

Workout 1:

Supersets & Giant set

Equipment needed:

Dumbbells

SUPERSET

Perform one set of the first exercise immediately followed by one set of the second exercise. Rest 45 seconds, then complete the second set of each...and so on.

GIANT SET

Perform one set of the first exercise immediately followed by one set of the second exercise, immediately followed by one set of the third exercise, then the 4th exercise. Rest 45 seconds, then complete the second set of each. Repeat for each set.

Workout 1: Supersets & Giant set

Superset 1: Complete 3 sets

- A. Deadlift to Squat x 12 reps
- B. Triceps Extension to Glute Bridge x 12 reps

Superset 2: Complete 3 sets

- A. Bulgarian Pick-up x 8 reps per side
- B. Bent row / Biceps curl / Shoulder press x 10
reps total

Giant Set: Complete 4 sets

- A. Kneeling round the world x 8 reps/
direction
- B. Eccentric Push-ups x 10 reps (4 sec lower)
- C. Side Bridge & Leg Raise x 12 reps / side
- D. Plank Shoulder Taps x 20 reps total

Exercise Instructions

Deadlift to Squat

1. Stand shoulder width apart with DB's slightly out in front of you.
2. Hinge at your hip, lean over, bend your knees, keep your back flat, and keep the DB's close to your legs.
3. Push through your heels, keep your glutes engaged and come back up to a standing position
4. Place the DB's on your shoulders and perform a squat
5. Repeat the deadlift and squat sequence for the prescribed reps or time

Exercise Instructions

Triceps Extension with Glute Bridge

1. Lay on the floor with your feet flat and about hip to shoulder width apart
2. Hold a dumbbell in each hand so that they are touching the floor or your shoulders with your elbows pointing to the ceiling (don't flare the elbows out).
3. Simultaneously lift your hips to the ceiling, whilst lifting your hands and straightening your arms.
4. Lower to starting position- Repeat for prescribed number of reps or time

Exercise Instructions

Bulgarian Pick-up

1. Start with one foot behind you on a step/chair/bench/couch.
2. Hold a dumbbell in the same hand as the leg on the bench.
3. Push your chest up & draw in your tummy with 30% effort
4. Step forward approximately 1 ½ times your natural stride length.
5. Putting your weight on your front leg lower yourself down and slightly forward so that your front leg is close to a 90 dg angle.
6. Coming down keep your back knee behind your hips. Your back foot should stay on the bench/step. Place the dumbbell on the floor
7. From the bottom position push back with your weight coming through the heel of your front foot. Move back down and pick up the dumbbell. Repeat for prescribed reps then switch legs/sides.

Exercise Instructions

Bent Row / Biceps Curl / Shoulder Press Combo

1. Begin with feet hip to shoulder width apart, hinge at hip so you are leaning over with back straight and core engaged
2. Hold the dumbbells with a neutral grip (palms facing each other), and row DB's up squeezing shoulder blades together.
3. Lower the DB's back down, stand up, rotate DB's so palms are facing away from you and perform a bicep curl. Lower the DB's back down.
4. Finally lift the DB's to shoulder level and push straight up overhead. Slowly lower back down-
5. Alternate between row, bicep curl, and shoulder press for prescribed number of reps or time.

Exercise Instructions

Kneeling Around the World

1. Begin by kneeling on a padded surface (alternatively you can do this standing), holding the DB or medicine ball in front of your body.
2. Engage your core and maintain good posture.
3. Manoeuvre the weight around your head. Keep good posture and your core engaged throughout the rotation.
4. Continue going in one direction for your total reps then reverse the movement to go the other way around..

Exercise Instructions

Eccentric Push-up

1. Assume a push up position with the legs straight, elbows extended, & head in a neutral position looking at the floor. Hand should be directly under your shoulders. *Can perform from knees*
2. Slowly descend to the floor (taking 4 seconds), keeping the elbows close to the body (do not flare elbows out!).
3. Lower yourself until the upper arms are parallel or your chest touches the floor.- Once you have completed the eccentric portion of the movement, allow your knees to touch the floor and come up on all fours/quadruped position. You DO NOT perform the actual 'push-up' motion.

Exercise Instructions

Side Bridge with Leg Raise

1. Lie on side with bottom leg bent at 90 degrees. Top leg will be straight. Place forearm under shoulder perpendicular to body (similar to a side plank position)
2. Keep lower leg at knee touching the mat. Raise hips up off ground.
3. Lift top leg up and away from bottom leg for prescribed number of reps.
4. To make the exercise harder raise leg up and touch down behind bottom leg, raise up and touch down in front of bottom leg.
5. To make the exercise easier rest your hip on the ground and only lift the top leg.

Exercise Instructions

Plank Shoulder Taps

1. Begin in a straight arm plank position. Keep your body straight (no helium butts!)
2. Alternate tapping your hand to the opposite shoulder
3. Try to keep your hips as stable as possible