

# WARM UP WELL

## Leg day

Cardio: 3 minutes at 70% effort row/bike/stepper

|                 | Set : 1 |      | Set : 2 |      | Set : 3 |      |                       |
|-----------------|---------|------|---------|------|---------|------|-----------------------|
| EXERCISE        | WEIGHT  | REPS | WEIGHT  | REPS | WEIGHT  | REPS | NOTES                 |
| Box step ups    | BW      | 8    | BW      | 8    | BW      | 8    | Move mindfully        |
| Goblet squats   | 8kg     | 8    | 8kg     | 8    | 8kg     | 8    | Focus on feeling      |
| Glute bridges   | 12kg    | 8    | 12kg    | 8    | 12kg    | 8    | your legs activating. |
| Cossack squats  | 8kg     | 10   | 8kg     | 10   | 8kg     | 10   |                       |
| Prisoner Lunges | BW      | 10   | BW      | 10   | BW      | 10   |                       |
| DB sit ups      | 8kg     | 10   | 8kg     | 10   | 8kg     | 10   |                       |
| Leg raises      | BW      | 10   | BW      | 10   | BW      | 10   |                       |

## Upper Body

Cardio: 3 minutes at 70% effort row/assault bike/ski erg

|               | Set : 1 |      | Set : 2 |      | Set : 3 |      |                     |
|---------------|---------|------|---------|------|---------|------|---------------------|
| EXERCISE      | WEIGHT  | REPS | WEIGHT  | REPS | WEIGHT  | REPS | NOTES               |
| Hand Walkouts | BW      | 8    | BW      | 8    | BW      | 8    | We want to warm up  |
| Seated press  | 8kg     | 8    | 8kg     | 8    | 8kg     | 8    | the core so it's    |
| Plate sit ups | 5kg     | 8    | 5kg     | 8    | 5kg     | 8    | ready to support us |
| Shoulder taps | BW      | 10   | BW      | 10   | BW      | 10   | in an upper body    |
| Banded hi row | RPE 6   | 10   | RPE 6   | 10   | RPE 6   | 10   | workout.            |
| KB hi pulls   | 12kg    | 10   | 12kg    | 10   | 12kg    | 10   |                     |
| Renegade row  | 5kg     | 10   | 5kg     | 10   | 5kg     | 10   |                     |