	
(3x round)	
or follow <u>https://www.youtube.com/watch?v=Ks-IKvKQ8f4</u>	
or rollow <u>https://www.youtube.com/watch:v=Ks-kvkQ814</u>	
Stretch	
Tricep stretch	
https://www.youtube.com/watch?v=Sj-pzA2nt7o	
Pectoral stretch	
https://www.youtube.com/watch?v=yElqfGirnmU	
Deltoid stretch	
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml	
Lower back stretch	
https://www.youtube.com/watch?v=1iFrIryIYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4	
Hip flexor stretch	
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-	
0lFelyPubGlaqCnj5AeMMB&index=3	
Neck stretch (2:50 of clip)	
https://www.youtube.com/watch?v=2NOsE-VPpkE	
(15-20s stretch each side)	
Drimo	
Prime	
Shoulder taps:	

https://www.youtube.com/watch?v=QOCn3 iOAro&disable polymer=true	
T-push up (from knees if needed)	
https://www.youtube.com/watch?v=vKaLCCNxMho	
Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true	
(10 repetitions each, 2 rounds)	
Workout	
Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right	
at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as	
necessary. If unsure of the movements, you can check the links below).	
This is now the SEVENTH phase of backpack weight training so try and increase your workload by increasing	
the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.	
1. 4 sets of 15 weighted DOUBLE ARM STANDING SHOULDER PRESS.	
https://www.youtube.com/watch?v=ts8ktLPe0BA	
4 sets of 15 <u>weighted</u> double arm BICEP CURLS. <u>https://www.youtube.com/watch?v=eg7MFeUvEAs</u>	
4 sets of 15 <u>weighted</u> DOUBLE ARM BENT OVER ROW.	
https://www.youtube.com/watch?v=N_I7nd4cOKg	
4 sets of 15 <u>weighted</u> double arm DECLINE BACKPACK PUSH UPS	
https://www.youtube.com/watch?v=IpFtTZZLZCA	
5. 4 sets of 15 weighted DOUBLE ARM WEIGHTED CHAIR DIP	
https://www.youtube.com/watch?v=vOz27LsaEwE	
6. 4 sets of 15 weighted standard PUSH UPS	
https://www.youtube.com/watch?v=WfXZ4ZdqA5M	
Cool down	
5 minutes of Animal Flow	
or	
5 minutes of gentle stretching.	
Workout #7.8	
Muscular endurance and cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Warm up	
30s 3 directional star jumps	
30s jogging on the spot	
30s alternate squat thrusts	
(3 rounds)	

or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4

Stretch

Pigeon stretch <u>https://www.youtube.com/watch?v=tYY-cqNjuVA</u> Quadriceps stretch <u>https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB</u> Pectoral stretch <u>https://www.youtube.com/watch?v=yElqfGirnmU</u> Figure of 4 stretch <u>https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u> Abdominal stretch <u>https://www.youtube.com/watch?v=gMyDaDqiWvg</u> (15-20s stretch each side)

Prime

Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u> T-Push ups (from knees if needed, stretch the chest out on every T position) <u>https://www.youtube.com/watch?v=-SgeUqvNzag</u> Calf peddles <u>https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true</u> (10 repetitions each. 2 rounds)

Workout

Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30 minutes. This means you will see each exercise 10 times each by the end of your 30 minutes.

When the first minute begins you will perform 8 burpees, whatever time is left of that minute is your rest period. When minute 2 begins you perform 16 crunches, whatever time is left of that minute is your rest period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period. For minute 4 you return to burpees etc.

8-12 x push ups16-20 x leg raises24 -28 x alternating lunges (half each side)

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #7.9

Channel I.
Strength (whole body) focus
Mobilise
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.
Warm up
30s jog on spot high knees
30s alternating squat thrusts
30s spotty dogs
(3x round)
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4
Churchele
Stretch Lower back stretch
https://www.youtube.com/watch?v=1iFrIryIYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4
Tricep stretch
https://www.youtube.com/watch?v=Sj-pzA2nt7o
Abdominal stretch
https://www.youtube.com/watch?v=gMyDaDqiWvg
Hip flexor stretch
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>
(15-20s stretch each side)
Prime
Air squat
https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true
Push up
https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true
Plank (30 second hold)
https://www.youtube.com/watch?v=pvIjsG5Svck
(10 repetitions each, apart from the plank. 2 rounds)
Workout
(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you
put together for your lower body workout but should be slightly heavier than your upper body workout.
Adjust as necessary. If unsure of the exercises, you can check the links below).
This is now the FOURTH phase of backpack weight training so try and increase your workload by increasing the
weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 <u>weighted</u> PUSH JERK <u>https://www.youtube.com/watch?v=OpZJS1arxsc</u>	
2. 4 sets of 15 <u>weighted</u> POWER CLEAN <u>https://www.youtube.com/watch?v=INmeQkOUwiE</u>	
3. 4 sets of 15 weighted GOOD MORNING https://www.youtube.com/watch?v=IA7dHb7HPSM	
4. 4 sets of 15 <u>weighted</u> SUMO DEADLIFT HIGHPULL <u>https://www.youtube.com/watch?v=INEfXKPOxjE</u>	
5. 4 sets of 15 weighted BAG HUG ALTERNATE STEP UPS https://www.youtube.com/watch?v=q7-	
a9Smlcys	
6. 4 sets of 15 weighted BAG THRUSTERS https://www.youtube.com/watch?v=PRD-ioe IB4	
Cool down	
5 minutes of Animal Flow	
Or Contraction of the second	
5 minutes of gentle stretching.	
Or .	
follow <u>https://www.youtube.com/watch?v=u5Hr3rNUZ24</u>	
Workout 7.10	
Cardiovascular fitness focus	
Mobilise	
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.	
Circle every joint you can, tox in both directions gently and as large a motion as is comortable.	
Warm up	
30s Jog on spot (high knees)	
30s Star jumps	
30s Alternate squat thrusts	
(3x round)	
or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4	
or follow <u>https://www.youtube.com/watch?v=ks-ikvkQ814</u>	
Stretch	
Hamstring stretch	
Pigeon stretch	
Quadriceps stretch	
Pectoral stretch	
Deltoid stretch	
(15-20s stretch each side)	
Prime	
Cossack squat tilt <u>https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true</u>	
Push ups (knees if necessary) <u>https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</u>	
Alternating lunges <u>https://www.youtube.com/watch?v=uvjheiOSWaQ</u>	
Air squat:	
https://www.youtube.com/watch?v=C_VtOYc6j5c	
	<u> </u>

(10 repetitions each. 2 rounds)
Workout: Tabata workout
Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.
Repeated for 8 rounds of 20sec work and 10sec rest.
1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)
• <u>Tabata 1</u> . (do star jumps for the first round, and burpees for the second. Continue to alternate
between the 2 exercises until you have done 8 sets, this means you will have seen each exercise
4 times each).
(Have a full 5 minutes rest)
 <u>Tabata 2.</u> (do jumping squats ups for the first round, and high knees running in place for the
second. Continue to alternate between the 2 exercises until you have done 8 sets, this means
you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
• <u>Tabata 3</u> . (do alternating squat thrusts for the first round, and burpee tuck jumps for the second
Continue to alternate between the 2 exercises until you have done 8 sets, this means you will
have seen each exercise 4 times each).
Star jumps
https://www.youtube.com/watch?v=c4DAnQ6DtF8
High knees sprinting in place
https://www.youtube.com/watch?v=dWnssSlxgl4
Jump squats
https://www.youtube.com/watch?v=AzI5tkCzDcc&disable_polymer=true
Burpee tuck jump
https://www.youtube.com/watch?v=xM2DLDRPT5M
Burpee
https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true
Alternate squat thrusts
https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true
Cool down
5 minutes of Animal Flow
or
5 minutes of gentle stretching.
Workout 7.11
Strength and control with mobility

This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.
Mobilise
Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.
Warm up
30s air squats (focus on depth)
30s alternating toe touches
30s star jumps
(3x round)
or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4
Extended stretching
Hamstring stretch
https://www.youtube.com/watch?v=eF_BqlFmFm8
Pigeon stretch
https://www.youtube.com/watch?v=tYY-cqNjuVA
Figure of 4 stretch
https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-
<u>OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</u>
Quadriceps stretch
https://www.youtube.com/watch?v=dlbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB
Pectoral stretch
https://www.youtube.com/watch?v=yElqfGirnmU
Deltoid stretch
https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml
Hip flexor stretch
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-
<u>OlFelyPubGlaqCnj5AeMMB&index=3</u>
(30-40s stretch each side)
Prime
Air squat
Push ups
Alternating lunges
(10 repetitions each. 2 rounds)
Workout:
The focus of all of these movements should be <u>slow and controlled</u> throughout, you should push your range of
flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos
show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be

performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.	
 Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set. 1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds) https://www.youtube.com/watch?v=C_VtOYc6j5c 2. T-push ups (knees if necessary) https://www.youtube.com/watch?v=-SgeUqvNzag 3. Lunge with rotation https://www.youtube.com/watch?v=kIKwPASZPWY 4. Inch worm push up https://www.youtube.com/watch?v=Gv0rFtj-XjI 5. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pqg&disable_polymer=true 6. Static deep lunge with rotation https://www.youtube.com/watch?v=IRv2XAIJSDA 	
Cool down 5 minutes of Animal Flow <u>https://www.youtube.com/watch?v=-myCysQu2kI&t=71s&disable_polymer=true</u> or 5 minutes of gentle stretching.	