



Q3 PROGRAMME

PHASE 1



WEEK 1 - INTRO WEEK

SESSION 1 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
CAT - COW 3 WAY				
QUADRUPED ROCKS				
QUADRUPED REACH THROUGHS				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
GOOD MORNING AIR SWING PLANK BEAR SQUAT			
TABATA 20/10 2-3 ROUNDS			

WEEK 1 - SESSION 1

Intro Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
DEADLIFT	3-4	10-12	90 secs					
GREATEST STRETCH FLOW	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
½ KNEELING SINGLE ARM OVERHEAD PRESS	3-4	8-12	90 secs					Tempo 4010
SPLIT SQUAT	3-4	8-12	90 secs					Pause and squeeze at top of the rep

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
PULL UP	3-4	8-12	90 secs					
SINGLE LEG BRIDGE	3-4	8-12	90 secs					Belt Buckle in and up

SESSION 2 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
TALL HIP FLEXOR				
HAM LAYBACK				
LOW HIP FLEXOR				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
SQUAT/SQUAT JUMP DOWN BURPEE BREAK DANCER PLANK UP BURPEE			
AMRAP 3MINS			

WEEK 1 - SESSION 2

Intro Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SQUAT	3-4	10-12	90 secs					
DISLOCATES & SPLITTERS	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
RING ROW	3-4	8-12	90 secs					Tempo 4010
SINGLE LEG SLDL SLIDER	3-4	8-12	90 secs					Pause and squeeze at top of the rep

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
PRESS UP	3-4	8-12	90 secs					
STEP UP	3-4	8-12	90 secs					Stay upright

SESSION 3 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
WAITER BOW				
STAR JUMP ARMS				
BELT BUCKLE				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
WIDE GRIP STICK SLDL WIDE GRIP BENT ROW HIGH PULL OVERHEAD LUNGES		6 REPS EACH	
EMOM - 1 MINUTE TO COMPLETE 1 ROUND, REST THE REMAINDER OF THAT MINUTE.			

WEEK 1 - SESSION 3

Intro Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SWINGS	5-6	10-12	90 secs					
LOWER CRUNCH	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
GOBLET SQUAT	3-4	8-12	90 secs					Tempo 4010
PULL UP	3-4	8-12	90 secs					Pause and squeeze at top of the rep

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
BAND TRICEP PRESSDOWN	3-4	8-12	90 secs					
ONE ARM BENT ROW FREE STANDING	3-4	8-12	90 secs					Back Flat



WEEK 2 - VOLUME WEEK

SESSION 1 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
CAT - COW 3 WAY				
QUADRUPED ROCKS				
QUADRUPED REACH THROUGHS				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
GOOD MORNING AIR SWING PLANK BEAR SQUAT			
TABATA 20/10 2-3 ROUNDS			

WEEK 2 - SESSION 1

Volume Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
DEADLIFT	3-4	8-10	90 secs					
GREATEST STRETCH FLOW	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
½ KNEELING SINGLE ARM OVERHEAD PRESS	4-5	6-10	90 secs					Tempo 4010 - Increase Load or add 90 Degree Pause
SPLIT SQUAT RACK SUPPORTED	4-5	6-10	90 secs					Pause and squeeze at top of the rep - hold on for stability allowing for greater load

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
PULL UP CLUSTER	4-5	6-10	90 secs					Eccentric Enhanced - break reps up into controllable sets until reached required amount. E.g. 3 sets of 3 = 9reps = 1 set.
SINGLE LEG BRIDGE	4-5	6-10	90 secs					Add load or a Pause

SESSION 2 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
TALL HIP FLEXOR				
HAM LAYBACK				
LOW HIP FLEXOR				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
SQUAT/SQUAT JUMP DOWN BURPEE BREAK DANCER PLANK UP BURPEE			
AMRAP 3MINS			

WEEK 2 - SESSION 2

Volume Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SQUAT	3-4	8-10	90 secs					
DISLOCATES & SPLITTERS	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
RING ROW	4-5	6-10	90 secs					Tempo 4010 - Increase load by moving closer to floor
STAGGERED SLDL	4-5	6-10	90 secs					Pause and squeeze at top of the rep - Can use heavier weight due to increased stability

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
PRESS UP CLUSTER	4-5	6-10	90 secs					Eccentric Enhanced - break reps up into controllable sets until reached required amount. E.g. 3 sets of 3 = 9reps = 1 set.
STEP UP	4-5	6-10	90 secs					Add BAND to increase tension

SESSION 3 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
WAITER BOW				
STAR JUMP ARMS				
BELT BUCKLE				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
WIDE GRIP STICK SLDL WIDE GRIP BENT ROW HIGH PULL OVERHEAD LUNGES		6 REPS EACH	
EMOM - 1 MINUTE TO COMPLETE 1 ROUND, REST THE REMAINDER OF THAT MINUTE.			

WEEK 2 - SESSION 3

Volume Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SWINGS	5-6	8-10	90 secs					
LOWER CRUNCH	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
GOBLET SQUAT	4-5	6-10	90 secs					Tempo 4010 - Increase Weight
PULL UP CLUSTER	4-5	6-10	90 secs					Eccentric Enhanced - break reps up into controllable sets until reached required amount. E.g. 3 sets of 3 = 9reps = 1 set.

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
BANDED TRICEP PRESSDOWN	4-5	6-10	90 secs					Add a pause and squeeze at the bottom
ONE ARM ROW BOX SUPPORTED	4-5	6-10	90 secs					Due to increased stability demands you can increase load.



WEEK 3 - INTENSITY WEEK

SESSION 1 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
CAT - COW 3 WAY				
QUADRUPED ROCKS				
QUADRUPED REACH THROUGH				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
GOOD MORNING AIR SWING PLANK BEAR SQUAT			
TABATA 20/10 2-3 ROUNDS			

WEEK 3 - SESSION 1

Intensity Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
DEADLIFT	3-4	6-8	90 secs					
GREATEST STRETCH FLOW	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
½ KNEELING SINGLE ARM OVERHEAD PRESS	2-3	12-16	90 secs					Tempo 4010. Complete both sides then grab a band and rep out until technical burn out.
SPLIT SQUAT	2-3	12-16	90 secs					Pause and squeeze at top of the rep – If using weight hit required reps the drop the weight and burn out.

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
PULL UP	2-3	12-16	90 secs					Due to higher rep demand – use a slightly easier variation to allow all reps in one go.
SINGLE LEG BRIDGE	2-3	12-16	90 secs					Strict reps until required reps achieved then into explosive fast reps for a a burn out.

SESSION 2 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
TALL HIP FLEXOR				
HAM LAYBACK				
LOW HIP FLEXOR				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
SQUAT/SQUAT JUMP DOWN BURPEE BREAK DANCER PLANK UP BURPEE			
AMRAP 3MINS			

WEEK 3 - SESSION 2

Intensity Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SQUAT	3-4	6-8	90 secs					
DISLOCATES & SPLITTER	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
RING ROW	2-3	12-16	90 secs					Tempo 4010. Start at lowest position and gradually work your way back up as the reps become harder.
STAGGERED SLDL INTO SLIDER SLDL	2-3	12-16	90 secs					Pause and squeeze at top of the rep – If using weight hit required reps the drop the weight and burn out with the slider movement

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
HYBRID PRESS UP	2-3	12-16	90 secs					Due to increased rep demand, get as many as you can with your hardest variation then move to a slightly easier one to allow for extra reps
SPEED STEP UP	2-3	12-16	90 secs					Foot on box remains there until ALL reps completed. Move Quick.

SESSION 3 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
WAITER BOW				
STAR JUMP ARMS				
BELT BUCKLE				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
WIDE GRIP STICK SLDL WIDE GRIP BENT ROW HIGH PULL OVERHEAD LUNGES		6 REPS EACH	
EMOM - 1 MINUTE TO COMPLETE 1 ROUND, REST THE REMAINDER OF THAT MINUTE.			

WEEK 3 - SESSION 3

Intensity Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SWING	5-6	6-8	90 secs					
DISLOCATES & SPLITTER	5-6	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
GOBLET SQUAT	2-3	12-16	90 secs					Tempo 4010. After required reps have been done grab a band and band squat until max burn out.
PULL UP	2-3	12-16	90 secs					Due to higher rep demand – use a slightly easier variation to allow all reps in one go.

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
BANDED TRICEP PRESSDOWN	2-3	12-16	90 secs					Due to increased rep demand, get as many as you can with your toughest band and move to a lighter band for a burn out.
ONE ARM BENT ROW SUPPORTED INTO FREE STANDING	2-3	12-16	90 secs					Try to use the same weight, once you hit required reps go straight into free standing for an extra 4-5 reps or until technical failure.



WEEK 4 - PB WEEK

SESSION 1 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
CAT - COW 3 WAY				
QUADRUPED ROCKS				
QUADRUPED REACH THROUGHS				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
GOOD MORNING AIR SWING PLANK BEAR SQUAT			
TABATA 20/10 2-3 ROUNDS			

WEEK 4 - SESSION 1

PB Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
DEADLIFT	AMRAP	6-8	90 secs					I go you go. Help Partner with weight changes etc.

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
½ KNEELING SINGLE ARM OVERHEAD PRESS	3-4	8-12	90 secs					Tempo 4010 - Beat Week 1 weights or reps
SPLIT SQUAT	3-4	8-12	90 secs					Pause and squeeze at top of the rep Beat Week 1 weights or reps

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
PULL UP	3-4	8-12	90 secs					Beat Week 1 weights or reps
SINGLE LEG BRIDGE	3-4	8-12	90 secs					Belt Buckle in and up Beat Week 1 weights or reps

SESSION 2 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
TALL HIP FLEXOR				
HAM LAYBACK				
LOW HIP FLEXOR				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
SQUAT/SQUAT JUMP DOWN BURPEE BREAK DANCER PLANK UP BURPEE			
AMRAP 3MINS			

WEEK 4 - SESSION 2

PB Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SQUAT	AMRAP	6-8	90 secs					I go you go. Help Partner with weight changes etc.

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
RING ROW	3-4	8-12	90 secs					Tempo 4010 - BEAT WEEK 1 WEIGHTS OR REPS
SINGLE LEG SLDL SLIDER	3-4	8-12	90 secs					Pause and squeeze at top of the rep - BEAT WEEK 1 WEIGHTS OR REPS

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
PRESS UP	3-4	8-12	90 secs					BEAT WEEK 1 WEIGHTS OR REPS
STEP UP	3-4	8-12	90 secs					Stay upright - BEAT WEEK 1 WEIGHTS OR REPS

SESSION 3 MOBILITY & PREP

MOBILITY FLOW

EXERCISE	SETS	REPS	REST	NOTES
WAITER BOW				
STAR JUMP ARMS				
BELT BUCKLE				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
WIDE GRIP STICK SLDL WIDE GRIP BENT ROW HIGH PULL OVERHEAD LUNGES		6 REPS EACH	
EMOM - 1 MINUTE TO COMPLETE 1 ROUND, REST THE REMAINDER OF THAT MINUTE.			

WEEK 4 - SESSION 3

PB Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SWINGS	AMRAP	6-8	90 secs					I GO YOU GO

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
GOBLET SQUAT	3-4	8-12	90 secs					Tempo 4010 - Beat week 1 weights or reps
PULL UP	3-4	8-12	90 secs					Pause and squeeze at top of the rep - Beat week 1 weights or reps

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
BAND TRICEP PRESSDOWN	3-4	8-12	90 secs					Beat week 1 weights or reps
ONE ARM BENT ROW FREE STANDING	3-4	8-12	90 secs					Back Flat - Beat week 1 weights or reps