



Q3 PROGRAMME

PHASE 2



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 FROGGER PUSH UP * PLATE LOADED			
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	8-10	90 secs					
GREATEST STRETCH FLOW HOLLOW BODY	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
STANDING SINGLE ARM OVERHEAD PRESS	3-4	10-14	90 secs					Tempo 4010
REVERSE LUNGE	3-4	10-14	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	10-14	90 secs					
SINGLE LEG BRIDGE ON BALL	3-4	10-14	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 FROGGER PUSH UP UP BURPEE			
AMRAP 3MINS			

WEEK 1 - SESSION 2

Intro Week

A 1:

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

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
INVERTED BAR ROW	3-4	10-14	90 secs					Tempo
STAGGERED SLDL 2 DBS	3-4	10-14	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	10-14	90 secs					
LATERAL STEP UP	3-4	8-12	90 secs					Stay upright / Tempo

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 * BANDED TENSION		5 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	6-8	8-10	90 secs					
½ KNEELING BELT BUCKLE, HAM SIT BACK & ROLLING CHEST STRETCH	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
KB FRONT SQUAT	3-4	8-12	90 secs					Tempo 4010
PULL UP	3-4	10-14	90 secs					Pause and squeeze at top of the rep

C 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
TALL KNEELING SINGLE ARM OVERHEAD PRESS WITH BANDED TENSION FROM ABOVE	3-4	8-12	90 secs					TEMPO
ONE ARM BENT ROW BOX	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
* PLATE LOADED SQUAT/SQUAT JUMP SWING PLANK FROGGER PUSH UP			
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	6-8	90 secs					
GREATEST STRETCH FLOW & HOLLOW BODY	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
STANDING SINGLE ARM OVERHEAD PRESS	4-5	6-10	90 secs					Tempo 4010 - Increase Load or add 90 Degree Pause
REVERSE LUNGE 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 ON BALL W/ PAUSE	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 FROGGER PUSH UP UP BURPEE			
AMRAP 3MINS			

WEEK 2 - SESSION 2

Volume Week

A 1:

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

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
INVERTED ROW	4-5	8-12	90 secs					Tempo 4010 - Increase load by moving closer to floor
STAGGERED SLDL 2 DBS	4-5	8-12	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	8-12	90 secs					Eccentric Enhanced - break reps up into controllable sets until reached required amount. E.g. 3 sets of 3 = 9reps = 1 set.
LATERAL STEP UP	4-5	8-12	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
SLDL WIDE GRIP BENT ROW HIGH PULL OVERHEAD LUNGES * BAND TENSION		5 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	6-8	6-8	90 secs					
½ KNEELING BELT BUCKLE, HAM SIT BACK & ROLLING CHEST STRETCH	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
KB FRONT SQUAT	4-5	6-10	90 secs					Tempo 4010 - Increase Weight
PULL UP CLUSTER	4-5	8-12	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
TALL KNEELING SINGLE ARM OVERHEAD PRESS	4-5	8-12	90 secs					Add a pause and squeeze at the bottom
2 ARM ROW 5 SEC ISOMETRIC	4-5	8-12	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 THROUGHS				

MOVEMENT PREP

EXERCISE	SETS	REPS	NOTES
* PLATE LOADED SQUAT/SQUAT JUMP SWING PLANK FROGGER PUSH UP			
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	4-6	90 secs					
GREATEST STRETCH FLOW & HOLLOW BODY	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
STANDING SINGLE ARM OVERHEAD PRESS	2-3	14-18	90 secs					Tempo 4010. Complete both sides then grab a band and rep out until technical burn out.
REVERSE LUNGE W/ PULSE	2-3	14-18	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	14-18	90 secs					Due to higher rep demand – use a slightly easier variation to allow all reps in one go.
SINGLE LEG BRIDGE ON BALL MARCH	2-3	14-18	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 FROGGER PUSH UP UP BURPEE			
AMRAP 3MINS			

WEEK 3 - SESSION 2

Intensity Week

A 1:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
SQUAT	3-4	4-6	90 secs					
DISLOCATES, PULLAPARTS & OVERHEAD SQUAT HOLD	3-4	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
INVERTED ROW - PRONATED INTO SUPINATED	2-3	14-18	90 secs					Tempo 4010. Start at lowest position and gradually work your way back up as the reps become harder.
STAGGERED SLDL INTO SLDL 2 DBS	2-3	14-18	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	14-18	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 LATERAL STEP UP	2-3	14-18	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
* BAND TENSION SLDL WIDE GRIP BENT ROW HIGH PULL OVERHEAD LUNGES		5 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	6-8	4-6	90 secs					
½ KNEELING BELT BUCKLE, HAM SIT BACK & ROLLING CHEST STRETCH	5-6	N/A	90 secs					

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
KB FRONT SQUAT ¾ REPS INTO JUMPS	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	14-18	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
TALL KNEELING SINGLE ARM OVERHEAD PRESS + STANDING DROP SET BAND	2-3	14-18	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.
2 ARM BENT ROW 5 SEC ISOMETRIC	2-3	14-18	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
* PLATE LOADED SQUAT/SQUAT JUMP SWING PLANK FROGGER PUSH UP			
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	4-6	90 secs					I go you go. Help Partner with weight changes etc.

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
STANDING SINGLE ARM OVERHEAD PRESS	3-4	10-14	90 secs					Tempo 4010 - Beat Week 1 weights or reps
REVERSE LUNGE	3-4	10-14	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	10-14	90 secs					Beat Week 1 weights or reps
SINGLE LEG BRIDGE ON BALL	3-4	10-14	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 FROGGER PUSH UP UP BURPEE			
AMRAP 3MINS			

WEEK 4 - SESSION 2

PB Week

A 1:

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

B 2:

Exercise	Sets	Reps	Rest	1	2	3	4	Notes
INVERTED BAR ROW	3-4	10-14	90 secs					Tempo 4010 - BEAT WEEK 1 WEIGHTS OR REPS
SINGLE LEG SLDL 2DBS	3-4	10-14	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	10-14	90 secs					BEAT WEEK 1 WEIGHTS OR REPS
LATERAL STEP UP	3-4	10-14	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
* BAND TENSION SLDL WIDE GRIP BENT ROW HIGH PULL OVERHEAD LUNGES		5 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
KB FRONT SQUAT	3-4	8-12	90 secs					Tempo 4010 - Beat week 1 weights or reps
PULL UP	3-4	10-14	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
TALL KNEELING SINGLE ARM OVERHEAD PRESS W/ BANDED TENSION ABOVE	3-4	8-12	90 secs					Beat week 1 weights or reps
ONE ARM BENT ROW BOX SUPPORT	3-4	8-12	90 secs					Back Flat - Beat week 1 weights or reps