



RUGBY

SCHOOL

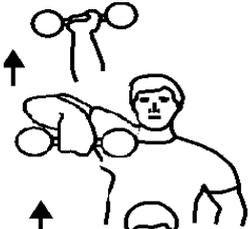
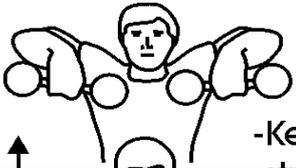
STRENGTH

PROGRAMME

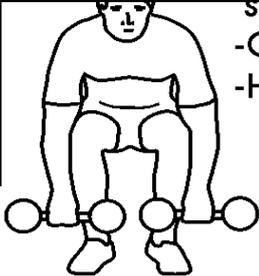
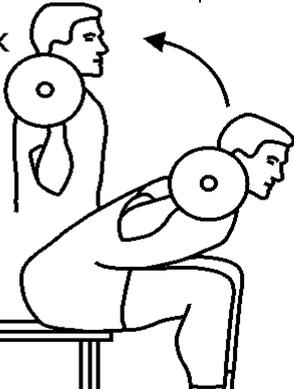
YEAR ELEVEN
ADVANCED

Block 1 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Dumb Bell Single Arm High Pull Snatch	60 seconds	10 each arm	3	8 each arm	3	5 each arm	4	10 each arm	4	5 each arm	4	5 each arm	4
Dumb Bell High Pull	60 seconds	10	3	8	3	5	4	10	3	8	4	5	4
Barbell Seated Good Morning	60 seconds	10	3	10	3	8	3	10	3	8	3	8	3
Nordic Raise	60 seconds	10	3	10	3	8	3	10	3	8	3	8	3
Chins Supinated Close Grip	60 seconds	10	3	10	3	10	3	10	3	10	3	10	3
Medicine Ball Overhead Sit Up	45 seconds	20	3	20	3	20	3	20	3	20	3	20	3
Dumb Bell Curl	30 seconds	10	3	10	3	10	3	10	3	10	3	10	3
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

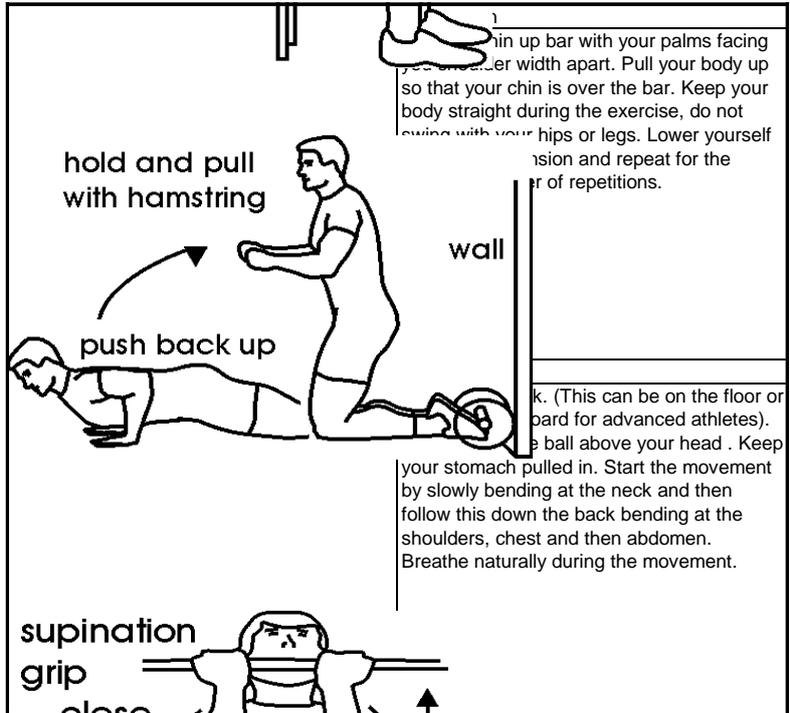
Block 1 Gym Session B	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Dumb Bell Bench Press	60 seconds	10	3	8	4	6	4	10	4	8	4	5	4
Barbell Overhead Squat	60 seconds	10	3	8	4	6	4	10	4	8	4	5	4
Dumb Bell Curl and Press	45 seconds	10	4	10	4	10	4	10	3	10	3	10	3
Dumb Bell Push Press	60 seconds	10	4	8	4	6	4	10	4	8	4	5	4
Band Neck Extension	45 seconds	10	2	10	2	10	2	10	2	10	2	10	2
Machine Leg Press	60 seconds	20	3	15	3	15	4	20	3	15	3	15	3
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

Name and diagram	Gym Session A
Dumb Bell Single Arm High Pull Snatch	Description
 <p>The diagram shows a person performing a single-arm high pull snatch. It consists of three stages: 1. The person is in a squatting position with feet shoulder-width apart, holding a dumbbell with both hands just outside their legs. An upward arrow indicates the start of the movement. 2. The person stands up, extending their legs and pushing their hips forward, while shrugging their shoulders and pulling the dumbbell up with one arm to chest level. 3. The person stands on their toes, rotating the shoulder and pulling the dumbbell overhead. A second upward arrow is shown next to the person in the first stage.</p>	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bell between your legs or just outside your leg palm facing backwards. Start the movement by straightening the legs and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arm to lift the dumb bell upwards level with your chest. As the dumb bell is lifted extend the legs and get onto your toes. From this position rotate the shoulder and simultaneously bend the knees to get the dumb bell overhead. Finish by standing up straight Lower the dumb bell by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>
Dumb Bell High Pull	Description
 <p>The diagram shows a person performing a dumbbell high pull. They are standing upright with feet shoulder-width apart, holding dumbbells just outside their legs with palms facing backwards. An upward arrow indicates the start of the movement. The person then stands up, extending their legs and pushing their hips forward, while shrugging their shoulders and pulling the dumbbells up with both arms to chest level. Below the diagram, the text '-Keep back' is written.</p>	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells just outside your legs palms facing backwards. Start the movement by straightening the legs and pushing the hips forward, then shrug the shoulders and simultaneously bend the arms pulling the dumbbells upwards level with your chest. As the dumbbells are lifted extend your legs and get onto your toes. Lower the dumbbells by reversing the movement in a controlled manner and repeat. Breathe naturally during the movement.</p>

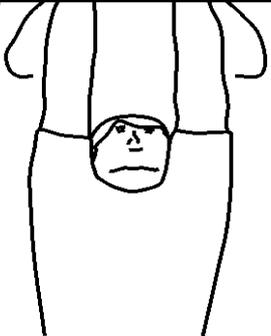
Name

Barbell		straight -Chest out -Head up	you shoulders back and your arbell behind your head. Keep ulled in and your feet apart. Start the movement by d at the waist, keeping the ent. Finish the movement is touching the thigh. lly during the movement.
-keep back straight -chest out -head up		re ground with your feet by a partner or hooked under an as a dumb bell. Slowly lower keeping a straight line through your upper body. When you get to the sh off using your hands and return ing position.	

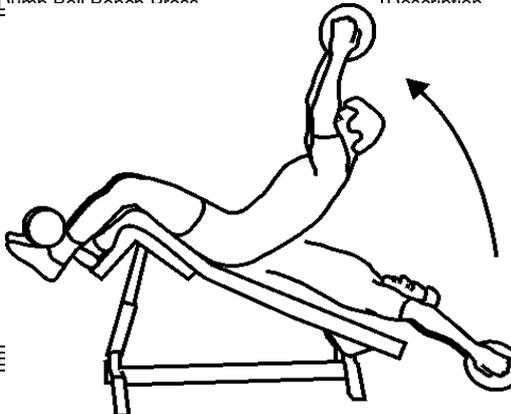
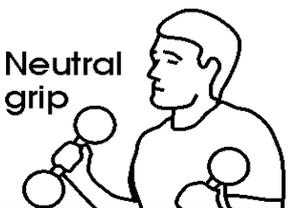
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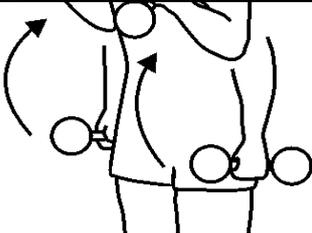
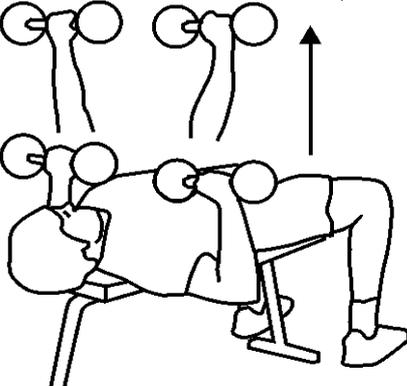
Name

<p>close grip</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your chest pulled in and your feet shoulder width apart. Start the movement by bending your knees and curling the dumbbells upwards towards the shoulders in a controlled manner. Breathe naturally during the movement.</p>
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Name

Name and diagram	Gym Session B
<p data-bbox="405 216 614 235">Dumb Bell Bench Press</p> 	<p data-bbox="794 216 901 235">Description</p> <p data-bbox="933 240 1184 498"> 1. Lie on a bench with your head and shoulders in contact with the bench and your feet flat on the floor. Hold a dumbbell in each hand with your arms just outside the shoulder blades together to start. Press the dumbbells up until the arms are straight. Hold the dumbbells momentarily at the top under control. Breathe in as you lower the dumbbells and in as you press them up. </p>
<p data-bbox="405 571 422 593">E</p>  <p data-bbox="422 761 550 834">Neutral grip</p>	<p data-bbox="794 593 1184 901"> 2. To develop the required strength for this movement safely, you should start by using a broom handle. Stand upright with your shoulders back holding the broom handle behind your neck with a wide (snatch) grip. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by pressing the broom handle overhead. Now sit at the hips and bend at the knees. Finish the movement when the buttocks are virtually on the ground. Breathe in before the squat and out on the upward part of the squat. </p>

Name

<p>D</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells in a neutral position palms facing the body. Start the movement by bending the arms to lift the dumbbells in a controlled manner. Keep your elbows tucked in by your side during the movement. With the dumbbells at the shoulders straighten the arms to press them overhead. Breathe out as the dumbbells are pressed and in as they are lowered. Lower the dumbbells back to the start of the curl and repeat for the required number of repetitions.</p>
	<p>tion</p> <p>Stand upright with your shoulders back and your feet shoulder width apart. Hold the dumbbells at shoulder height palms facing forwards. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and pushing your feet at the knees. Squat down quickly to a quarter squat and then immediately push your feet straight and press the dumbbells overhead. Lower the dumbbells to the starting position and then squat down again. Breathe in during the down part of the squat and out as the dumbbells are pressed and in as they are lowered.</p>

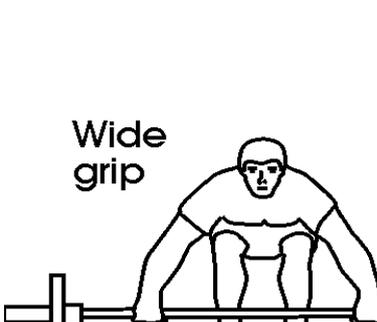
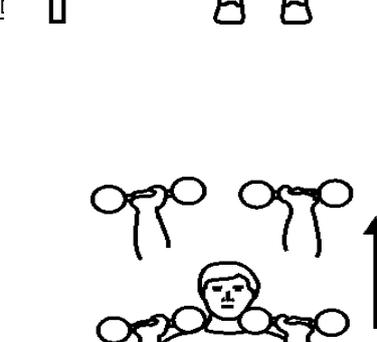
Name

	<p>tion</p> <p>upright and attach a physio band to a pole or the wall to form a loop. Place the band round the back of your head level with your forehead. Start the movement with your head facing forwards at approximately forty five degrees. Put your hands behind your head to keep the band in place. From this position extend your neck so that it is now angled back at forty five degrees.</p>
	<p>Description</p> <p>Sit in the leg press (there are different types). Straighten your legs strongly against resistance. Depending on the machine this will have the effect of either pushing the weight away from the body or pushing the body away from the weight. Do not over extend your legs. As you bend your legs make sure that your back remains straight and in contact with the chair. Breathe out as you straighten your legs and breathe in as you bend them.</p>

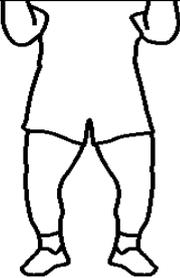
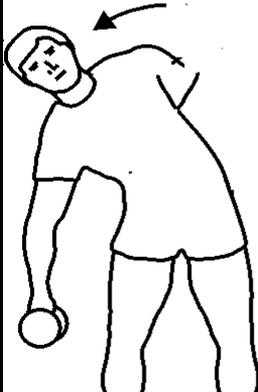
Name

Block 2 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Snatch Grip Deadlift	90 seconds	10	3	10	4	8	5	10	4	8	4	6	4
Dumb Bell Military Press	60 seconds	10	3	10	4	8	8	10	4	8	4	6	4
Dumb Bell Side Bend	45 seconds	10 each side	3	10 each side	3	10 each side	3	8 each side	3	8 each side	3	6 each side	3
Barbell Push Press	60 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Swiss Ball Superman Leg Raise	30 seconds	10 each leg	3	12 each leg	3	15 each side	3	20 each side	3	20 each side	3	20 each side	3
Band Neck Flexion	30 seconds	10	2	10	3	15	3	10	2	10	2	10	2
Barbell Incline Bench Press	45 seconds	10	3	10	3	8	3	10	3	8	3	6	3
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

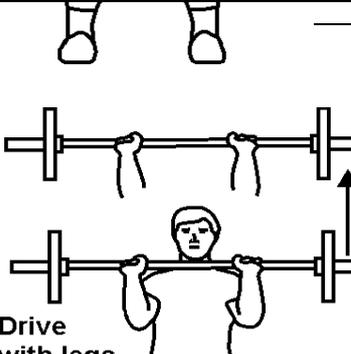
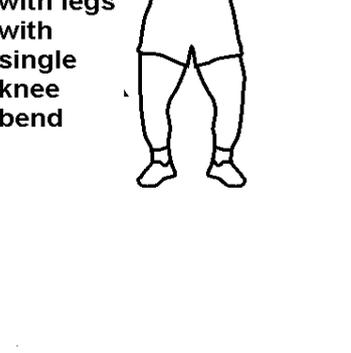
Block 2 Gym Session B	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Dumb Bell Single Arm High Pull	45 seconds	10 each arm	3	10 each arm	4	8 each arm	4	10 each arm	4	8 each arm	4	6	4
Barbell Sumo Deadlift	90 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Barbell Upright Row plus Push Press	45 seconds	10 + 10	3	10 + 10	4	8 + 8	4	10 + 10	4	8 + 8	4	8 + 8	4
Chins Pronated Close Grip	60 seconds	10	3	10	4	10	4	10	4	10	4	10	4
Roman Chair Forty Five Degree Side Bend	45 seconds	10 each side	3	10 each side	3	12 each side	3	12 each side	3	15 each side	3	15 each side	3
Cable Seated Row	45 seconds	10	3	10	3	3	10,8,6	10	4	4	10,8,6,6	4	10,8,6,6
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

Name and diagram	Gym Session A
Barbell Snatch Grip Deadlift	Description
	<p>Bend over at the hips and knees so that your upper body is approximately forty five degrees with the floor. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand "snatch" grip with your hands well outside your shins (to determine the width hold your arms parallel to the floor and then bend). Stand upright by straightening the same time. Finish with your arms holding the bar to the air by bending first at the hips to the "thighs" before bending at the knees and pulling the bar on the ground.</p>
	<p>Stand upright with your shoulders back holding the dumbbells at shoulder height palms facing forwards. Keep your stomach pulled in and your feet shoulder width apart. Keep your legs straight, but not hyperextended. Press the dumbbells overhead using only your shoulders and arms, taking care not to arch your back. Lower the dumbbells to the shoulder and then press them. Breathe out as the dumbbells are pressed and in again as they are lowered.</p>

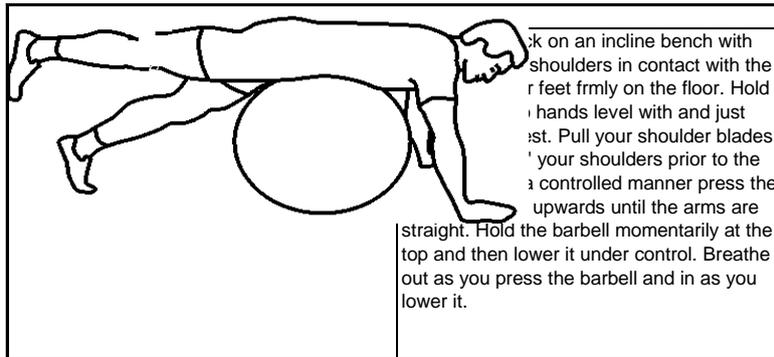
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<p><u>Du</u></p> 	<p><u>Description</u></p> <p>Stand upright with you shoulders back holding a dumb bell to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the waist, keeping the knees slightly bent. Finish the movement when you can no longer bend to the side without bending forwards. Breathe naturally during the movement.</p>
	<p><u>Description</u></p> <p>Stand upright with you shoulders back holding the barbell at shoulder height palms facing upwards. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down quickly into a quarter squat and then immediately stand up straight and press the barbell overhead. Lower the barbell to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the barbell is pressed and in again as it is lowered.</p>

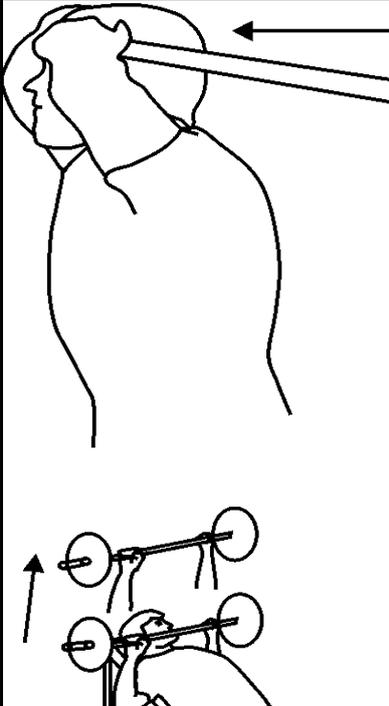
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	<p>Description</p> <p>Lie prone over the Swiss ball with your feet on the floor. Support yourself on your hands with your arms straight. Contract your buttocks and lower back to bring one of your legs up off the floor and in line with your upper body. Hold the position for the required amount of time. Lower your leg in a controlled manner and repeat for the required number of repetitions. As you become more efficient practise lifting different combinations of legs and arms off the floor. Breathe naturally during this movement.</p>
<p>Drive with legs with single knee bend</p> 	<p>Description</p> <p>Stand upright and attach a physio band to a pole or the wall to form a loop. Place the band around your forehead. Start the movement with your head facing backwards approximately forty five degrees. Put your hands in front of your head to keep the band in place. From this position flex your neck so that it is now angled forwards at forty five degrees.</p>

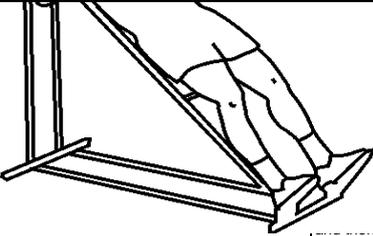
Name



Name

Name and diagram	Gym Session B
	<p>ion</p> <p>right with you shoulders back, your pulled in and your feet shoulder width. Hold the dumb bell between your legs or the dumb bell between your feet with your leg palm facing backwards. Start the movement by straightening the legs and pulling the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumb bell upwards level with your chest. When the dumb bell is lifted extend the legs and get your feet to the toes. Finish by standing up straight. Lower the dumb bell by reversing the movement in a controlled manner and repeat. Breathe in during the movement.</p> <hr/> <p>ion</p> <p>er at the hips and knees so that your torso angle is approximately forty five degrees to the floor. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand grip with your hands just inside your feet. Stand upright by straightening the legs and the torso at the same time. Finish with you shoulders down and your arms holding the bar to the thighs. Lower the bar by bending first at the hips to "slide down the thighs" before bending at the knees and placing the bar on the ground</p>

Name

	<p>Position</p> <p>lie on your back with your shoulders back, your stomach flat and your feet shoulder width apart. Hold the barbell across the thighs with a shoulder width (clean grip). Start the movement by raising your shoulders and slowly bending the arms to lift the barbell towards the chest in a controlled manner. Your elbows should be higher than your wrists. Lower the barbell in a controlled manner and repeat. After finishing, hold the barbell at shoulder height palms facing down. Squat down quickly into a quarter squat and immediately stand up straight and press the barbell overhead. Lower the barbell to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the barbell is pressed and in again as it is lowered.</p>
	<p>Position</p> <p>Grasp the chin up bar with your palms facing away from you shoulder width apart. Pull your body up so that your chin is over the bar. Keep your body straight during the lift, do not swing with your hips or legs. Lower yourself to full arm extension and repeat for the required number of repetitions.</p>

- Keep back straight
- Chest out
- Head up

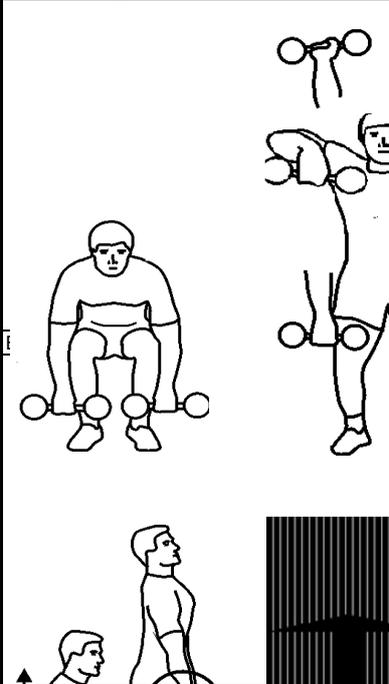
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<p>close grip</p> <p>wide stance</p>	<p>Position</p> <p>With your feet supported at the bottom of the device. Lie sideways over the pad supported by the tops of your left thigh. Place your hands to the side of your head. Lower yourself sideways so that your upper body is approximately parallel with the floor. Use the muscles in your abdomen and side to raise your upper body. Finish when your upper body is bent over to the right and only your hips are in contact with the pad, hold this position for a second. Slowly reverse the movement. Continue for the required number of repetitions. Repeat on the other side.</p> <hr/> <p>Description</p> <p>Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Start the movement by further pulling your shoulder blades together then pull your shoulders back and finally bend your arms to pull the handles up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
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Name

Block 3 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Dumb Bell High Pull Snatch	60 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Barbell Deadlift	90 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Barbell Good Morning	45 seconds	10	3	10	3	8	3	10	3	8	3	8	3
Roman Chair Forty Five Degree Back Extension & Rotation	60 seconds	10 each side	3										
Towel Chin Ups	60 seconds	10	3	10	4	10	4	10	4	10	4	10	4
Band Lateral Neck Flexion & Extension	30 seconds	10	2	10	2	10	2	10	2	10	2	10	2
Cable Standing Low Pulley Rotation	45 seconds	10 each side	2	10 each side	2	10 each side	2	8 each side	3	8 each side	4	6 each side	4
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

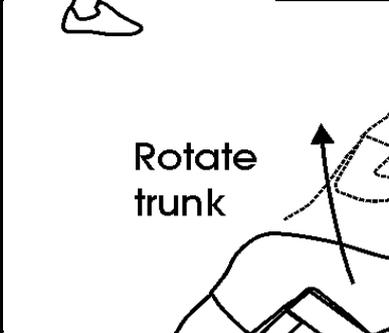
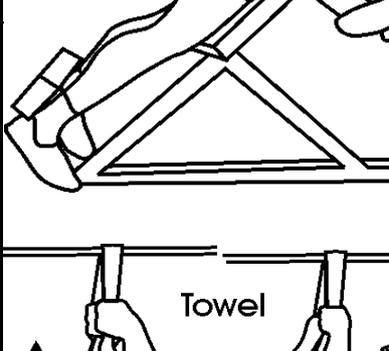
Block 3 Gym Session B	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Incline Bench Press	60 seconds	10	3	10	4	8	4	8	4	6	4	6	4
Barbell Side Step Up	60 seconds	20 each leg	3	20 each leg	4	12 each leg	4	10 each leg	4	8 each leg	4	8 each leg	4
Dumb Bell High Pull plus Dumb Bell Squat Jump	60 seconds	12 + 12	3	12 + 12	4	10 + 10	4	10 + 10	4	8 + 8	4	6 + 6	4
Dumb Bell Push Jerk	60 seconds	10	3	10	4	8	4	8	4	6	4	6	4
Dips	45 seconds	10	3	10	3	10	3	10	3	10	3	10	3
Lying on Bench Side Leg Raise	45 seconds	10 each side	2	10 each side	2	15 each side	2	15 each side	2	20 each side	2	20 each side	2
Dumb Bell Alternate Front Raise	45 seconds	10	2	10	2	8	2	8	2	8	2	6	2
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

Name and diagram	Gym Session A
<p data-bbox="405 216 794 240">Dumb Bell High Pull Snatch</p>  <p>The diagram illustrates the Dumb Bell High Pull Snatch in three stages. On the left, a person is shown in a starting crouch with two dumbbells on the floor. In the center, the person is standing upright with arms extended, holding the dumbbells at shoulder height. On the right, the person is shown in a full squatting position with the dumbbells on the floor. An upward-pointing arrow is located between the starting and standing positions.</p>	<p data-bbox="794 216 1184 240">Description</p> <p data-bbox="794 240 1184 571">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the side your legs palms facing the movement by straightening the hips forward. Then shrug the simultaneously bend the arms to lift the level with your chest. As the dumb and the legs and get onto your toes. rotate the shoulders and d the knees to get the dumb bells / standing up straight. Lower the rsing the movement in a controlled . Breathe naturally during the</p> <hr/> <p data-bbox="794 593 1184 672">hips and knees so that your proximately forty five degrees to ir shoulder blades together and out" in order to maintain a</p> <p data-bbox="794 677 1184 851">ould the bar using an overhand "clean" grip with your hands just outside your shins. Stand upright by straightening the legs and hips at the same time. Finish with you shoulders arms holding the bar to the thighs. by bending first at the hips to "slide e thighs" before bending at the ing the bar on the ground.</p>

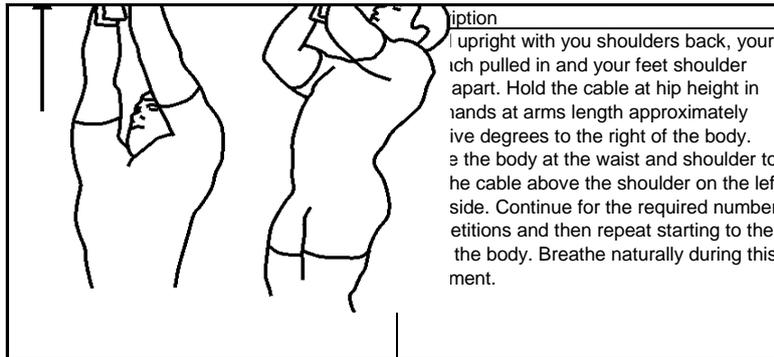
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		<p>with your shoulders back and ending barbell behind your head. rest out and your shoulders out the movement. Keep your in and your feet shoulder start the movement by bending waist, keeping the knees Finish the movement when the el with the ground. Stand</p>				
	<table border="1"> <tr> <td data-bbox="670 448 790 560">n & Rotation</td> <td data-bbox="790 448 917 560">Description</td> </tr> <tr> <td data-bbox="670 560 790 912"></td> <td data-bbox="790 560 917 912"> <p>Lie on your stomach with your hands to the side of your head or folded in front of you. Adjust the chair so that it fits properly. Lower your body so that it is perpendicular to the floor. Hold a dumb bell out in front of you in two hands (optional). Slowly raise your upper body so that it is parallel to the floor by contracting your back and buttock muscles. In this position rotate the body to the right. Reverse the entire movement. Repeat but this time rotate the body to the left. Breathe naturally during the movement.</p> </td> </tr> </table>	n & Rotation	Description		<p>Lie on your stomach with your hands to the side of your head or folded in front of you. Adjust the chair so that it fits properly. Lower your body so that it is perpendicular to the floor. Hold a dumb bell out in front of you in two hands (optional). Slowly raise your upper body so that it is parallel to the floor by contracting your back and buttock muscles. In this position rotate the body to the right. Reverse the entire movement. Repeat but this time rotate the body to the left. Breathe naturally during the movement.</p>	
n & Rotation	Description					
	<p>Lie on your stomach with your hands to the side of your head or folded in front of you. Adjust the chair so that it fits properly. Lower your body so that it is perpendicular to the floor. Hold a dumb bell out in front of you in two hands (optional). Slowly raise your upper body so that it is parallel to the floor by contracting your back and buttock muscles. In this position rotate the body to the right. Reverse the entire movement. Repeat but this time rotate the body to the left. Breathe naturally during the movement.</p>					

Name

	Description
 <p data-bbox="534 364 662 442">Rotate trunk</p>	<p data-bbox="798 229 1181 414">Hang a towel over the chinning bar. Grip both ends of the towel either together or in separate hands. Pull your body up so that your skin is over the bar. Keep your body straight during the exercise, do not swing your legs. Lower yourself to full length and repeat for the required number of repetitions.</p>
 <p data-bbox="582 845 678 879">Towel</p>	<p data-bbox="798 582 1181 817">Attach the towel to a wall and attach the other end to a pole or the wall to form a triangle. Stand with your head facing the wall and your neck is at an angle of approximately forty five degrees. Put your hands on the towel to keep the towel in place. From this position flex your neck so that it is now angled outwards at approximately forty five degrees.</p>

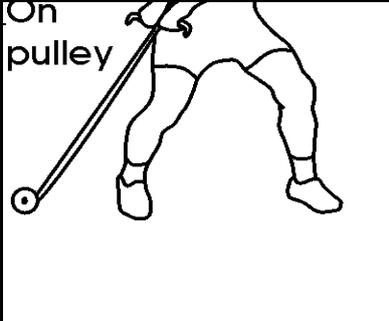
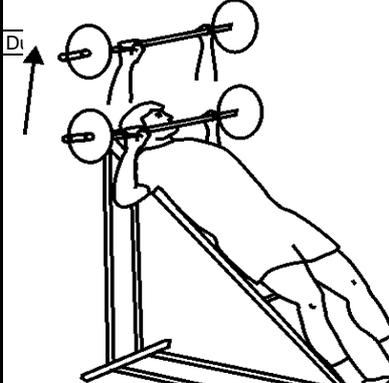
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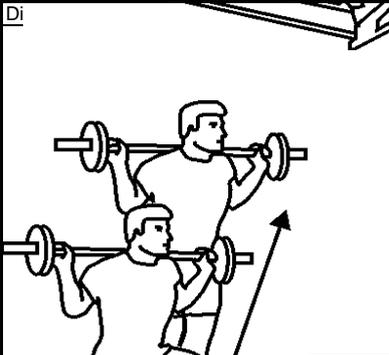
Name

Name and diagram	Gym Session B
<p data-bbox="405 216 646 235">Barbell Incline Bench Press</p> 	<p data-bbox="794 216 901 235">Description</p> <p data-bbox="794 235 1184 571">Lie on your back on an incline bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold barbell in two hands level with and just outside the chest. Pull your shoulder blades together to "fix" your shoulders prior to the movement. In a controlled manner press the barbell straight upwards until the arms are straight. Hold the barbell momentarily at the top and then lower it under control. Breathe out as you press the barbell and in as you lower it.</p> <hr/> <p data-bbox="794 571 901 590">Description</p> <p data-bbox="794 590 1184 924">Stand upright with your shoulders back holding a barbell behind your head. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position step up onto the box with the other leg. Step up onto the box with the first leg and step down off the box using the first leg and then the second leg. Repeat using the other leg as the lead leg. Breathe naturally during movement.</p>

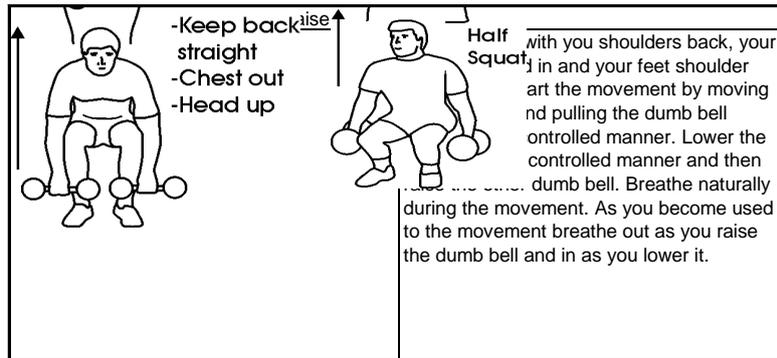
Name

<p>On pulley</p> 	<p><u>cription</u></p> <p>the dumb bells just outside your legs palms facing wards. Start the movement by straightening the and pushing the hips forward. Then shrug the lders and simultaneously bend the arms to lift the o bells upward level with your chest. As the dumb are lifted extend the legs and finish on your toes. r the dumb bells in a controlled manner and at. When you have completed the high pulls stand ht holding the dumb bells to your side. Start the ment by quickly sitting at the hips and bending at the knees. At the bottom of the squat quickly jump straight up as far as you can. Upon landing immediately go into a squat and then repeat the jump. Breathe naturally during the movement.</p>
<p>Dr</p> 	<p><u>otion</u></p> <p>right holding the dumb bells at shoulder height id elbows facing upwards. Keep your stomach and your feet shoulder width apart. Squat ckly into a quarter squat and then immediately straight and press the dumb bells level with ead, when the dumb bells that level bend the ain between a quarter and half squat which will e arms straightening, stand up from this ith the dumb bells overhead. Lower the dumb e shoulder and then squat down again. in during the down part of the squat then out as o bells are pressed and in again as it is</p>

Name

<p>Di</p>  <p>Side</p>	<p>xtion</p> <p>inside the dipping bars and grip them in line with your body palms facing inwards. Lift your feet off the floor and then straighten your arms to lift your body upwards until it is vertical. Do not rock forwards and backwards during the movement. Breathe out as you straighten your arms.</p>
	<p>Description</p> <p>Lie on your side on the bench with your feet together resting on the floor. Slowly raise both legs until they are approximately thirty degrees to the floor. Slowly lower the legs under control until they are just above the ground and repeat. Breathe naturally during the movement.</p> 

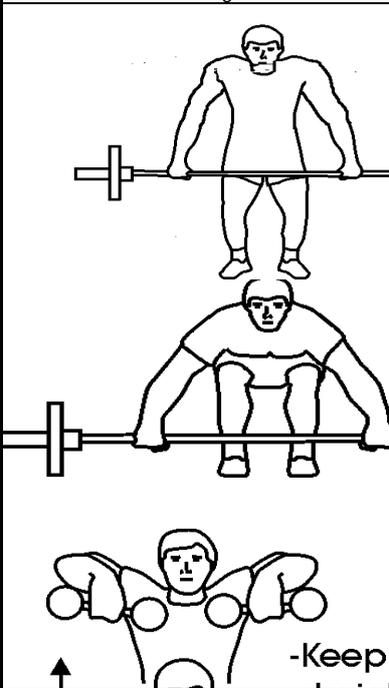
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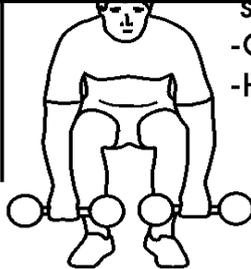
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Block 4 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Snatch Pull to Thigh	90 seconds	10	3	10	4	8	4	6	4	8	4	6	4
Dumb Bell High Pull	45 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Dumb Bell Overhead Side (Saxon) Bend	45 seconds	10 each side	2	10 each side	2	10 each side	2	10 each side	3	8 each side	3	8 each side	3
Roman Chair Russian Twist	45 seconds	10 each side	2										
Chins Supinated Close Grip	60 seconds	10	3	10	4	10	4	10	4	10	4	10	4
Medicine Ball Overhead Sit Up with Rotation	45 seconds	10	2	10	3	15	3	10	3	10	3	15	3
Harness Neck Extension	45 seconds	10	2	10	2	12	2	12	2	15	2	15	2
Barbell Bench Press	60 seconds	10	3	10	3	8	4	10	3	8	4	6	4
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

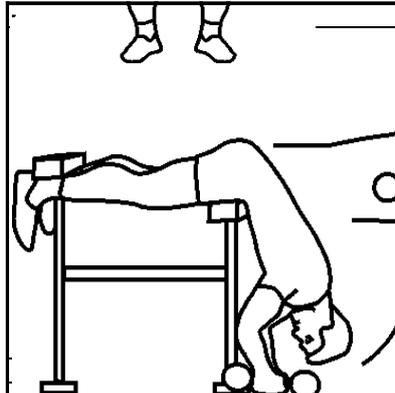
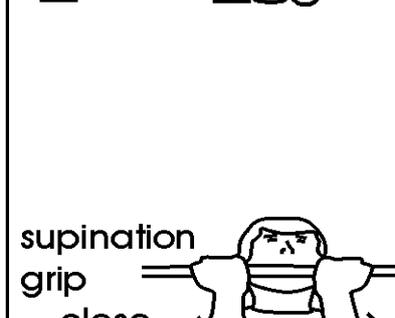
Block 4 Gym Session B	Dates W/C	Reps	Sets										
Exercise	Rest Period Between Sets												
Dumb Bell Bench Press	60 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Barbell Front Squat	90 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Barbell Push Press plus Squat Jump	60 seconds	10 + 10	3	10 + 10	4	8 + 8	4	10 + 10	4	8 + 8	4	6 + 6	4
Barbell Push Jerk	60 seconds	10	3	10	4	8	4	10	4	8	4	6	4
Dips	45 seconds	10	3	10	4	10	4	10	4	10	4	10	4
Machine Leg Press	45 seconds	10	3	10	3	8	4	10	3	10	3	8	4
Dumb Bell Single Leg Side Bend	45 seconds	10 each side	2										
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

Name and diagram	Session A
Barbell Snatch Pull to Thigh	Description
 <p>The diagram illustrates the Barbell Snatch Pull to Thigh exercise in three stages. The top stage shows a person standing upright with feet shoulder-width apart, holding a barbell with an overhand grip. The middle stage shows the person bending forward at the hips and knees, with the barbell resting on the floor. The bottom stage shows the person standing upright again, with the barbell pulled up to the top of the thighs. An upward-pointing arrow is located at the bottom left of the diagram.</p>	<p>Bend over at the hips and knees so that your upper torso is approximately forty five degrees with the floor. Keep your shoulder blades together and "stick your chest under" to maintain a straight back. Hold the bar with an overhand "snatch" grip with your hands well out on your shins and your elbows pointing out along the floor. Stand up quickly by straightening the legs and at the same time push the hips forcefully forward, shrug your shoulders and stand onto the toes. Keep the barbell straight during the lift. At the top of the movement the barbell should be at the top of the thighs. Lower the barbell and repeat the movement for the required number of repetitions.</p> <p>Place your shoulders back, your feet shoulder width apart and your feet shoulder width apart. Place the dumb bells just outside your feet, facing backwards. Start the lift by straightening the legs and pushing the hips forward, then shrug the shoulders and simultaneously bend the arms to pull the dumb bells upwards level with your shoulders. Lower the dumb bells in a controlled manner and breathe naturally during the lift.</p> <p>-Keep back!</p>

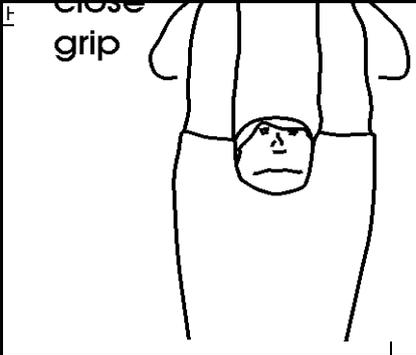
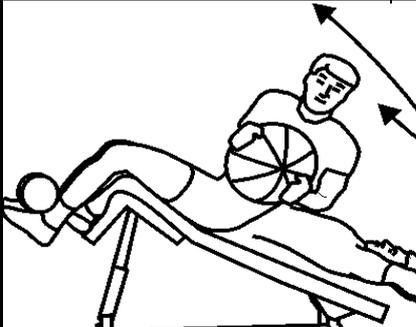
Name

Dumb		<p>straight -Chest out -Head up</p>	<p>n ght with you shoulders back and holding the dumb bells overhead. stomach pulled in and your feet width apart. Start the movement by t the waist, keeping the knees nt. Finish the movement when you ger bend to the side without your g their parallel position. Breathe uring the movement.</p>
		Description	<p>Holding a weight disc or dumbbell is optional. Position yourself so that your hips and ankles are on the pads with your upper body slightly above parallel. Using your abdominal muscles not your legs raise your upper body slightly and twist to the right, lower the body and come back to the starting position. Repeat for the required number of repetitions on one side and then repeat on the other side.</p>

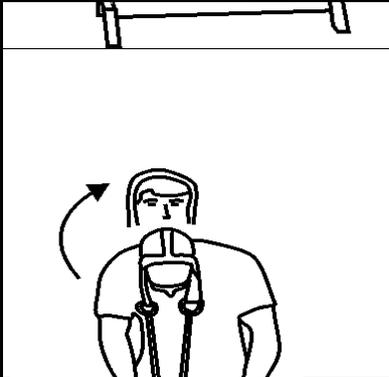
Name

	<p>Description</p> <p>Hold the chin up bar with your palms facing you shoulder width apart. Pull your body up so that your chin is over the bar. Keep your body straight during the exercise, do not swing your hips or legs. Lower yourself slowly and repeat for the required number of repetitions.</p>
<p>supination grip</p>  <p>close</p>	<p>rest on your back. (This can be on the floor or on the incline board for advanced athletes). Hold a medicine ball overhead. Keep your stomach pulled in. Start the movement by slowly bending at the neck and then follow this down the back bending at the shoulders, chest and then abdomen. When your upper body is at right angles to your thighs bring your arms forward over your head so the ball is now in front at arms length and rotate to the left and to the right and then reverse the movement. Breathe naturally during the movement.</p>

Name

	<p>Description</p> <p>Stand upright and attach a neck harness to head. Put your hands on your thighs to support your back. Start the movement with head facing forwards eyes looking at ground. From this position extend your arms so that it is now angled back at forty degrees. Slowly reverse the movement.</p>
<p>Barbell Bench Press</p>	<p>Description</p>
	<p>Lie on a bench with your head in contact with the bench and feet on the floor. Hold the barbell just outside the chest. Pull your shoulder blades together to "fix" your torso to the movement. In a controlled manner press the barbell upwards until the arms are straight. Hold momentarily at the top and maintain control. Breathe out as you lower the barbell and in as you lower it.</p>

Name

	<p>Lie on your back on a bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold a dumb bell in each hand level with and just outside the chest. Pull your shoulder blades together to "fix" your shoulders prior to the movement. In a controlled manner press the dumbbells straight upwards until the arms are straight. Hold the dumb bells momentarily at the top and then lower them under control. Breathe out as you press the dumb bells and in as you lower them.</p>
<p>Plate</p> 	<p><u>Description</u></p> <p>It is important to develop the required flexibility to carry out this movement safely, so start by using a broom handle. Stand upright with your shoulders back holding the barbell in front of the shoulders in either an Olympic or cross over (illustrated) grip. Keep your stomach pulled in and your feet shoulder width apart. Sit at the hips and bend at the knees. Finish the movement when the tops of the thighs are at least parallel to the ground. Breathe in before the squat and out on the upward part of the squat.</p>

Name

	<p><u>Description</u></p> <p>Stand upright with your shoulders back holding the barbell at shoulder height palms facing upwards. Squat down quickly into a quarter squat and then immediately stand up straight and press the barbell overhead. Lower the barbell to the shoulder and then squat down again. Stand up during the down part of the squat then out the barbell is pressed and in again as it is lowered. After finishing the required number of presses place the barbell behind your neck and quickly sit at the hips and stand at the knees. At the bottom of the squat quickly stand up straight up as far as you can. Upon landing immediately go into a squat and then repeat the jump.</p>
<p>Barbell PUSH JERK</p>	<p><u>Description</u></p> <p>Stand upright holding the barbell at shoulder height palms and elbows facing upwards. Keep your stomach pulled in and your feet shoulder width apart. Squat down quickly into a quarter squat then immediately stand up straight and press the barbell level with the forehead, when standing at that level bend the knees again into a quarter and half squat which will lead to arms straightening; stand up from this position with the bar overhead. Lower the barbell to the shoulder and then squat down again. Stand up during the down part of the squat then out the barbell is pressed and in again as it is lowered.</p>

Name

The image contains two main diagrams illustrating squatting techniques. On the left, a person is shown performing a front squat with a barbell resting on their front shoulders. An upward-pointing arrow is next to the person, and the text 'Front - squat' is written vertically. On the right, a person is shown performing a wide stance squat with a barbell resting on their front shoulders. An upward-pointing arrow is next to the person, and the text 'Wide stance' is written vertically. At the top of the diagram, there is a partial view of a person's legs and feet on a machine, with an upward-pointing arrow and the text 'tion'.

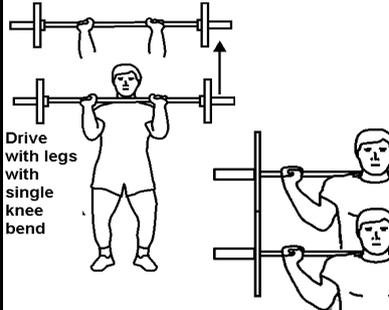
tion
 inside the dipping bars and grip them with your body palms facing inwards. feet off the floor and then straighten ns to lift your body upwards until it is . Do not rock forwards and rds during the movement. Breathe ou straighten your arms.

Front - squat

Wide stance

ass (there are different en your legs strongly against ending on the machine this ect of either pushing the m the body or pushing the i the weight. Do not over s. As you bend your legs your back remains straight with the chair. Breathe out as you straighten your legs and breathe in as you bend them.

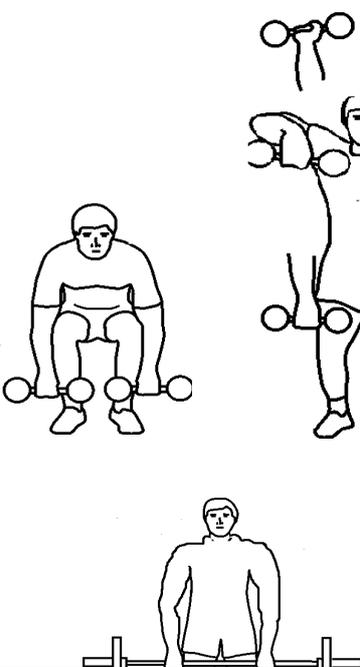
Name

Dumb Bell Single Leg Side Bend	
 <p>Drive with legs with single knee bend</p>	<p>Hold a dumb bell in your right hand. Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending your right leg at the knee. Slowly bend the body at the waist sideways until the dumb bell rests on your right knee, reverse the movement and complete the required repetitions. Repeat at the other side.</p>

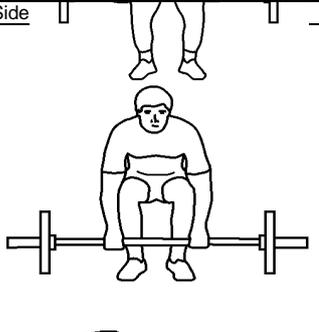
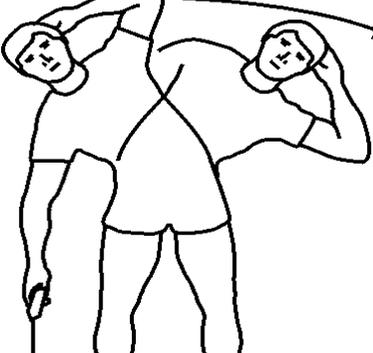
Name

Block 5 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Dumb Bell High Pull Snatch	90 seconds	10	3	10	4	8	4	6	4	8	4	6	4
Barbell Clean Pull to Thigh	90 seconds	10	3	10	4	8	4	6	4	8	4	6	4
Cable Side Bend	45 seconds	10 each side	2	10 each side	2	10 each side	2	8 each side	3	8 each side	3	6 each side	3
Glute Ham Raise	60 seconds	10	3	10	3	12	3	12	3	15	3	15	3
Slant Board Supine Leg Raise	45 seconds	10	3	10	3	10	3	10	3	10	3	10	3
Cable Lat Pulldown & Cable Standing Triceps Pressdown	45 seconds	12 + 12	2	12 + 12	2	10 + 10	3	10 + 10	3	8 + 8	3	8 + 8	3
Cable Standing High Pulley Diagonal Rotation	45 seconds	10 each side	2	10 each side	2	10 each side	2	8 each side	3	8 each side	3	6 each side	3
Swiss Ball Balance & Lunge	45 seconds	10 each side	2										
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

Block 5 Gym Session B	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets	Reps	Sets								
Barbell Reverse Grip Military Press	60 seconds	10	3	10	4	8	4	6	4	8	4	6	4
Barbell Alternate Leg Lunge	60 seconds	20 each leg	3	20 each leg	4	12 each leg	4	10 each leg	4	10 each leg	4	8 each leg	4
Dumb Bell High Pull plus Squat Push Press	60 seconds	10 + 10	3	10 + 10	4	8 + 8	4	10 + 10	4	8 + 8	4	6 + 6	4
Dumb Bell Split Jerk	60 seconds	10	3	10	4	8	4	6	4	8	4	6	4
Medicine Ball Plyometric Push Ups	45 seconds	10	2	10	2	10	3	10	3	10	3	10	3
Swiss Ball Lateral Neck Flexion	45 seconds	12 + 12	2	12 + 12	2	15 + 15	2	15 + 15	2	20 + 20	2	20 + 20	2
Barbell Incline Bench Press + Dumb Bell Curl	60 seconds	12 + 12	2	12 + 12	3	10 + 10	3	10 + 10	3	8 + 8	3	8 + 8	3
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

Name and diagram	Gym Session A
<p data-bbox="405 216 794 240">Dumb Bell High Pull Snatch</p> 	<p data-bbox="794 216 1184 240">Description</p> <p data-bbox="794 240 1184 571">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the side your legs palms facing the floor. The movement by straightening the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumbbells to level with your chest. As the dumbbells rise, stand on the balls of your feet and get onto your toes. Rotate the shoulders and extend the knees to get the dumbbells up to the top of the thighs. Lower the dumbbells to the floor standing up straight. Lower the dumbbells to the floor using the movement in a controlled manner. Breathe naturally during the exercise.</p> <hr/> <p data-bbox="794 593 1184 845">Stand up quickly by straightening the legs and hips, at the same time push the hips forcefully forward, shrug the shoulders and stand onto the toes. Keep the arms straight during the lift. At the top of the movement the bar should be at the top of the thighs. Lower the bar to the floor and repeat the movement for the required number of repetitions.</p>

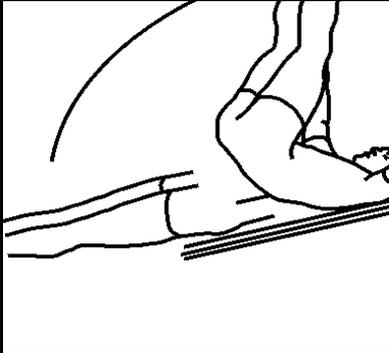
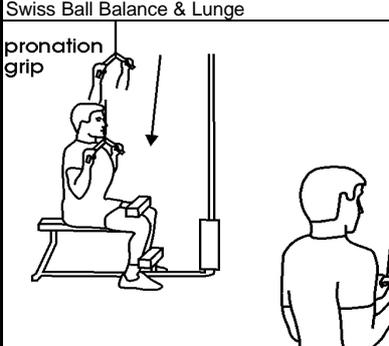
Name

Cable Side		<p>Description</p> <p>Stand upright with your shoulders back and your arms holding the handle to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the waist, keeping the knees slightly bent. Finish the movement when you can no longer bend to the side without bending forwards. Breathe naturally during the movement.</p>
GI		<p>Description</p> <p>Facing down in the "glute ham" chair with the feet positioned under your thighs. Cross your arms in front of your chest and bend down so that your upper body is virtually perpendicular to the floor. In the first phase of the movement contract the muscles of your buttocks and legs to bring your upper body parallel with the floor. In the second phase of the movement forcefully contract the muscles at the rear of your thigh to bring the upper body up above forty five degrees to the floor. Do not arch the back. Lower yourself in a controlled manner.</p>

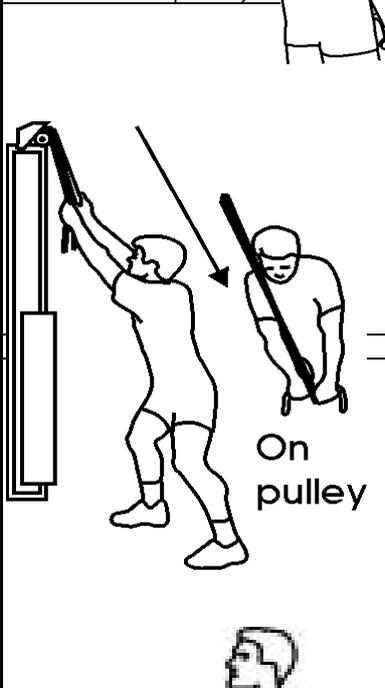
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	<p>Sl:</p> <p>scription</p> <p>on your back on a slant board. Place both hands behind your head to hold the supports. Keep your stomach pulled in. Start the movement by slowly bending at the hip your knees up towards your your legs slightly bent. As approaching a right angle bring hips and lower back off the to bring your feet up over reverse the movement in a ner. Breathe naturally during</p> <hr/> <p>blades together and "stick your chest intain a straight back. Start the er pulling your shoulder blades your shoulders back and finally bend ie handles up to your chest, (these should flow as one single event). ment slowly. As soon as you have d number of repetitions stand upright</p> <p>acing the machine. Hold the handle at approximately chest height. Start the movement by extending the arms to lower the cable and thereby lift the weight stack. Do not bend over and push the weight down with your : the weight under control by bending e out as you lower the weight and in as</p>
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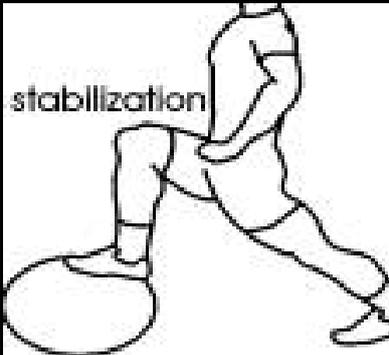
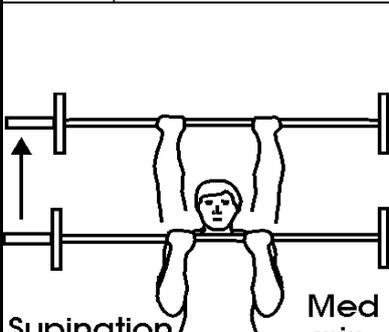
Name

	<p>with your shoulders back, your feet flat on the floor and your feet shoulder width apart. Hold the cable at above shoulder height in both hands at arms length. Pull the cable forty five degrees to the right. Rotate the body at the waist and pull the cable below the waist to the left side. Continue for the required number of repetitions and then rotate to the left of the body.</p> <p>Breathe naturally during this movement.</p>
<p>Swiss Ball Balance & Lunge</p> 	<p>Stand upright with your right leg on a Swiss Ball or large medicine ball. Gently bend your left leg while keeping your body upright and your right leg balanced on the ball. Hold the position for the required time reverse the position and repeat for the required repetitions. As you improve you can bend the rear leg further to the lunge position whilst remaining on the ball.</p>

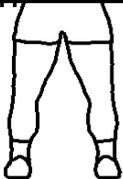
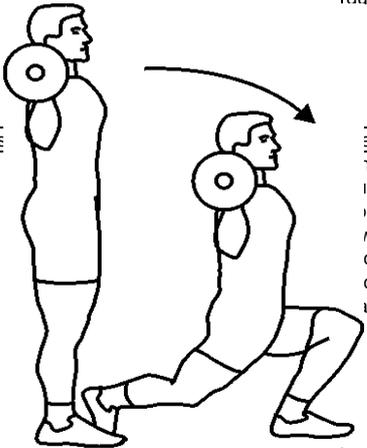
Name

<p>Name and diagram Barbell Reverse Grip Military Press</p>		<p>3</p>
		
<p>Description</p>		
<p>Stand upright with your shoulders back holding the barbell behind your neck resting comfortably on the top of your shoulders. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by lifting the leg at the hips and simultaneously bending the knee. From this position lunge out so the shin is perpendicular to the floor. Keep the upper body straight up. Using the buttocks push back from the floor to stand up again. Repeat using the other leg. Breathe naturally during the movement.</p>		

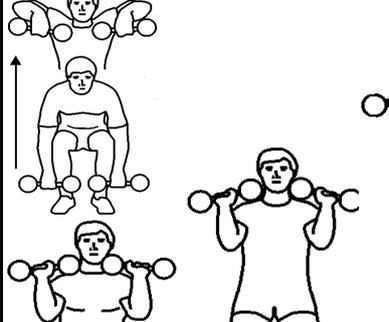
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	<p>description</p> <p>Place the dumb bells just outside your legs palms facing upwards. Straighten the legs and push the hips forward. Then shrug the shoulders and simultaneously lift the arms to lift the dumb bells upward level with your chest. As the dumb bells are lifted extend the legs and finish on your toes. Lower the dumb bells in a controlled manner and repeat. After finishing the pulls stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down under control until the tops of your thighs are parallel to the floor or lower, immediately stand up straight and press the dumb bells overhead. Lower the dumb bells to the shoulder and squat down again.</p>
<p>Dumb Bell Split Jerk</p>	<p>Description</p>
	<p>Stand upright with your feet shoulder width apart holding the dumb bells at shoulder height palms and elbows facing upwards. Squat down quickly into a quarter squat and immediately jump into a split lunge position with the dumb bells overhead. Step forward with the front foot and then forward the back foot to regain a shoulder width stance. Lower the dumb bells to the shoulder height then squat down again. Breathe in during the down part of the squat then out as the dumb bells are pressed and in again as it is lowered.</p>
<p>Supination</p>	<p>Med</p>

Name

<p>equipment</p> <p>grip</p>		<p>grip</p>	<p>description</p> <p>on the ground with your hands under or on the outside of your shoulders and chest supported on a medicine ball. Quickly raise your upper body off the ground extending your arms and finish with both hands on the medicine ball. Push quickly again to get your hands off the ball and back to the starting position. Breathe naturally during the movement.</p>
<p>Swiss</p>			<p>description</p> <p>heel down parallel to a wall with your head supporting a Swiss Ball. By laterally flexing your neck muscles forcefully push into the Swiss Ball holding this position for the required number of seconds. Repeat for the required number of repetitions. Breathe naturally during the exercise.</p>

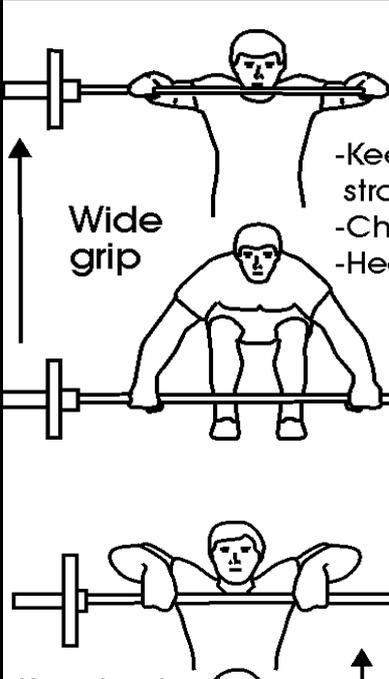
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Barbell Incline Bench Press + Dumb Bell Curl	Description
	<p>Lie on your back on an incline bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold a barbell in two hands level with and just outside the chest. In a</p> <p>press the barbell straight arms are straight. Hold the y at the top and then lower it the out as you press the u lower it. As soon as you required number of repetitions up the dumb bells and curl the s towards the shoulders in a Breathe naturally during the</p>

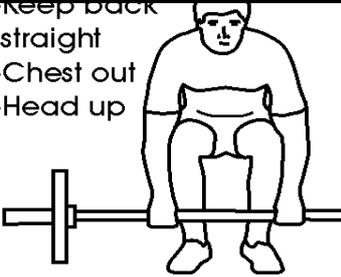
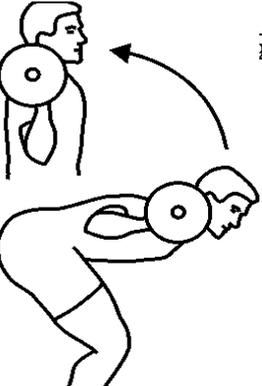
Name

Block 6 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Snatch Grip High Pull	90 seconds	8	3	8	4	6	4	8	4	6	4	6	4
Barbell Clean Grip High Pull	90 seconds	8	3	8	4	6	4	8	4	6	4	6	4
Barbell Good Morning	60 seconds	10	3	10	3	8	3	10	3	8	3	6	3
Slant Board Supine Straight Leg Raise	60 seconds	10	3	10	3	12	3	12	3	15	3	15	3
Chin Ups Parallel Narrow Grip	60 seconds	10	3	10	4	10	4	10	4	10	4	10	4
Swiss Ball Neck Side to Side	45 seconds	12 + 12	2	12 + 12	2	15 + 15	2	15 + 15	2	20 + 20	2	20 + 20	2
Barbell Curl	45 seconds	10	3	10	3	8	3	10	3	8	3	6	3
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

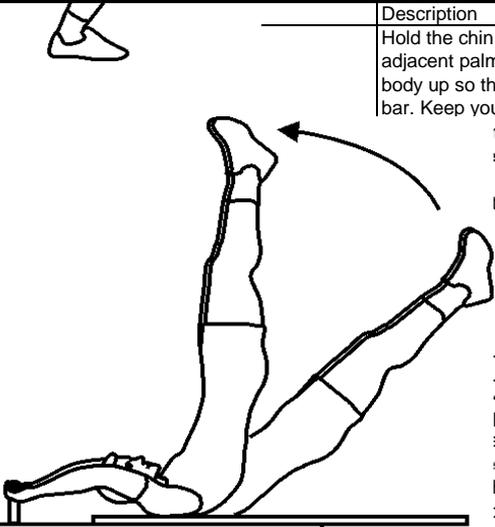
Block 6 Gym Session B	Dates W/C															
Exercise	Rest Period Between Sets	Reps	Sets													
Dumb Bell Incline Bench Press	60 seconds	10	3	10	4	10	8	8	6	4	8	8	6	4	6	4
Barbell Back Squat	90 seconds	8	3	8	4	8	4	8	4	8	4	6	4	6	4	4
Barbell Reverse Curl Front Press Rear Press Combo	60 seconds	10	3	10	4	8	4	8	4	8	4	6	4	6	4	4
Barbell Split Jerk	90 seconds	8	3	8	4	8	4	8	4	8	4	6	4	6	4	4
Dips	45 seconds	10	3	10	3	10	3	10	3	10	3	10	3	10	3	3
Medicine Ball Lunge and Rotate	60 seconds	20 each leg	2	20 each leg	2	12 each leg	2	10 each leg	2	10 each leg	2	8 each leg	2	8 each leg	2	2
Dumb Bell Lateral Raise	30 seconds	10	3	10	3	10	3	10,8,8	3	10,8,8	3	10,8,6	3	10,8,6	3	3
Swiss Ball Toe Raise Balance	60 seconds	12 each leg	2	12 each leg	2	2										
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.															

Name and diagram	Gym Session A
Barbell Snatch Grip High Pull	Description
 <p>The diagram illustrates the Barbell Snatch Grip High Pull in three stages. In the top stage, the lifter is in a starting position with the barbell on the floor, feet shoulder-width apart, and hands in a wide snatch grip. In the middle stage, the lifter is pulling the barbell upwards, with the barbell positioned above the knees. In the bottom stage, the lifter is standing upright with the barbell held high, above the head. An upward-pointing arrow is located to the left of the middle stage, and another is below the bottom stage.</p> <p>Wide grip</p> <ul style="list-style-type: none"> -Keep back straight -Chest out -Head up 	<p>Bend over at the hips and knees so that your upper body is approximately forty five degrees with the floor. Hold the bar with your arms straight and "stick your chest blades together and "stick your chest out". Maintain a straight back. Hold the bar with a "snatch" grip with your hands well outside your shins and your elbows pointing out along the bar. Stand up quickly by straightening the legs and hips, at the same time push the hips forcefully forward, pulling the shoulders then pull with the arms and stand up. At the top of the movement the barbell should be level with the chest. Lower the bar to the floor for the movement for the required number of</p> <p>hips and knees so that your upper body is approximately forty five degrees with the floor. Hold the bar with your arms straight and "stick your chest blades together and "stick your chest out". Maintain a straight back. Hold the bar with a "snatch" grip with your hands well outside your shins and your elbows pointing out along the bar. Stand up quickly by straightening the legs and hips, at the same time push the hips forcefully forward, pulling the shoulders then pull with the arms and stand up. At the top of the movement the barbell should be level with the chest. Lower the bar to the floor for the movement for the required number of</p>

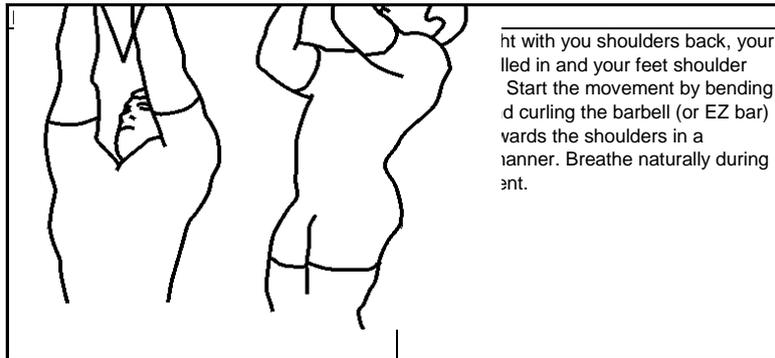
Name

<p>Keep back straight -Chest out -Head up</p> 	<p>on right with your shoulders back and s holding barbell behind your head. r chest out and your shoulders ughout the movement. Keep your pulled in and your feet shoulder art. Start the movement by bending t the waist, keeping the knees ent. Finish the movement when the parallel with the ground. Stand y straightening the legs and hips at the same time. Finish standing up straight with your shoulders back. Breathe naturally during the movement.</p>				
	<table border="1"> <thead> <tr> <th data-bbox="678 557 794 583">Raise</th> <th data-bbox="794 557 1184 583">Description</th> </tr> </thead> <tbody> <tr> <td data-bbox="678 583 794 910"></td> <td data-bbox="794 583 1184 910"> <p>Lie on your back on a slant board. Place both hands behind your head to hold the supports. Keep your stomach pulled in. Start the movement by slowly raising your legs. As your legs become raised follow with your buttocks, lower back and then upper back so that your body is perpendicular to the floor in virtually a straight line. Reverse the movement in a controlled manner. Breathe naturally during the movement.</p> </td> </tr> </tbody> </table>	Raise	Description		<p>Lie on your back on a slant board. Place both hands behind your head to hold the supports. Keep your stomach pulled in. Start the movement by slowly raising your legs. As your legs become raised follow with your buttocks, lower back and then upper back so that your body is perpendicular to the floor in virtually a straight line. Reverse the movement in a controlled manner. Breathe naturally during the movement.</p>
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Name

	<p>Description</p> <p>Hold the chin up bar with your hands adjacent palms facing each other. Pull your body up so that your chin is higher than the bar. Keep your body straight during the movement. Do not swing with your hips or legs. Move the bar up to full arm extension and the other side of your head. Complete the required number of</p>
	<p>repetitions either on your knees or feet (push up) position. As you move the bar advanced more of your body weight is supported by your head on the bar with the forehead on the ball and the bar moving slightly backwards towards you. From the starting position move your head by moving your neck for the required number of repetitions to the left and then to the right</p>

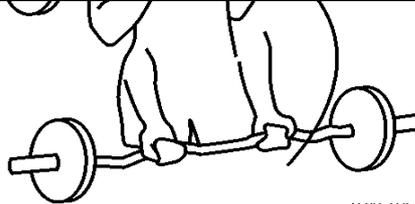
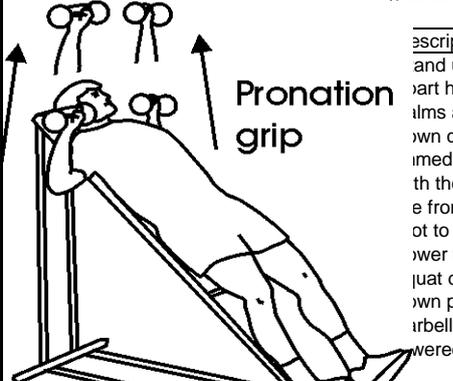
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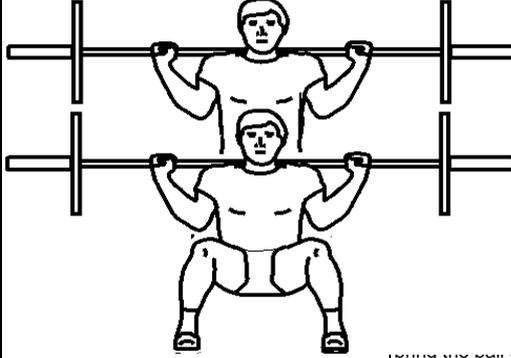
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Name and diagram	Gym Session B
<p data-bbox="544 219 799 292">Push forehead on ball</p>  <p data-bbox="743 488 860 561">Rotate head</p>	<p data-bbox="908 241 1184 521">ack on an incline bench with d shoulders in contact with the ur feet frmly on the floor. Hold n each hand level with and just rest. Pull your shoulder blades ix" your shoulders prior to the a controlled manner press the ight upwards until the arms are the dumb bells momentarily at en lower them under control. is you press the dumb bells and er them.</p>
	<p data-bbox="799 598 1184 878">t to develop the required flexibility to carry out this movement safely, so start by using a broom handle. Stand upright with you shoulders back holding the barbell behind your neck resting on the top shoulders. Keep your stomach pulled our feet shoulder width apart. Sit at and bend at the knees. Finish the ent when the tops of the thighs are at rallel to the ground. Breathe in he squat and out on the upward part quat.</p>

Name

	<p>tion</p> <p>pright with you shoulders back, your 1 pulled in and your feet shoulder part. Hold the barbell with a shoulder (lean) grip. Start the movement by the arms and curling the barbell s towards the shoulders in a ed manner and then press the barbell overhead. Lower the barbell behind the neck to rest on the back of the shoulder. Press the barbell overhead and lower it to the front of the shoulders and then reverse the curl movement to lower the bar to the starting position.</p>
 <p>Pronation grip</p>	<p>escription</p> <p>and upright with your feet shoulder width apart holding the barbell at shoulder height with arms and elbows facing upwards. Squat down quickly into a quarter squat and then immediately jump into a split lunge position with the barbell overhead. Step back with the front foot and then forward with the back foot to regain a shoulder width stance. Lower the barbell to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the barbell is pressed and in again as it is lowered.</p>

Name

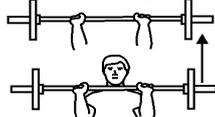


Wide stance back squat

Description
 Stand with your feet wide apart and inside the dipping bars and grip them in line with your body palms facing inwards. Lift your feet off the floor and then straighten your body upwards until it is vertical. Do not rock forwards and backwards during the movement. Breathe in as you squat and straighten your arms.



Pronation grip



Bring the ball down to the outside of the right thigh. Step back and lunge with the right leg swinging the ball high over the right shoulder. Carry out the required number of repetitions.

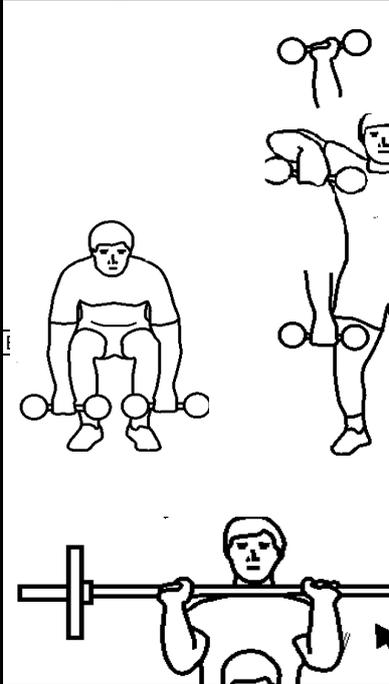
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	<p>t with you shoulders back, your ad in and your feet shoulder Start the movement with the gether in front of the body with the elbows slightly bent. Raise the dumb bells to just above shoulder level and then slowly lower them. Breathe out as you raise the dumb bells and breathe out as you lower them.</p>
<p>Swiss Ball Toe Raise Balance</p>	<p>upright with you shoulders back, your h pulled in and your feet shoulder part. Rest your left leg behind you on Ball. Assume a position so the shin ght leg is perpendicular to the floor knee bent. Keep the upper body up. Stand up onto the toes of the j hold for a second and then put the wn. Repeat using the same leg. naturally during the movement.</p>

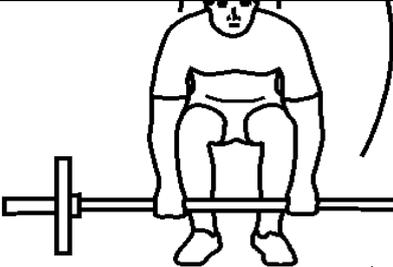
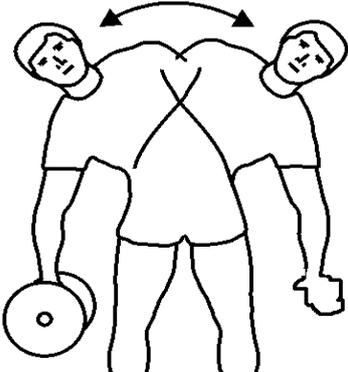
Name

Block 7 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Dumb Bell High Pull Snatch	90 seconds	8	3	8	4	6	4	8	4	6	4	6	4
Barbell Power Clean	90 seconds	6	3	6	4	6	4	6	4	4	4	4	4
Barbell Side Bend	60 seconds	10 each side	2	10 each side	2	10 each side	2	8 each side	2	6 each side	2	6 each side	2
Barbell Squat Jump plus Squat plus Squat Jump	60 seconds	10 + 10 + 10	2	10 + 10 + 10	2	8 + 8 + 8	3	10 + 10 + 10	2	8 + 8 + 8	3	8 + 8 + 8	3
Pull Ups Wide Grip	60 seconds	10	3	10	4	10	4	10	4	10	4	10	4
Jackknife	45 seconds	12	4	12	4	12	4	15	4	15	4	20	4
Cable Standing Upright Row	45 seconds	10	3	10	3	8	3	10	3	8	3	6	3
Medicine Ball Hip Abduction Balance	45 seconds	10 each side	2										
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

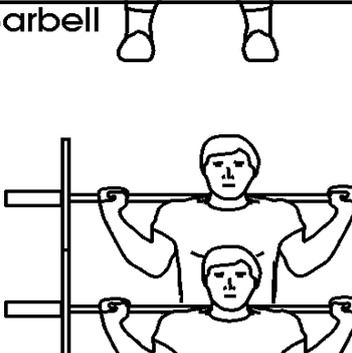
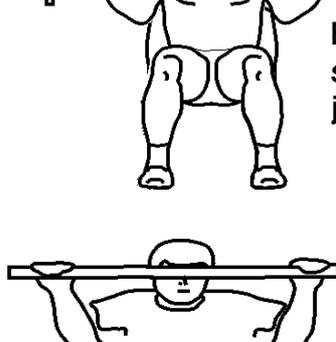
Block 7 Gym Session B	Dates W/C														
Exercise	Rest Period Between Sets	Reps	Sets												
Barbell Bench Press	90 seconds	8	3	8	4	10	8	6	4	8	8	6	4	6	4
Single Leg "Bulgarian" Squat ("Pistols")	90 seconds	10 each leg	2	10 each leg	2	12 each leg	3	12 each leg	3	10 each leg	4	12 each leg	4		
Dumb Bell Squat Jump Push Press	60 seconds	10	3	10	4	8	4	6	4	8	4	6	4		
Machine Reverse Back Extension	60 seconds	10	3	10	4	10	4	10	4	10	4	10	4		
Dips	45 seconds	10	3	10	4	10	4	10	4	10	4	10	4		
Swiss Ball Neck Rotations	45 seconds	10	2	10	2	10	2	10	2	10	2	10	2		
Barbell Upright Row + Barbell Push Press	45 seconds	12 + 12	2	12 + 12	3	10 + 10	3	10 + 10	3	8 + 8	3	8 + 8	3		
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.														

Name and diagram	Gym Session A
<p data-bbox="405 216 794 240">Dumb Bell High Pull Snatch</p> 	<p data-bbox="794 216 1184 240">Description</p> <p data-bbox="794 240 1184 571">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the side your legs palms facing the movement by straightening the the hips forward. Then shrug the simultaneously bend the arms to lift the level with your chest. As the dumb and the legs and get onto your toes. rotate the shoulders and d the knees to get the dumb bells / standing up straight. Lower the rsing the movement in a controlled . Breathe naturally during the</p> <hr/> <p data-bbox="794 593 1184 688">os and knees so that your upper yly forty five degrees with the floor. blades together and "stick your chest ntain a straight back. Hold the bar "clean" grip with your hands just</p> <p data-bbox="794 688 1184 767">outside your shins and your elbows pointing out along the bar. Stand up quickly by straightening the legs and hips, at the same time push the hips forcefully forward, oulders then pull with the arms and stand</p> <p data-bbox="794 767 1184 845">At the top of the movement dip into a and catch the bar at the shoulders with ing forwards. Lower the bar to the floor ; movement for the required number of</p>

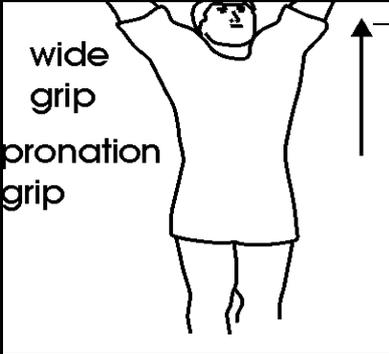
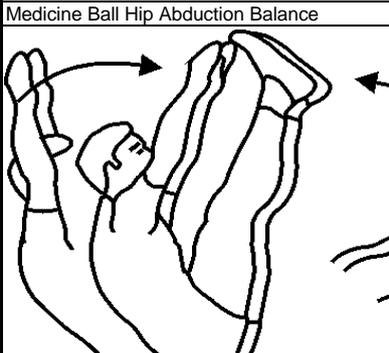
Name

	<p>Stand upright with your shoulders back and holding the barbell to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending at the waist, keeping the knees straight. Finish the movement when your torso bends to the side without rounding your back. Breathe naturally during the movement.</p>
	<p>Description Stand upright with your shoulders back holding the barbell behind your neck resting on the top of your shoulders. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by quickly sitting at the hips and bending at the knees. At the bottom of the squat quickly jump straight up as far as you can. Upon landing immediately go into a squat and then repeat the jump. After the jumps immediately do the required number of full squats. Finish the movement when the tops of the thighs are at least parallel to the ground. Immediately after the squats repeat the squat jump sequence.</p>

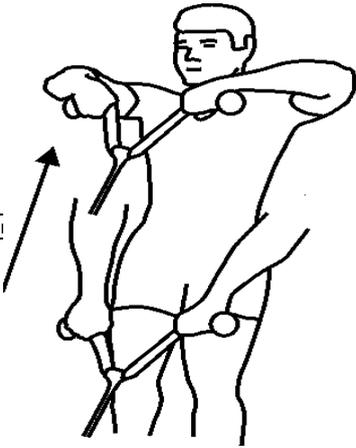
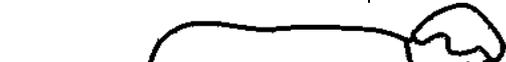
Name

<p>Barbell</p> 	<p><u>Description</u></p> <p>Hold your arms out to the side and bent at the elbow hands upwards, this is the minimum hand spacing for the exercise. Hold the chin up bar with your palms facing away. Pull your body up so that your chin is over the bar. Keep your body straight during the lift do not swing with your hips or legs. Lower yourself to full arm extension and repeat for the required number of repetitions.</p>
<p>Back squat</p> 	<p><u>on</u></p> <p>lean your back with your hands above your head contracting your abdominal muscles simultaneously raise your upper legs off the ground so that your feet are in a position perpendicular to the floor directly above your head. Reverse the motion and repeat for the required number of repetitions.</p>

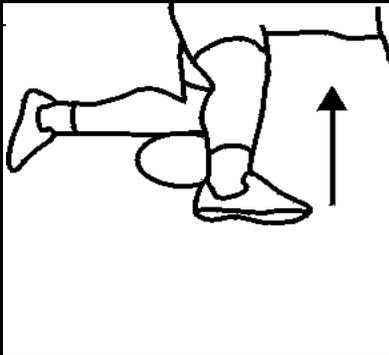
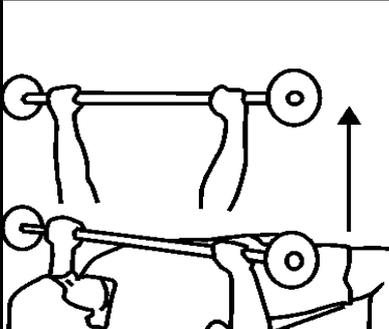
Name

 <p>wide grip pronation grip</p>	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the handles with an overhand grip. Start the movement by raising your shoulders and simultaneously bending the arms to pull the handles upwards towards the chest. Lower the weight in a controlled manner and repeat. Breathe naturally during the movement.</p>
 <p>Medicine Ball Hip Abduction Balance</p>	<p>Description</p> <p>Stand with your feet shoulder width apart. Rest your left leg on a medicine ball or "sit fit". Lift your right leg and rest it out to the side with your foot on the floor. Move your right leg out horizontally to the side, keeping your upper body upright and your abdomen tucked in. Do not touch the floor with your right leg and repeat for the required number of repetitions.</p>

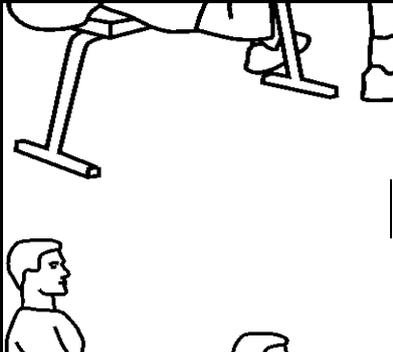
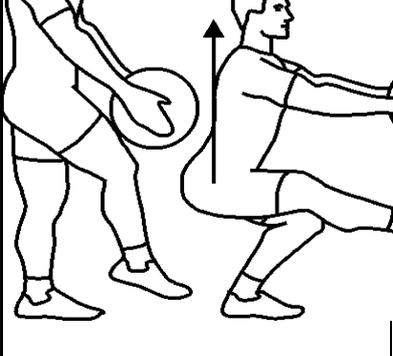
Name

Barbell Bench Press	Description
	<p>Lie on your back on a bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold the barbell level with and just outside the chest. Pull your shoulder blades together to "fix" your shoulders prior to the movement. In a controlled manner press the barbell upwards and slightly back until the arms are straight. Hold the barbell momentarily at the top and then lower it under control. Breathe out as you press the barbell and in as you lower it.</p>
Sit	Description
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Lift your right leg off the ground and then sit down on your left leg. Go down so that your hamstring touches your calf. If you have not done this exercise before you may need to balance yourself by rolling onto a chair. As you become more proficient hold a medicine ball in front of you.</p>

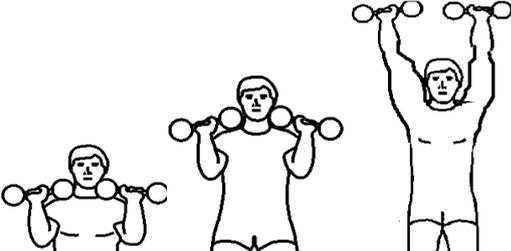
Name

	<p>Hold your shoulders back holding the dumbbells at shoulder height palms facing forward. Keep your stomach pulled in and your feet hip width apart. Start the movement by lowering the dumbbells and bending at the knees. Lower the dumbbells with control until the tops of your thighs are parallel to the floor or lower, then stand up straight and press the dumbbells overhead. As the dumbbells are being pressed jump up off the ground. Simultaneously lower the dumb bells to the shoulder and squat down again. Carry on in a continuous sequence.</p>
<p>Machine Reverse Back Extension</p>	<p>Description</p>
	<p>Lie prone on the bench with your heels resting on the pads. Support yourself on your hands or forearms. Your forehead will rest on or be just above the bench. Contract your buttocks and lower back to lift your legs up and in line with your upper body. Lower your legs in a controlled manner and repeat for the required number of repetitions. Breathe naturally during this movement.</p>

Name

	<p>Description</p> <p>: this movement either on your knees or front support (push up) position until you are familiar with the exercise. As you become more advanced more of your body weight will be supported by your head on the ball. Start with the forehead on the ball and your head facing slightly backwards towards you. From the starting position rotate your head by moving your neck for the required number of repetitions in a clockwise direction then anti clockwise.</p>
	<p>Description</p> <p>side the dipping bars and grip them with your body palms facing inwards. Feet off the floor and then straighten your arms to lift your body upwards until it is vertical. Do not rock forwards and backwards during the movement. Breathe in during the downward movement and breathe out when you straighten your arms.</p>

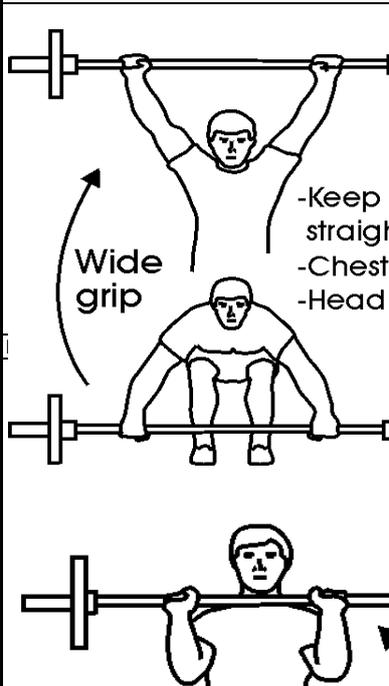
Name

Barbell Upright Row plus Push Press	Description
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the barbell across the thighs with a shoulder width (clean) grip. Start the movement by raising your shoulders and pulling the arms to lift the barbell to the chest in a controlled manner. Lower the barbell to a height higher than your wrists. Lower the barbell in a controlled manner and repeat. After finishing the barbell at shoulder height palms facing down quickly squat down quickly into a quarter squat. Stand up straight and press the barbell overhead to the shoulder and arm. Breathe in during the down part of the lift as the barbell is pressed and in a controlled manner.</p>

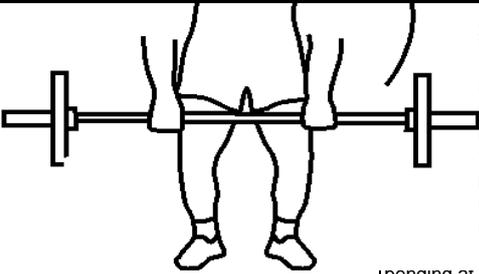
Name

Block 8 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Power Snatch	90 seconds	8	3	6	4	6	4	6	4	6	4	6	4
Barbell Hang Clean	90 seconds	8	3	6	4	6	4	6	4	6	4	6	4
Barbell Single Arm (suitcase) Deadlift	60 seconds	10 each side	3										
Pull Ups to Sternum	60 seconds	10	3	10	4	10	4	10	4	10	4	10	4
Medicine Ball Supine Leg Rotation and Raise	60 seconds	10	2	10	2	10	3	10	3	10	3	10	3
Barbell Curl	45 seconds	10	3	10	3	10	3	10	3	10	3	10	3
Swiss Ball Supine Bridge Alternate Leg Raise	45 seconds	12	3	12	3	12	3	15	3	15	3	20	3
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

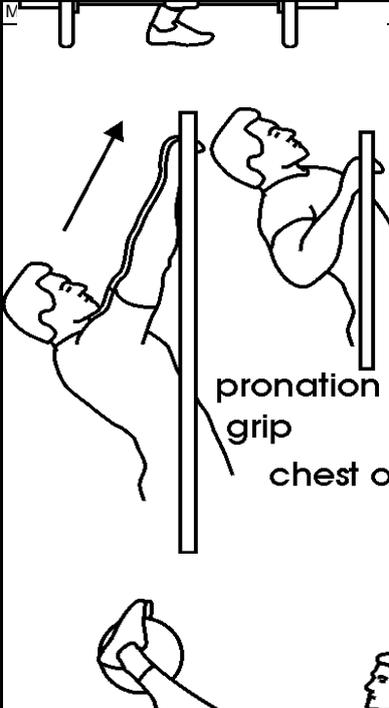
Block 8 Gym Session B	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Incline Bench Press	60 seconds	10	3	10	4	8	4	10	4	6	4	6	4
Barbell Back Squat	90 seconds	8	3	8	4	6	4	8	4	6	4	6	4
Barbell Hang Clean + Push Press + Squat Jump	60 seconds	5 + 5 + 10	3	5 + 5 + 10	4	5 + 5 + 10	4	3 + 3 + 6	4	3 + 3 + 6	4	3 + 3 + 6	4
Barbell Split Jerk	90 seconds	8	3	8	4	6	4	8	4	6	4	6	4
Barbell Lunge Overhead Rotations	60 seconds	10 each side	2										
Swiss Ball Single Leg Neck Flexion	45 seconds	10	2	10	2	10	2	12	2	15	2	15	2
Dumb Bell Lateral Raise plus Dumb Bell Front Raise	46 seconds	12 + 12	2	12 + 12	3	10 + 10	3	10 + 10	3	8 + 8	3	8 + 8	3
Notes	To be done 3 times per week (optional 4). This is not done as a circuit all repetitions of one exercise are completed before moving to the next exercise. Where extra weight is used increase the amount with each set lifted. If working 3 days per week do sessions A B A in week 1 and then B A B in week 2 etc. Carry out at least 2 warm up sets on major exercises.												

Name and diagram	Gym Session A
Barbell Power Snatch	Description
 <p>The diagram illustrates the Barbell Power Snatch in three stages. At the top, a person stands with arms overhead holding a barbell. In the middle, the person is in a squatting position with arms extended down to the barbell. At the bottom, the person stands with arms overhead holding the barbell. A curved arrow on the left indicates the transition from the starting wide grip to the squatting position. Text annotations include: '-Keep back straight', '-Chest out', and '-Head up'.</p>	<p>Bend over at the hips and knees so that your upper torso is approximately forty five degrees to the floor. Pull your shoulder blades together and "stick your chest out" to maintain a straight back. Hold the bar using a wide "snatch" grip with your hands well outside your shoulders and your elbows pointing out along the bar. Quickly by straightening the legs and hips, at the same time push the hips forcefully forward, shrug your shoulders then pull with the arms and stand onto the toes. In this position rotate the shoulders and slightly bend the knees to catch the barbell in a quarter squat position. Finish by standing up. Lower the bar to the floor and repeat the movement for the required number of repetitions.</p> <p>ion</p> <p>at the hips and knees so that your upper torso is approximately forty five degrees with the floor. Pull your shoulder blades together and "stick your chest out" to maintain a straight back. Hold the bar using a wide overhand "clean" grip with your hands just outside your shins and your elbows pointing out along the bar. Start the lift with the bar at thigh level. Dip quickly at the knees and then simultaneously push the hips forward and shrug the shoulders, then pull your arms and stand onto the toes. At the top of the lift dip into a quarter squat and catch the barbell with your shoulders with the elbows facing forwards. Lower the bar to the thighs and repeat the movement for the required number of repetitions.</p>

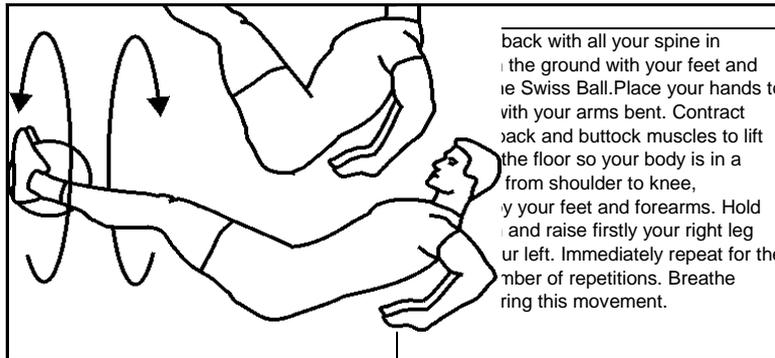
Name

	<p>at the hips and knees so that your is approximately forty five h the floor. Pull your shoulder together and "stick your chest out" in to maintain a straight back. Hold the middle to the side of the body. Lift by straightening the legs and at the same time. Finish with you back and your arms holding the side of the thigh. Lower the bar by bending at the hips and at the knees and place the bar on the ground.</p>
<p>P</p>  <p>One arm Barbell Deadlift</p>	<p>Description</p> <p>Hold the chin up bar with your palms facing away. As you pull your body up extend your head back and arch your spine. Your body will be at almost forty five degrees to the floor at the top of the lift. Pull your body up so that your lower chest touches the bar. Lower yourself to full arm extension and repeat for the required number of repetitions.</p>

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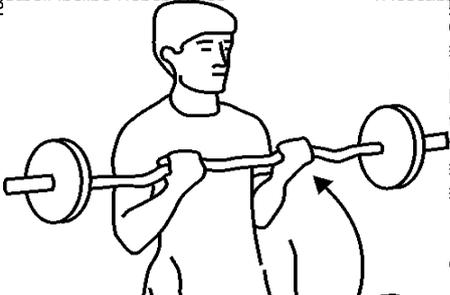
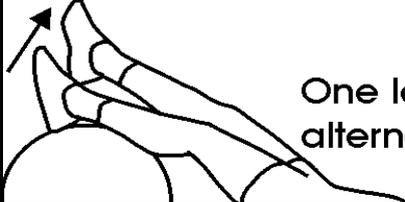
 <p>pronation grip chest out</p>	<p>Description</p> <p>Lie on your back with your hands to the side. Support your weight on your hands and forearms. Hold a medicine ball between your feet. Keep your stomach pulled in. Start the movement by bending at your hips to lift your legs so that they are just above thirty degrees to the floor. In this position rotate the legs clockwise then lift your legs to sixty degrees. Lower the legs back to thirty degrees and rotate them anti-clockwise. Slowly lower your legs until your feet are just above the ground. Repeat for the desired number of repetitions. Breathe naturally during the movement.</p> <hr/> <p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending your knees and curling the barbell (or EZ bar) upwards towards the shoulders in a controlled manner. Breathe naturally during the movement.</p>
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Name

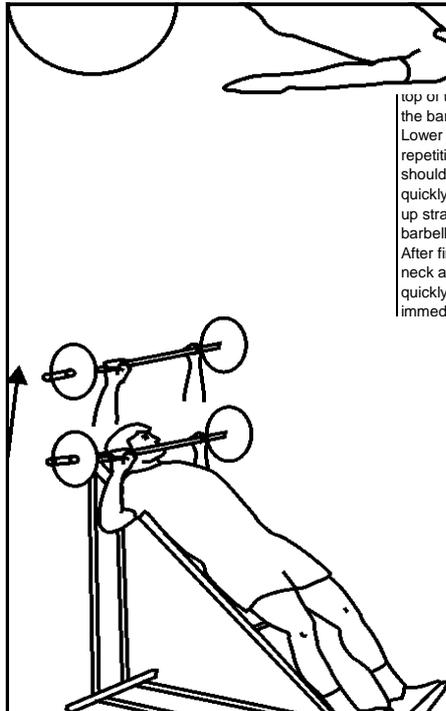


back with all your spine in
the ground with your feet and
ie Swiss Ball. Place your hands to
with your arms bent. Contract
back and buttock muscles to lift
the floor so your body is in a
from shoulder to knee,
y your feet and forearms. Hold
and raise firstly your right leg
ur left. Immediately repeat for the
number of repetitions. Breathe
ring this movement.

Name

Name and diagram	Gym Session B
<p data-bbox="405 216 427 236">B</p> 	<p data-bbox="794 216 817 236">Description</p> <p data-bbox="863 241 1174 499"> our back on an incline bench with ad and shoulders in contact with the nd your feet frmly on the floor. Hold l in two hands level with and just the chest. Pull your shoulder blades to "fix" your shoulders prior to the ent. In a controlled manner press the straight upwards until the arms are Hold the barbell momentarily at the then lower it under control. Breathe ou press the barbell and in as you </p>
<p data-bbox="405 572 427 592">B</p>  <p data-bbox="703 796 869 871">One leg alternate</p>	<p data-bbox="794 572 817 592">Description</p> <p data-bbox="799 598 1184 855"> ortant to develop the required / to carry out this movement safely, so start by using a broom handle. Stand upright with you shoulders back holding the barbell behind your neck resting on the top ivers. Keep your stomach pulled at shoulder width apart. Sit at end at the knees. Finish the n the tops of the thighs are at o the ground. Breathe in at and out on the upward part </p>

Name

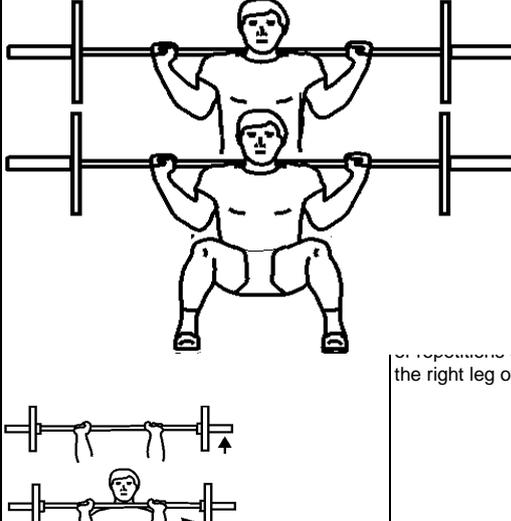


at thigh level. Dip quickly at the knees
 eously push the hips forcefully forward
 ulders, then pull with the arms. At the
 top of the movement dip into a quarter squat and catch
 the bar at the shoulders with the elbows facing forwards.
 Lower the bar and repeat for the required number of
 repetitions then stand upright holding the barbell at
 shoulder height palms facing upwards. Squat down
 quickly into a quarter squat and then immediately stand
 up straight and press the barbell overhead. Lower the
 barbell to the shoulder and then squat down again.
 After finishing the presses place the barbell behind your
 neck and squat down quickly. At the bottom of the squat
 quickly jump straight up as far as you can. Upon landing
 immediately go into a squat and then repeat the jump.

ip
 iption
 | upright with your feet shoulder width
 holding the barbell at shoulder height
 : and elbows facing upwards. Squat
 quickly into a quarter squat and then
 diately jump into a split lunge position
 re barbell overhead. Step back with the back
 ont foot and then forward with the back
) regain a shoulder width stance.
 r the barbell to the shoulder and then
 down again. Breathe in during the
 part of the squat then out as the
 ll is pressed and in again as it is
 ed.

Name

Wide stance back squat

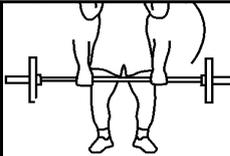


Description

Stand down in a lunge position with your right leg forward and the barbell in front of you supported at its far end by a rotational corner of a wall. Hold the barbell with a parallel close grip at a level just above the knees and the left hip. Slowly stand up from the lunge position and press the barbell overhead to shoulder height. Repeat for the required number of repetitions and repeat at the end of the session.

Stand approximately one metre from a wall in a straight line and rest your back on a Swiss Ball. Lift your left leg off the ground and maintain balance whilst using your core muscles to push your head up. Repeat for the required number of repetitions or time and then repeat with the right leg off the ground.

Name _____

	<p>Front Raise</p>	<table border="1"> <thead> <tr> <th data-bbox="794 379 933 404">Description</th> </tr> </thead> <tbody> <tr> <td data-bbox="794 404 1184 593"> <p>Stand upright with your shoulders back, your feet shoulder width apart and your feet shoulder width apart. Start the movement with the barbell in front of the body with knees slightly bent. Raise the dumbbells to shoulder level and then lower them. After finishing the repetitions of lateral raises.</p> </td> </tr> <tr> <td data-bbox="794 593 1184 733"> <p>Back squat jump Lift the dumb bell upwards in a controlled manner. Breathe during the movement.</p> </td> </tr> </tbody> </table>	Description	<p>Stand upright with your shoulders back, your feet shoulder width apart and your feet shoulder width apart. Start the movement with the barbell in front of the body with knees slightly bent. Raise the dumbbells to shoulder level and then lower them. After finishing the repetitions of lateral raises.</p>	<p>Back squat jump Lift the dumb bell upwards in a controlled manner. Breathe during the movement.</p>
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<p>Stand upright with your shoulders back, your feet shoulder width apart and your feet shoulder width apart. Start the movement with the barbell in front of the body with knees slightly bent. Raise the dumbbells to shoulder level and then lower them. After finishing the repetitions of lateral raises.</p>					
<p>Back squat jump Lift the dumb bell upwards in a controlled manner. Breathe during the movement.</p>					
					

Name