



RUGBY

SCHOOL

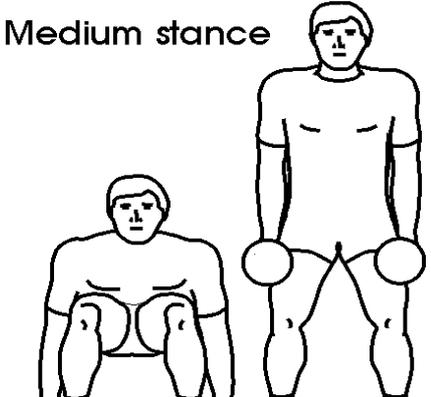
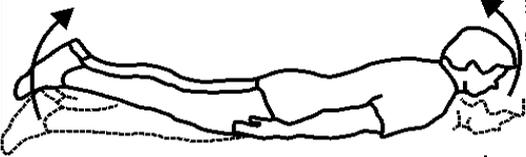
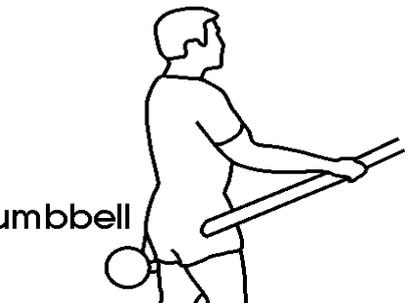
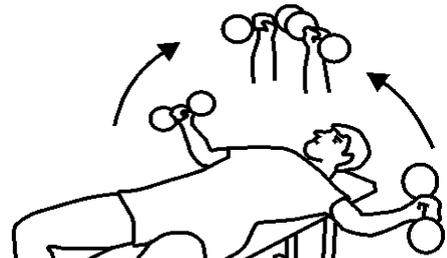
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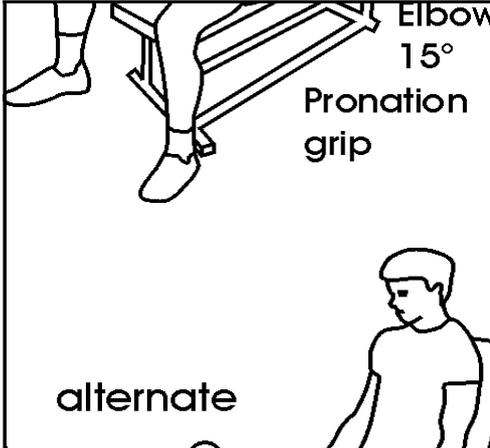
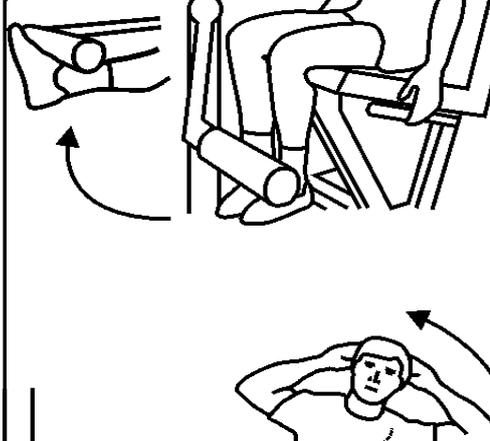
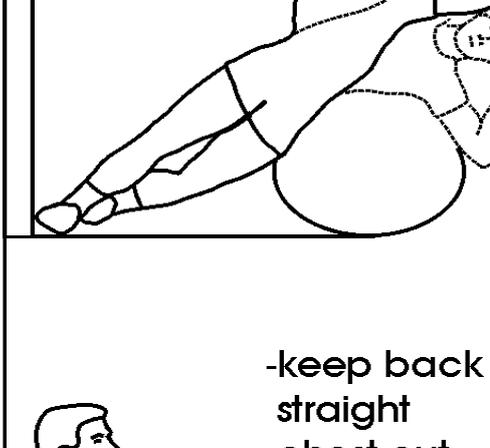
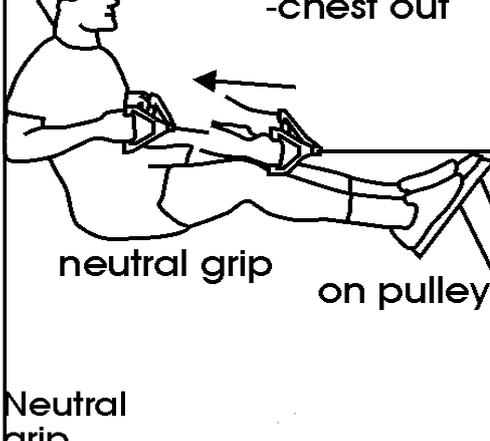
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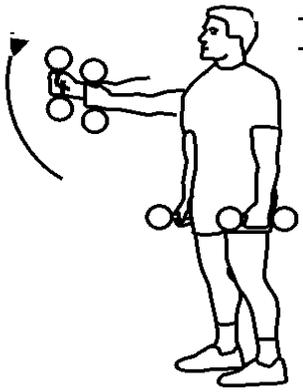
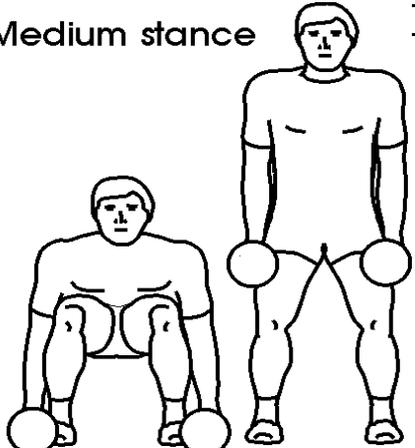
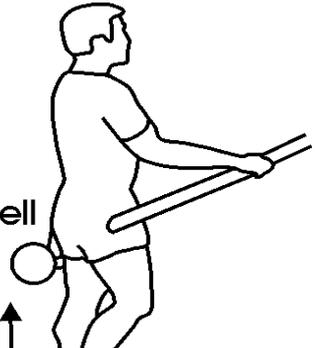
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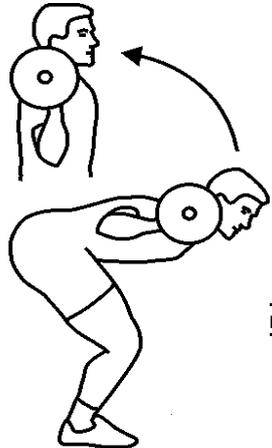
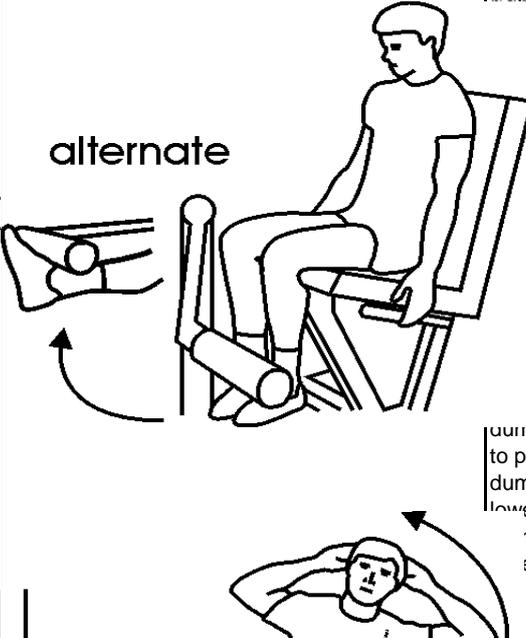
Block 1 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Dumb Bell Squat	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Prone Back Extension	45 Seconds	15	2	15	2	15	3	20	2	20	3	20	3
Dumb Bell Calf Raise	45 Seconds	20	2	20	2	15	3	15	3	12	3	10	3
Dumb Bell Supine Flye	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Machine Seated Alternate Leg Extension	45 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	3	8 each leg	3
Swiss Ball Side Bend	45 Seconds	12 each side	2	12 each side	2	10 each side	3	10 each side	2	8 each side	3	8 each side	3
Cable Seated Row	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Dumb Bell Two Hand Front Raise	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 Squat	45 Seconds	20	2	20	2	15	3	15	3	12	3	10	3
Cable Lat Pull Down	45 Seconds	15	3	15	3	12	3	12	3	10	3	10	3
Dumb Bell Calf Raise	45 Seconds	20	2	20	2	15	3	15	3	12	3	10	3
Barbell Good Morning	45 Seconds	20	2	20	2	15	3	15	3	12	3	10	3
Dumb Bell Supine Flye	45 Seconds	15	3	15	3	12	3	12	3	10	3	10	3
Machine Seated Alternate Leg Extension	45 Seconds	20 each leg	2	20 each leg	2	15 each leg	3	15 each leg	3	12 each leg	3	12 each leg	3
Swiss Ball Side Bend	45 Seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	2	15 each side	3	15 each side	3
Dumb Bell Curl & Press	45 Seconds	15	3	15	3	12	3	12	3	10	3	10	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 Squat	Description
<p>Medium stance</p> 	<p>Stand upright with your shoulders back and your arms to your side holding the dumbbells, 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 under control until the dumbbells touch the floor, immediately stand up straight. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Lie on the ground with your hands to your side. Slowly raise your upper body off the ground by contracting your back muscles. Keep your hips in contact with the ground. Breathe naturally during the movement.</p>
Dumb Bell Calf Raise	Description
	<p>Hold the dumb bell to your left side and stand up straight. Put your right foot behind your left calf. Rock back onto your left heel to bring your heel below the level of the step or box and hold this position for one second. Then fully extend onto your toes. Then put your foot back to being flat for the next repetition.</p>
	<p>Description</p> <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. In a controlled manner press the dumb bells straight upwards until the arms are nearly straight and touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumbbells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumbbells and in as you lower them.</p>

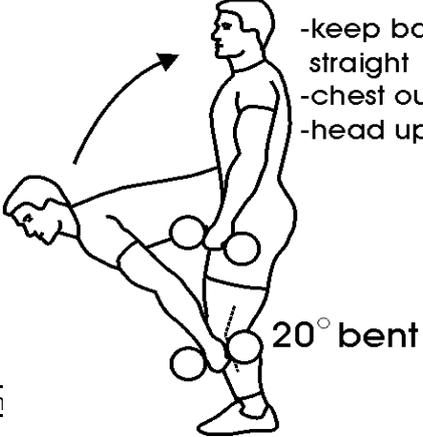
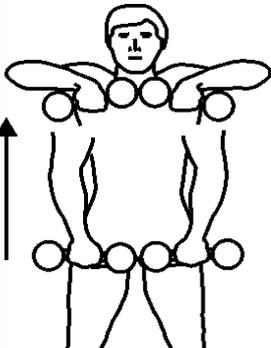
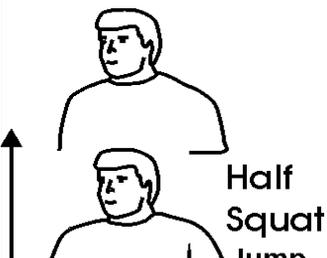
 <p>Elbow 15° Pronation grip</p>	<p>Description</p> <p>Sit down on the machine and place your legs so that the pads are resting on your shins. In a controlled manner straighten the right knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.</p>
<p>alternate</p> 	<p>Description</p> <p>Start with your feet supported at the bottom wall. Lie sideways over a Swiss ball so the upper part of your left arm is on the floor. Place your hands to the side of your chair. Use the muscles in your abdomen 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 ball, hold this position for a second. Slowly reverse the movement. Continue for the required number of repetitions.</p>
	<p>Description</p> <p>Bring your shoulder blades together and "stick your chest out" in order to maintain a slight arch. 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>
<p>-keep back straight -chest out</p>  <p>neutral grip on pulley</p> <p>Neutral grip</p>	<p>Description</p> <p>Stand upright with your shoulders back, your waist pulled in and your feet shoulder width apart. Start the movement by flexing your shoulders and pulling the dumbbells upwards in a controlled manner. Breathe naturally during the movement. As you come used to the movement breathe out when you raise the dumbbells and in as you lower them.</p>

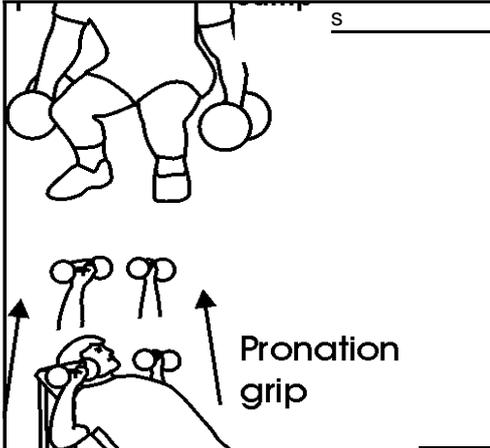
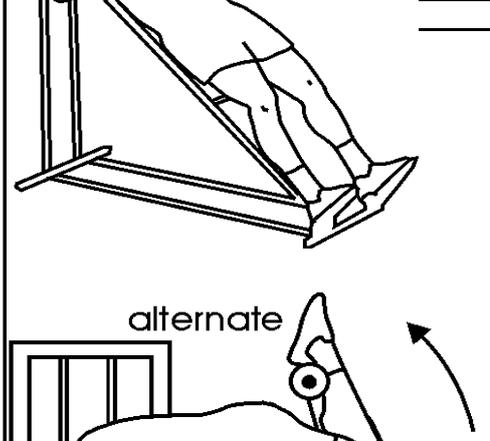
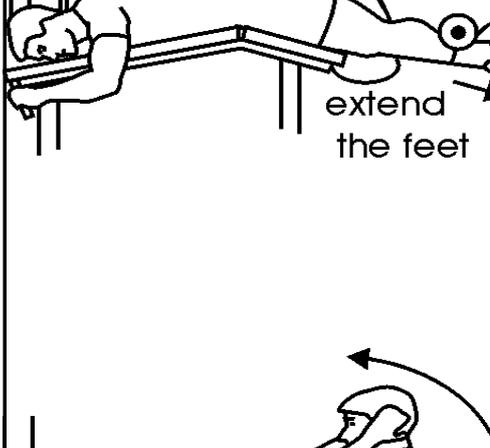
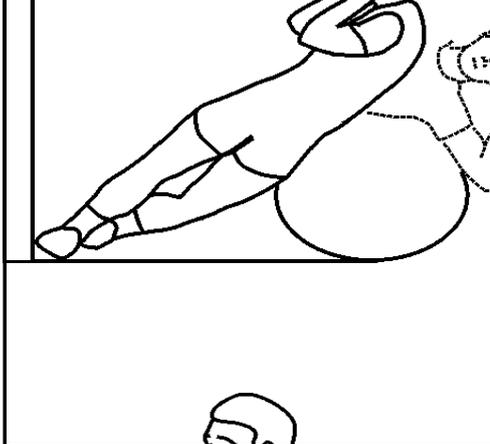
	<p>Gym Session B</p> <p>Description</p> <p>Stand upright with you shoulders back and your arms to your side holding the dumb bells, your stomach pulled in and your feet shoulder width apart. Start the movement by sitting at the hips and bending at the knees. Squat down under control until the dumb bells touch the floor, immediately stand up straight. Breathe naturally during the movement.</p>
<p>Cal</p> <p>Medium stance</p> 	<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>
<p>Dumb Bell Calf Raise</p> 	<p>Description</p> <p>Hold the dumb bell to your left side and stand up straight. Put your right foot behind your left calf. Rock back onto your left heel to bring your heel below the level of the step or box and hold this position for one second. Then fully extend onto your toes. Then put your foot back to being flat for the next repetition.</p>
<p>Barbel</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms holding barbell behind your head. Keep your chest out and your shoulders back throughout the movement. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending forward at the waist, keeping the knees slightly bent. Finish the movement when the chest is parallel with the ground. Stand upright by straightening the legs and hips at the same time. Finish standing up straight with your shoulders back. Breathe naturally during the movement.</p>

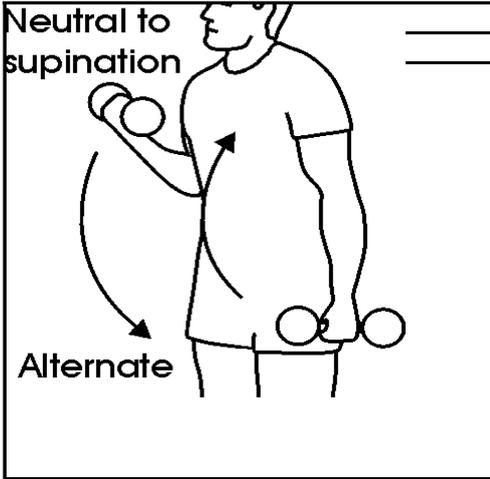
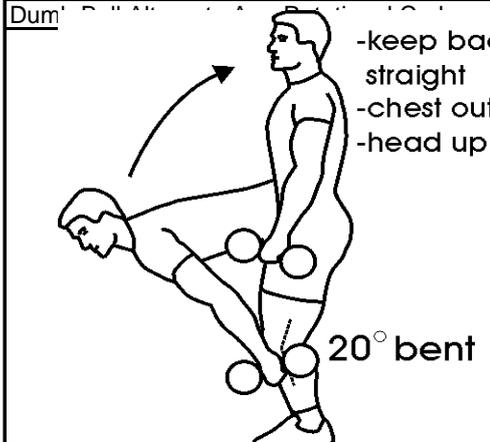
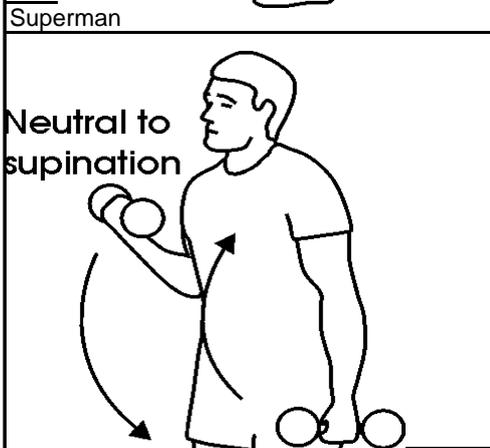
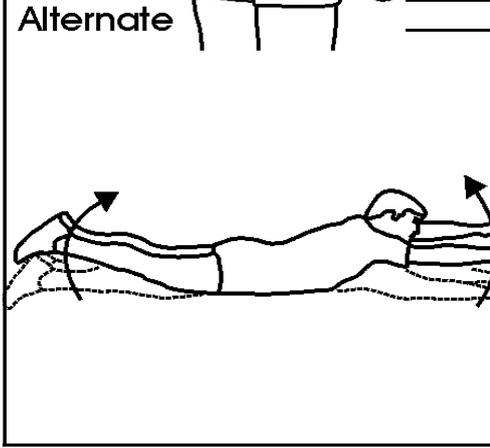
 <p>-keep back straight -chest out -head up</p>	<p>Description</p> <p>Lie on your back on a bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold a dumb bell in each hand level with and just outside the chest. In a controlled manner press the dumb bells straight upwards until the arms are nearly straight and touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumb bells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumb bells and in as you lower them.</p>
	<p>Description</p> <p>Sit down on the machine and place your legs so that the pads are resting on your shins. In a controlled manner straighten the right knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.</p>
 <p>Elbow 15° Pronation grip</p>	<p>Description</p> <p>Start with your feet supported at the bottom of a wall. Lie sideways over a Swiss ball so that the upper part of your left arm is on the ball. Place your hands to the side of your head. Use the muscles in your abdomen and side to raise your upper body. Finish when your upper body is bent over to the point that only your hips are in contact with the ball, hold this position for a second. Then slowly reverse the movement. Continue for required number of repetitions.</p>
 <p>alternate</p>	<p>Description</p> <p>Sit upright with your shoulders back, your feet pulled in and your feet shoulder width apart. Hold the dumb bells in a neutral position with the palms facing the body. Start the movement by flexing the arms to lift the dumb bells in a controlled manner. Keep your elbows tucked in close to your side during the movement. With the dumb bells at the shoulders straighten the arms to press them overhead. Breathe out as the dumb bells are pressed and in as they are lowered. Lower the dumb bells back to the start position and repeat for the required number of repetitions.</p>

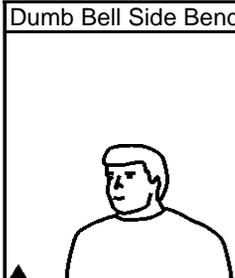
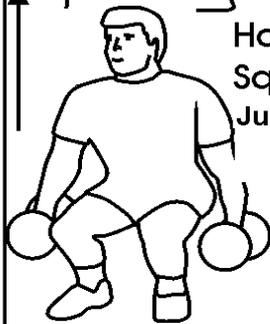
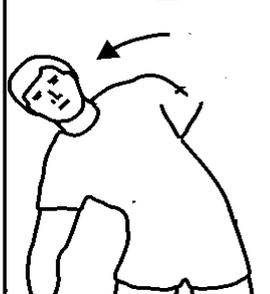
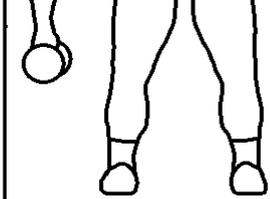
Block 2 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Dumb Bell Stiff Legged Deadlift	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Dumb Bell Upright Row	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Superman	45 Seconds	15	2	15	2	15	3	20	2	20	3	20	3
Dumb Bell Squat Jump	45 Seconds	20	2	20	2	15	3	15	3	12	3	10	3
Dumb Bell Incline Press	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Machine Prone Alternate Leg Curl	45 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	3	8 each leg	3
Swiss Ball Oblique Crunch	45 Seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	2	15 each side	3	15 each side	3
Dumb Bell Alternate Arm Rotational Curl	45 Seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	2	10 each arm	3	8 each arm	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 Stiff Legged Deadlift	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Dumb Bell Alternate Arm Rotational Curl	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Superman	45 Seconds	15	2	15	2	15	3	20	2	20	3	20	3
Dumb Bell Squat Jump	45 Seconds	20	2	20	2	15	3	15	3	12	3	10	3
Dumb Bell Side Bend	45 Seconds	12 each side	2	12 each side	2	10 each side	3	10 each side	2	8 each side	3	8 each side	3
Machine Prone Alternate Leg Curl	45 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	3	8 each leg	3
Cable Standing Triceps Pressdown	45 Seconds	12	2	12	2	12	3	10	3	10	3	8	3
Dumb Bell Upright Row and Press	45 Seconds	12 + 12	2	12 + 12	2	10 + 10	3	10 + 10	3	10 + 8	3	10 + 8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 Stiff Legged Deadlift	Description
	<p>Stand upright with your shoulders back holding dumbbells to your side palms facing each other. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending forward at the waist, keeping the knees slightly bent. Keep your chest out and your shoulders back throughout the movement. Finish the movement when the dumbbells are by the ankles. Breathe naturally during the movement.</p>
Dumb Bell	Description
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by raising your shoulders and simultaneously bending the arms to lift the dumbbells upwards towards the chest in a controlled manner. Lower the dumbbells in a controlled manner and repeat. Breathe naturally during the movement.</p>
	Description
	<p>Lie on the ground with your hands out in front of your head. Simultaneously raise your arms, upper body and legs off the ground by contracting your back and buttock muscles. Keep your hips in contact with the ground and do not arch your back. Breathe naturally during the movement.</p>
Dumb Bell Squat Jump	Description
	<p>Stand upright with your shoulders back and your arms to your side holding the dumbbells, 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. Breathe naturally during the movement.</p>

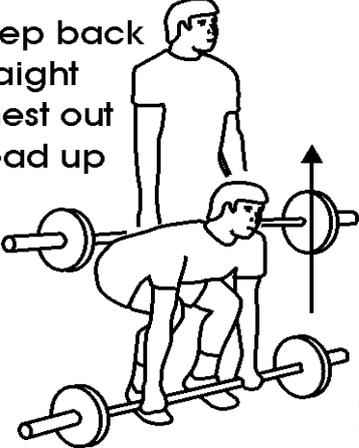
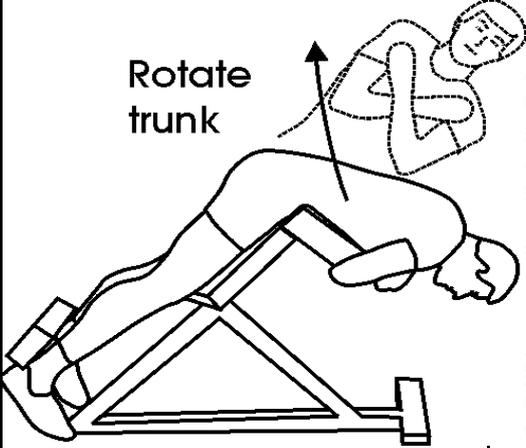
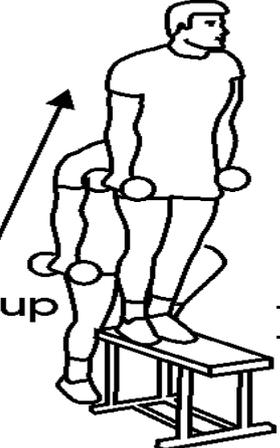
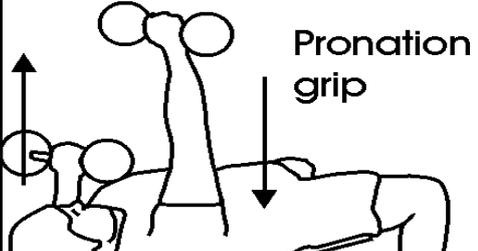
 <p>s</p>	<p>Description</p> <p>Lie on your back on an incline bench with your head and shoulders in contact with the bench and your feet firmly on the floor. Hold a dumb bell in each hand level with and just outside the chest. Pull your shoulder blades together to "fix" your shoulders prior to the movement. 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>Description</p> <p>Lie face down on the machine and place your legs so that the pads are resting on your calves. In a controlled manner bend the left knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.</p>
 <p>alternate</p> <p>extend the feet</p>	<p>Description</p> <p>Start with your feet supported at the bottom wall. Lie sideways over a Swiss ball so that the upper part of your left arm is on the wall. Place your hands to the side of your head. Use the muscles in your abdomen and side to raise your upper body and simultaneously twist to the right. Finish when your upper body is just beyond parallel and hold it for a second. Slowly reverse the movement. Continue for the required number of repetitions.</p>
	<p>Description</p> <p>Stand upright with your shoulders back, your chest pulled in and your feet shoulder width apart. Hold the dumb bells with your palms facing you. Start the movement by flexing one of your arms and curling the dumb bell upwards towards the shoulders in a controlled manner, as you do so rotate your wrist so that your palm faces upwards. Breathe naturally during the movement.</p>

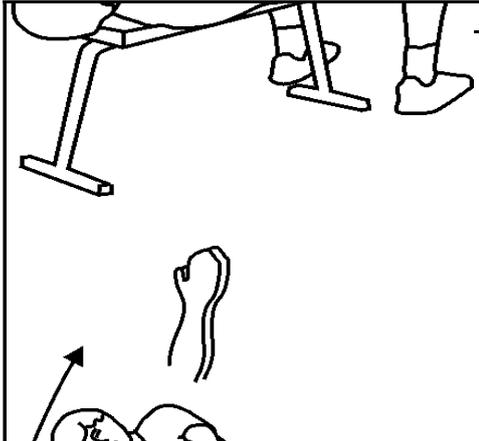
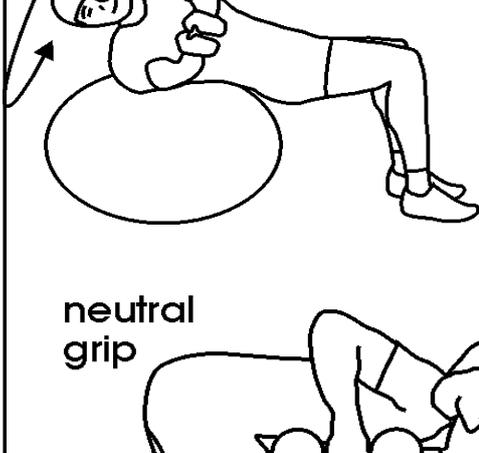
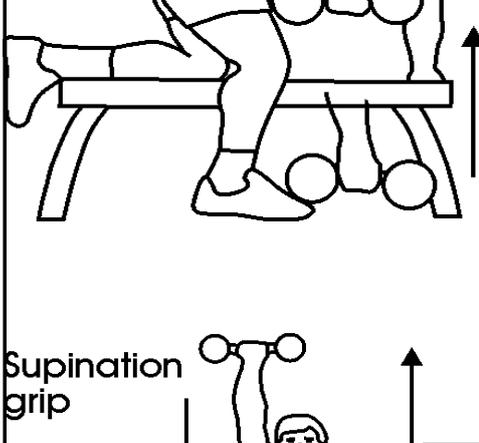
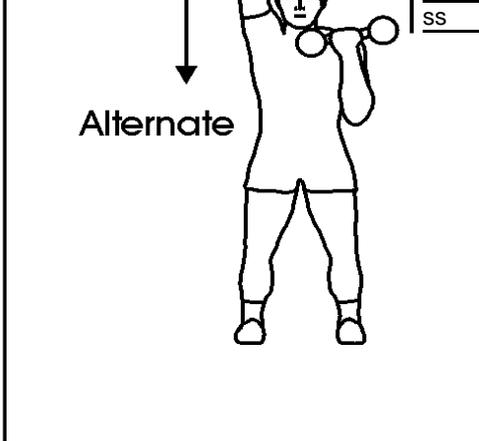
 <p>Neutral to supination</p> <p>Alternate</p>	<p>Gym Session B</p> <p>Description</p> <p>Stand upright with you shoulders back holding dumb bells to your side palms facing one another. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by bending forward at the waist, keeping the knees slightly bent. Keep your chest out and your shoulders back throughout the movement. Finish the movement when the dumb bells are by the ankles. Breathe naturally during the movement.</p>
 <p>Dumbbell Curl</p> <p>-keep back straight -chest out -head up</p> <p>20° bent</p>	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumb bells with your palms facing you. Start the movement by bending one of your arms and curling the dumb bell upwards towards the shoulders in controlled manner, as you do so rotate your wrist so that your palm faces upwards. Breathe naturally during the movement.</p>
 <p>Superman</p> <p>Neutral to supination</p> <p>Alternate</p>	<p>Description</p> <p>Lie on the ground with your hands out in front of your head. Simultaneously raise your arms, upper body and legs off the ground by contracting your back and buttock muscles. Keep you hips in contact with the ground and do not arch your back. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Stand upright with you shoulders back and your arms to your side holding the dumb bells, 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 repeat the jump. Breathe naturally during the movement.</p>

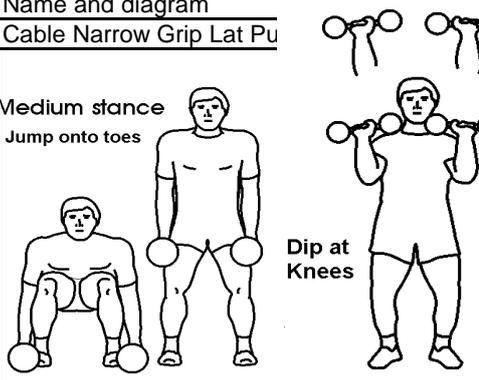
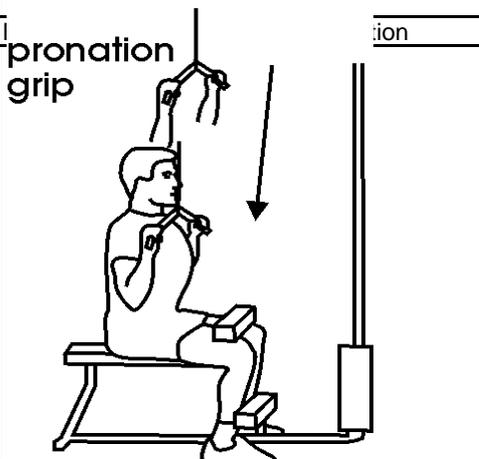
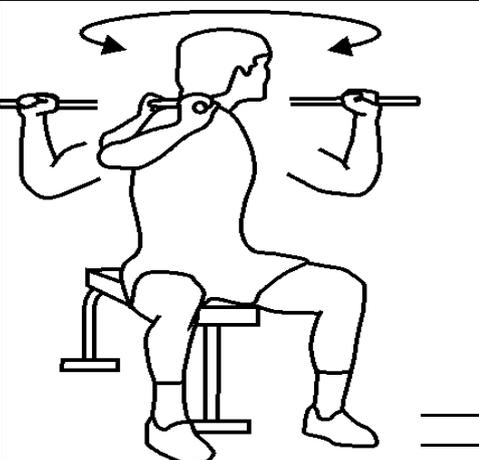
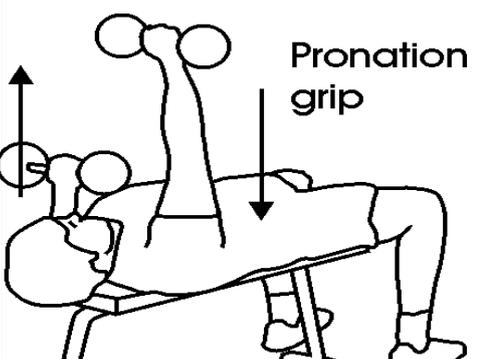
 <p data-bbox="539 526 638 638">Half Squat Jump</p> 	<p data-bbox="798 230 925 257">Description</p> <p data-bbox="798 257 1278 526">Stand upright with your shoulders back and your arms holding the dumb bell to your side. Keep your stomach pulled in and your feet shoulder width apart. Start the movement 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 data-bbox="798 678 925 705">Description</p> <p data-bbox="798 705 1278 940">Lie face down on the machine and place your legs so that the pads are resting on your calves. In a controlled manner bend the right knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.</p>
 	<p data-bbox="798 1126 925 1153">Description</p> <p data-bbox="798 1153 1278 1444">Stand upright facing the machine. Hold the handle at approximately chest height with your arms bent and close to the body. 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 shoulders. Raise the weight under control by bending the arms. Breathe out as you lower the weight and in as you raise it.</p>
 <p data-bbox="422 1377 582 1411">alternate</p> <p data-bbox="630 1601 774 1668">extend the feet</p>  <p data-bbox="470 1960 566 1993">semi-</p>	<p data-bbox="798 1574 925 1601">Description</p> <p data-bbox="798 1601 1278 1937">Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by raising your shoulders and simultaneously bending the arms to lift the dumb bells upwards towards the chest in a controlled manner. Lower the dumb bells in a controlled manner and repeat. Breathe naturally during the movement. When you have finished the required number of rows lift the dumb bells to the shoulders then straighten the arms to press the dumb bells overhead. Then lower the dumb bells to the shoulder. Breathe out as the dumb bells are pressed and in as they are lowered.</p>

Block 3 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Deadlift	60 seconds	12	2	12	2	12	3	10	3	10	3	8	3
Incline Roman Chair Back Extension & Rotation	45 seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	3	15 each side	3	15 each side	3
Dumb Bell Step Up	60 seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	3	8 each leg	3
Dumb Alternate Arm Bench Press	60 seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Swiss Ball Supine Trunk Rotation	45 seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	3	15 each side	3	15 each side	3
Dumb Bell Single Arm Bent Over Row	45 seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Dumb Bell Alternate Press (Supinated Grip)	60 seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Dumb Bell Squat Jump plus Push Press	60 seconds	12 + 12	2	12 + 12	2	10 + 10	3	10 + 10	3	10 + 8	3	10 + 8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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										
Cable Narrow Grip Lat Pulldown	45 seconds	12	2	12	2	12	3	10	3	10	3	8	3
Barbell Seated Half Plus Full Rotation	45 seconds	15	2	15	2	15	3	20	3	20	3	20	3
Dumb Alternate Arm Bench Press	60 seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Machine Leg Press	60 seconds	20	2	20	2	15	3	15	3	12	3	10	3
Swiss Ball Supine Trunk Rotation	45 seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	3	15 each side	3	15 each side	3
Dumb Bell Squat Jump plus Push Press	60 seconds	12 + 12	2	12 + 12	2	10 + 10	3	10 + 10	3	10 + 8	3	10 + 8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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												

Name and diagram	Gym Session A
<p>Barbell Deadlift</p> <p>-keep back straight -chest out -head up</p> 	<p>Description</p> <p>Bend over at the hips and knees so that your upper body 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 "clean" grip with your hands just outside your shins. Stand upright by straightening the legs and hips at the same time. Finish with your shoulders back and your arms holding the bar to the thighs. Lower the bar by bending first at the hips to "slide the bar down the thighs" before bending at the knees and placing the bar on the ground.</p>
<p>Incline</p> <p>Rotate trunk</p> 	<p>Description</p> <p>Lie on your stomach with your hands to your side of your head or folded in front of you. Adjust the chair so that it fits properly. Lower your upper body so that it is ninety degrees to your legs. Slowly raise your upper body that it is 45 degrees to the floor and in a straight line with your legs by contracting your back and buttock muscles. In this position rotate the body to the right. Reverse entire movement. Repeat but this time rotate the body to the left. Breathe naturally during the movement.</p>
<p>Front Step-up</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your feet shoulder width apart. 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 onto the box. Keep the upper body straight up. Step up onto the box with the other leg. 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 the movement.</p>
<p>Pronation grip</p> 	<p>Description</p> <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 right dumbbell straight upwards until the arm is straight. Hold the dumb bell momentarily at the top and then lower it under control. When the right dumb bell is back to the starting position raise the left dumb bell in the same way. Breathe out as you press the dumb bells and in as you lower them.</p>

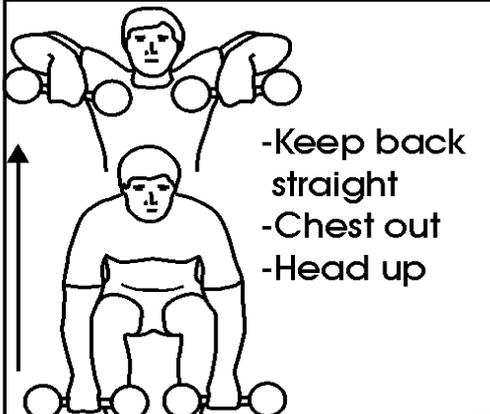
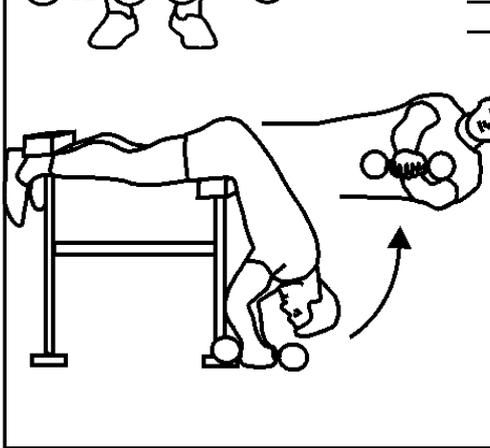
	<p>Description</p> <p>The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball. Use your abdominal and buttock muscles to elevate your hips to form a straight line from neck to knees. When this position is achieved lift your arms up straight together. Now slowly rotate your upper body so that your arms are out to the right hand side. Keep your hips up during the movement. Hold the position momentarily then rotate through the start point so the arms are out to the left hand side.</p>
	<p>Description</p> <p>Bend over at the hips and squat at the knees so that your upper body is approximately parallel with the floor. Rest your left hand and left shin on the bench. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold a dumb bell in your right hand. Start the movement by further pulling your shoulder blades together then pull your shoulders back and finally bend your arm to pull the dumb bell up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
<p>neutral grip</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your neck pulled in and your feet shoulder width apart. Hold the dumbbells at shoulder height palms facing towards you. Start the movement with the dumbbells at the shoulders then straighten one arm to press the dumb bell overhead. Lower the dumb bell to the shoulder and then press the other dumb bell overhead. Breathe out as the dumb bell is pressed and in as it is lowered.</p>
<p>Supination grip</p> <p>Alternate</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms to your side holding the dumbbells, 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. Upon finishing the jumps stand upright with the dumbbells at shoulder height palms facing forwards. 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 dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the dumbbells are pressed and in again as they are lowered.</p>

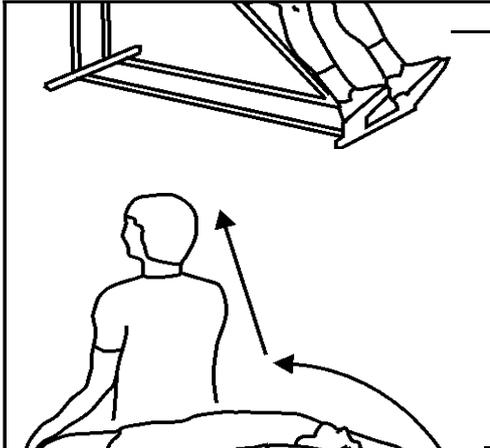
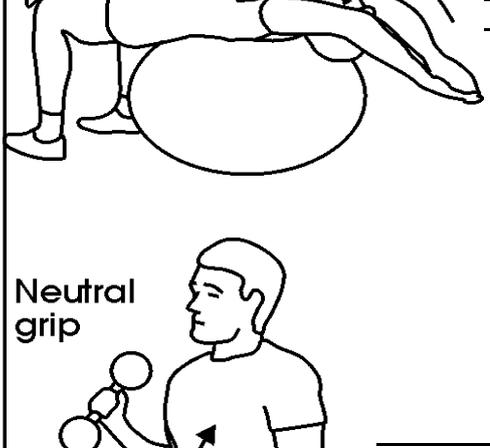
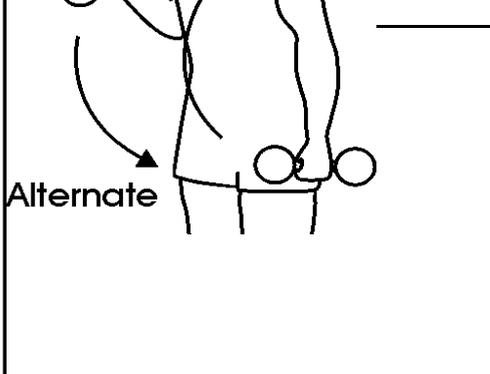
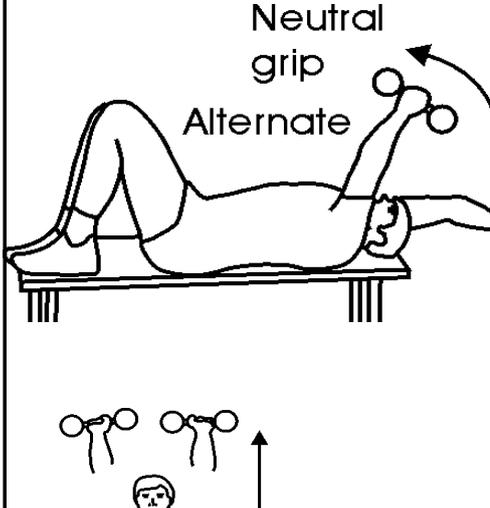
<p>Name and diagram</p> <p>Cable Narrow Grip Lat Pull</p>  <p>Medium stance Jump onto toes</p> <p>Dip at Knees</p>		<p>Gym Session B</p> <p>Description</p> <p>Hold the handle with a "narrow" grip i.e. your hands less than shoulder width apart. Pull your shoulder blades together and "stick your chest out" in order to maintain a slight back. Start the movement by furthering 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>
<p>Pronation grip</p> 		<p>Description</p> <p>Sit upright with your shoulders back and your arms holding a barbell behind your head. Keep your stomach pulled in and your feet shoulder width apart. Start the movement by rotating to the left at the waist. Hold the movement for a second and then rotate the body back to the centre, repeat for the required number of repetitions. Repeat the sequence on the right hand side. When you have completed the repetitions on both sides carry the required number of full rotations from middle to left to right to middle to left etc. Breathe naturally during the movement.</p>
<p>Dumb Alternate Arm Bench Press</p> 		<p>Description</p> <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 right dumbbell straight upwards until the arm is straight. Hold the dumb bell momentarily at the top and then lower it under control. When the right dumb bell is back to the starting position raise the left dumb bell in the same way. Breathe out as you press the dumb bells and in as you lower them.</p>
 <p>Pronation grip</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>

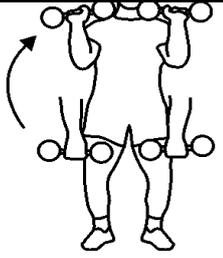
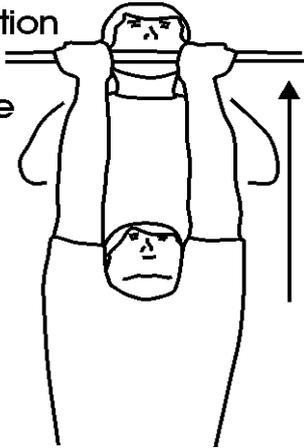
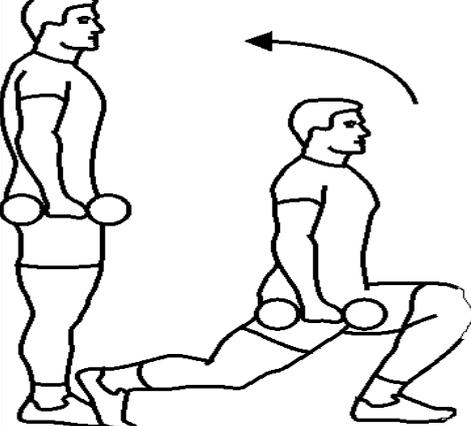
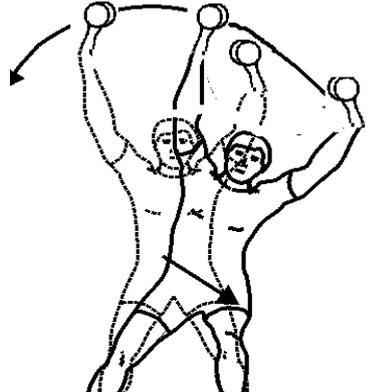
	<p>Description</p> <p>The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your shoulders are resting on the ball. Use your abdominal and buttock muscles to elevate your hips to form a straight line from neck to hips. When this position is achieved lift your legs up straight together. Now slowly rotate your upper body so that your arms are out to the right side. Keep your hips up during the movement. Hold the position momentarily then rotate through the start point so the arms are out to the left hand side.</p>
	<p>Description</p> <p>Stand upright with your shoulders back and your arms to your side holding the dumb bells, 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. Upon finishing the jumps stand upright with the dumbbells at shoulder height palms facing forwards. 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 dumb bells overhead. Lower the dumb bells to the shoulder and 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 they are lowered.</p>

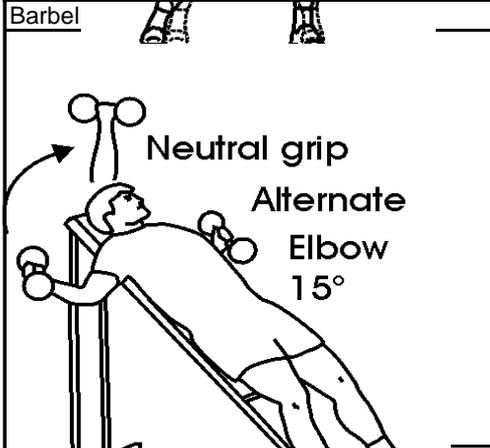
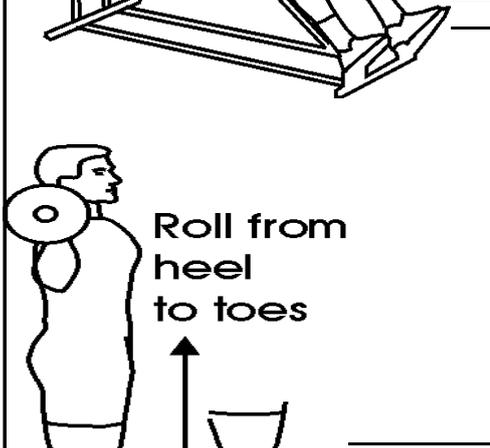
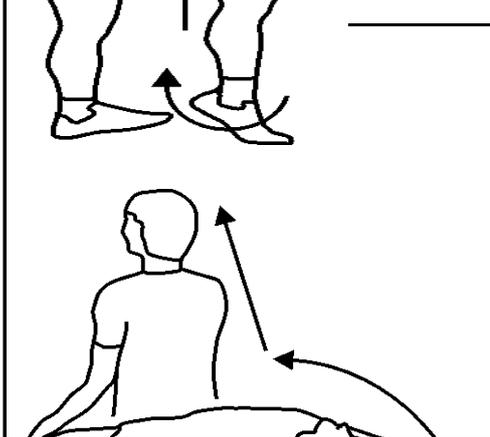
Block 4 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets	Reps	Sets								
Dumb Bell High Pull	60 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Roman Chair Back Extension & Rotation	60 Seconds	8 + 8	2	8 + 8	3	10 + 10	3	10 + 10	3	8 + 8	3	8 + 8	3
Dumb Bell Incline Flye	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Swiss Ball Extend and Sit Up	45 Seconds	15	2	15	2	15	3	20	2	20	2	20	2
Dumb Bell Alternate Arm Curl	45 Seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Dumb Bell Alternate Arm Pullover	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Dumb Bell Push Press and Jump Squat	60 Seconds	12 + 12	2	12 + 12	2	10 + 10	3	10 + 10	3	10 + 8	3	10 + 8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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												
Exercise	Rest Period Between Sets	Reps	Sets										
Chins Supinated Close Grip	45 Seconds	12	2	12	3	12	3	12	3	12	3	12	3
Dumb Bell Alternate Leg Lunge	60 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	3	8 each leg	3
Dumb Bell Overhead Side (Saxon) Bend	45 Seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	3	15 each side	3	15 each side	3
Dumb Incline Flye	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Barbell Calf Raise	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Swiss Ball Extend and Sit Up	45 Seconds	15	2	15	2	15	3	20	2	20	2	20	2
Dumb Bell Alternate Arm Curl	60 Seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 1
Dumb Bell High Pull	Description
	<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 to lift the dumb bells upwards 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. Breathe naturally during the movement.</p>
	<p>Description</p> <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 both hands (optional). Slowly raise your upper body so that it is parallel to the floor 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>
Dumb Incline Flye	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 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 dumb bells straight upwards until the arms are nearly straight and touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumb bells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumb bells and in as you lower them.</p>

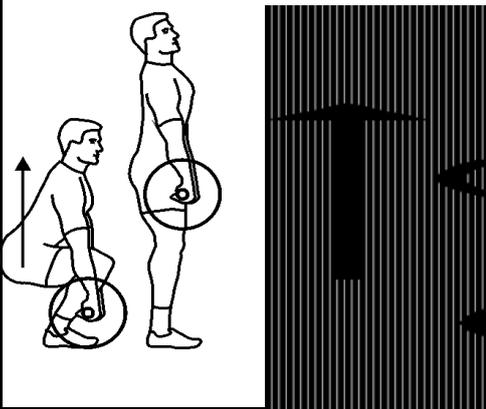
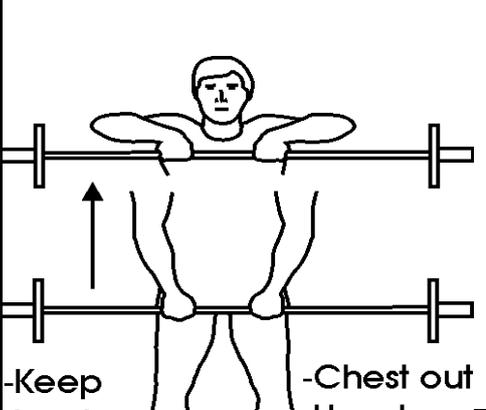
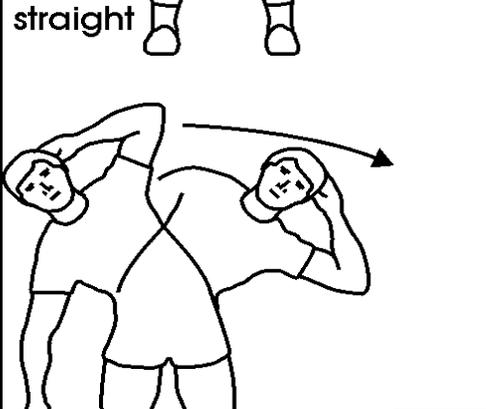
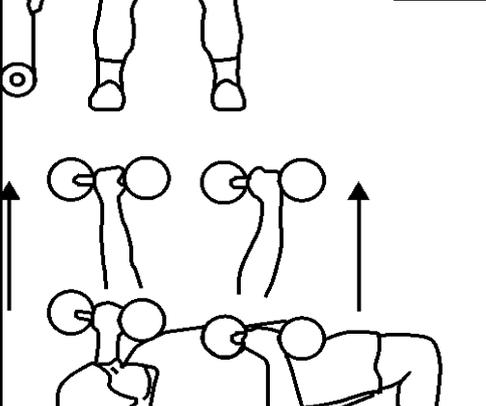
	<p>Description</p> <p>The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your upper back and shoulders are resting on the ball. Place your hands together overhead and extend your upper body so that your head and arms are pointing to the floor. Keep your stomach pulled in. Start the movement by slowly bending at the arms and neck and then follow this down the back bending at the shoulders, chest and then abdomen. Finish when you are sitting up with your hands on your knees. Hold the top position briefly before reversing the movement and continue to extend your back and neck down over the ball. Breathe naturally during the movement.</p>
	<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 one of your arms and curling the dumb bell upwards towards the shoulders in a controlled manner. Reverse the movement in a controlled way and repeat with the other arm. Breathe naturally during the movement.</p>
<p>Neutral grip</p>  <p>Alternate</p>	<p>Description</p> <p>Lie on your back on the bench with your head and shoulders in contact with the bench and your feet firmly on the floor or on the bench. Hold a dumb bell in each hand at arms length over and slightly behind your head. Start with each arm slightly bent (at about thirty degrees). Pull each dumb bell in turn over the shoulder and contract the back of your arm until the arm is straight above the head and then lower it slowly. Breathe naturally during the movement.</p>
<p>Neutral grip</p> <p>Alternate</p> 	<p>Description</p> <p>Stand upright with the dumbbells at shoulder height and your feet shoulder width apart and facing forwards. Squat down quickly into a partial squat and then immediately stand up straight and press the dumb bells overhead. Lower the dumb bells to the shoulder and then squat down again. Stay in during the down part of the squat then out as the dumb bell is pressed and in again as it is lowered. After finishing the press stand upright with your shoulders back and your arms to your side holding the dumb bells, 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.</p>

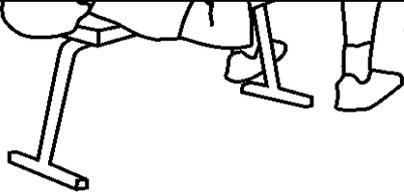
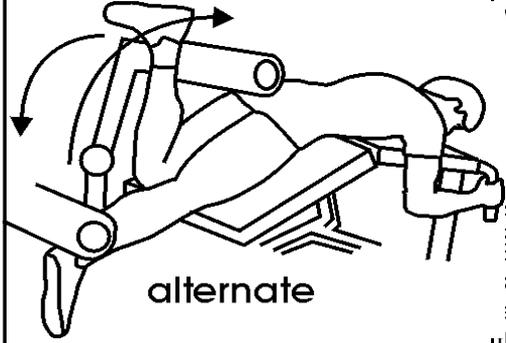
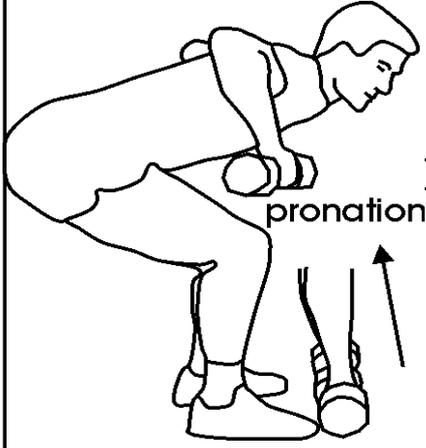
		Gym Session 2
 <p>Grip Medium stance Jump onto toes</p>	<p>Description</p> <p>Place your chin up bar with your palms facing shoulder width apart. Pull your body up so that your chin is over the bar. Keep your back straight during the exercise, do not swing with your hips or legs. Lower yourself with full arm extension and repeat for the required number of repetitions.</p>	
<p>supination grip close grip</p> 	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells to your side. 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>	
<p>Dumb Bell Overhead Side (Covers) Bend</p> 	<p>Description</p> <p>Stand upright with your shoulders back and your arms holding the dumbbells overhead. 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 your arms losing their parallel position. Breathe naturally during the movement.</p>	
<p>Dumb Incline Flye</p> 	<p>Description</p> <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 dumbbell 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 nearly straight and touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumbbells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumbbells and in as you lower them.</p>	

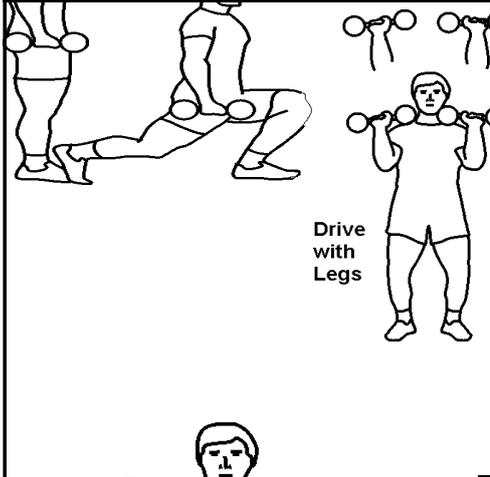
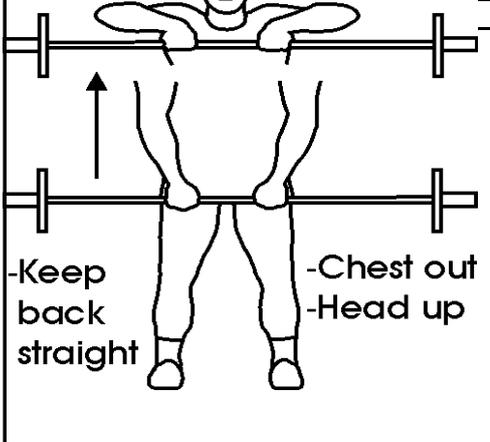
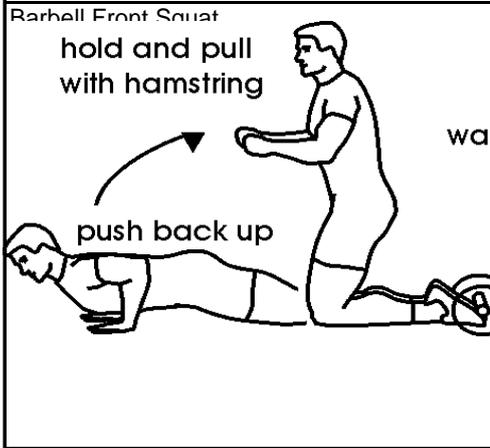
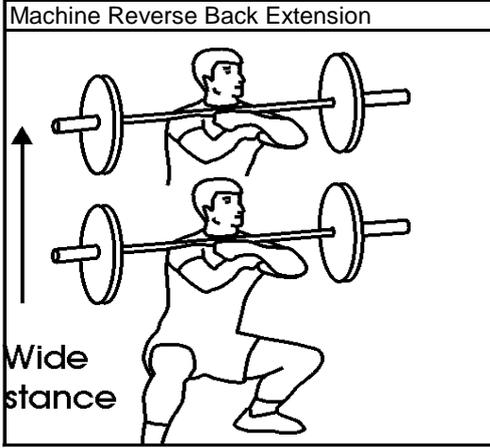
<p>Barbel</p> 	<p>Description</p> <p>Hold the barbell behind your neck and stand up straight. Rock back onto your heels to bring your toes off the ground and hold this position for one second. Then put your feet flat on the ground and then extend onto your toes. Then put your feet back to being flat on the ground for the next repetition.</p>
	<p>Description</p> <p>The exercise starts with you sitting back straight in the neutral position on a Swiss Ball. Tuck your chin in and walk down and away from the ball until your upper back and shoulders are resting on the ball. Place your hands together overhead and extend your upper body so that your head and arms are pointing to the floor. Keep your stomach pulled in. Start the movement by slowly bending at the arms and neck and then follow this down the back bending at the shoulders, chest and then abdomen. Finish when you are sitting up with your hands on your knees. Hold the top position briefly before reversing the movement and continue to extend your back and neck down over the ball. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Stand upright with you shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement by bending one of your arms and curling the dumb bell upwards towards the shoulders in a controlled manner. Reverse the movement in a controlled way and repeat with the other arm. Breathe naturally during the movement.</p>

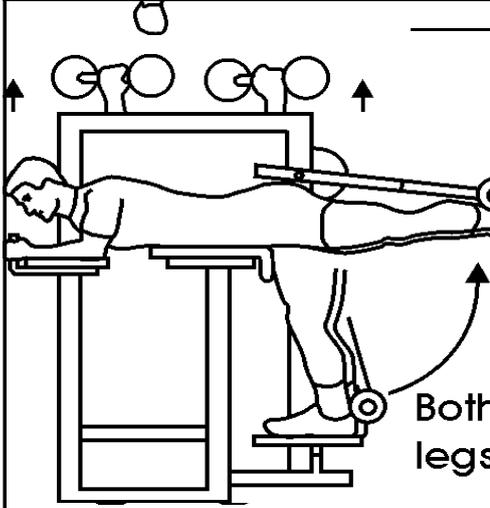
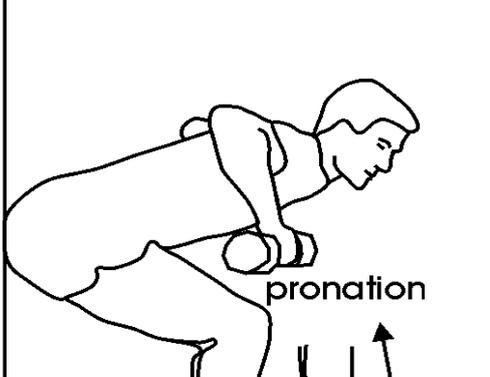
Block 5 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Deadlift	60 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Barbell Upright Row	60 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Cable Side Bend	45 Seconds	12 each side	2	12 each side	2	12 each side	3	10 each side	3	10 each side	3	10 each side	3
Dumb Bell Bench Press	60 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Machine Prone Alternate Leg Curl	45 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	3	8 each leg	3
Dumb Bell Two Arm Bent Over Row	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Dumb Alternate Leg Lunge and Push Press	60 Seconds	12 + 12 + 10	2	12 + 12 + 10	2	10 + 10 + 8	3	10 + 10 + 8	3	8 + 8 + 6	3	8 + 8 + 6	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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										
Barbell Upright Row	60 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Nordic Hamstring Raise	45 Seconds	12	2	12	2	12	3	15	3	15	3	15	3
Barbell Front Squat	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Machine Reverse Back Extension	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Dumb Bell Two Arm Bent Over Row	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Dumb Bell Military Press	60 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 1
<p>Barbell Deadlift</p> 	<p>Description</p> <p>Bend over at the hips and knees so that your upper body 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 "clean" grip with your hands just outside your shins. Stand upright by straightening the legs and hips at the same time. Finish with your shoulders back and your arms holding the bar to the thighs. Lower the bar by bending first at the hips to "slide the bar down the thighs" before bending at the knees and placing the bar on the ground.</p>
<p>Barbell Upright Row</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the barbell with a shoulder width (clean) grip. Start the movement by raising your shoulders and simultaneously bending the arms to lift the barbell upwards towards the chest in a controlled manner. Keep your elbows higher than your wrists. Lower the barbell in a controlled manner and repeat. Breathe naturally during the movement.</p>
	<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>
	<p>Description</p> <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>

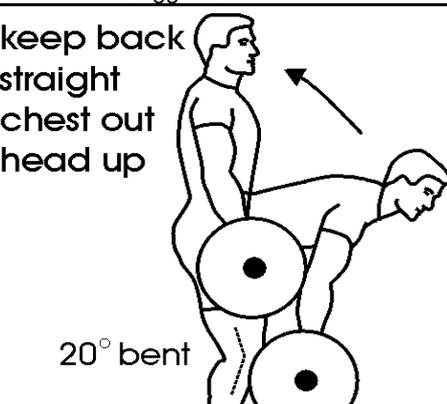
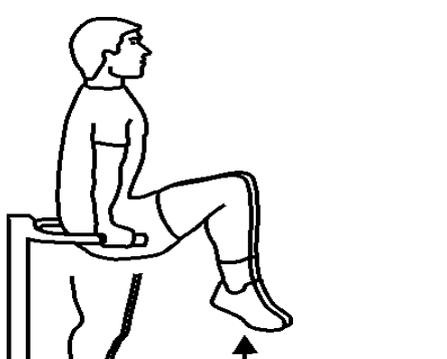
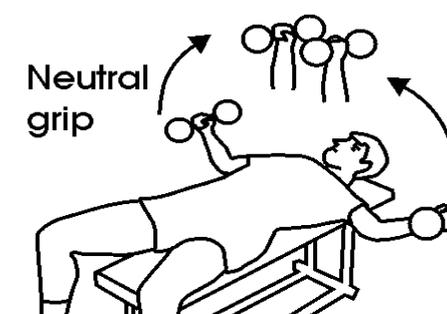
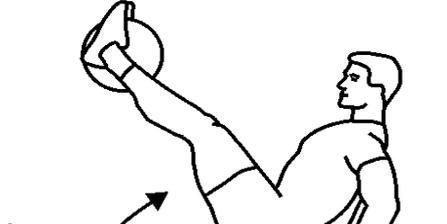
	<p>Description</p> <p>Lie face down on the machine and place your legs so that the pads are resting on your calves. In a controlled manner bend the left knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.</p>
 <p>alternate</p>	<p>Description</p> <p>Bend over at the hips and squat at the 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. Start the movement by further pulling your shoulder blades together then pull your shoulders back and finally bend your arms to pull the dumb bells up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during the movement.</p>
 <p>pronation</p>	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells to your side. 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. After the required number of repetitions stand upright holding the dumbbells at shoulder height palms facing forwards. Squat down quickly into a quarter squat and then immediately stand up straight and press the dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>

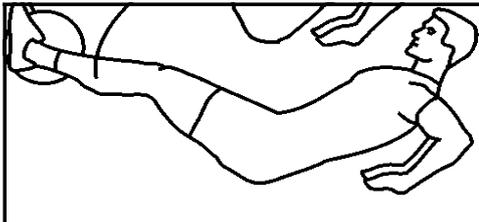
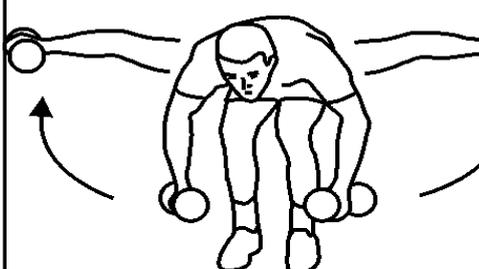
	<p>n Session 2</p> <p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the barbell with a shoulder width (clean) grip. Start the movement by driving your shoulders and simultaneously extending the arms to lift the barbell upwards towards the chest in a controlled manner. Keep your elbows higher than your wrists. Lower the barbell in a controlled manner and repeat. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Kneel on the ground with your feet supported by a partner or hooked under an object such as a dumb bell. Slowly lower yourself, keeping a straight line through your thighs and upper body. When you get to the ground push off using your hands and return to the starting position.</p>
<p>Barbell Front Squat</p> 	<p>Description</p> <p>It is important to develop the required flexibility to carry out this movement safely, 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 stand 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>
<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 either rest on or be just above the bench. Contract your buttocks and lower back to bring 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>

 <p>Both legs</p>	<p>Description</p> <p>Bend over at the hips and squat at the 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. Start the movement by further pulling your shoulder blades together then pull your shoulders back and finally bend your arms to pull the dumb bells up to your chest, (these three movements should flow as one single event). Reverse the movement slowly. Breathe naturally during movement.</p>
 <p>pronation</p>	<p>Description</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 dumb bells overhead using only your shoulders and arms, taking care not to arch your back. Lower the dumb bells to the shoulder and then press them. Breathe out as the dumb bells are pressed and in again as they are lowered.</p>

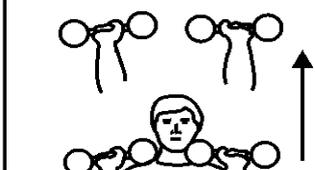
Block 6 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Barbell Stiff Legged Deadlift	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Dipping Bar Leg Raise	60 Seconds	15	2	15	2	15	3	20	3	20	4	20	4
Dumb Bell Supine Flye	45 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Medicine Ball Supine Leg Raise	45 Seconds	15	2	15	2	15	3	20	3	20	4	20	4
Dumb Bell Bent Over Lateral Raise	45 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Dumb Bell Push Press	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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.												

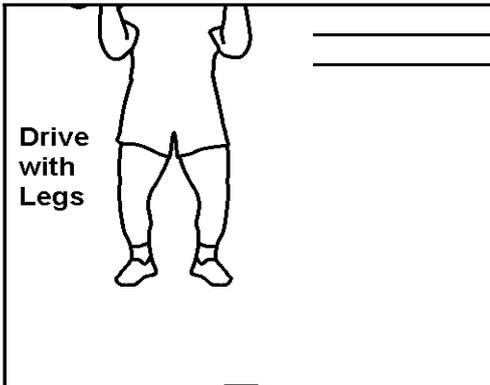
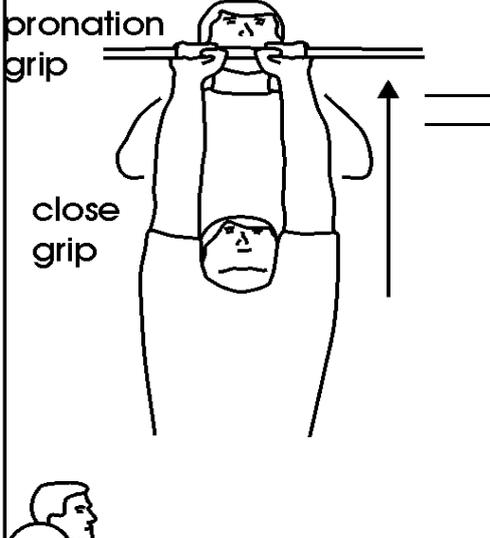
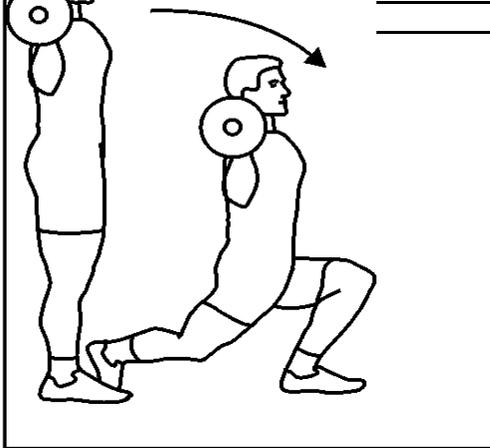
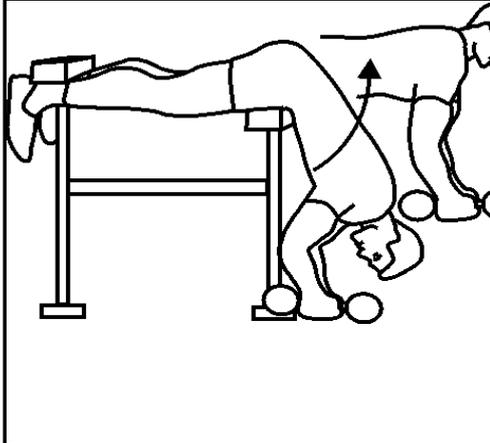
Block 6 Gym Session B	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets	Reps	Sets								
Chins Pronated Close Grip	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Barbell Alternate Leg Lunge	60 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	4	8 each leg	4
Roman Chair Back Extension	45 Seconds	15	2	15	2	15	3	20	3	20	4	20	4
Dumb Bell Supine Flye	45 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Machine Seated Alternate Leg Extension	45 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	4	8 each leg	4
Dumb Bell High Pull plus Push Press	60 Seconds	12 + 12	2	12 + 12	2	10 + 10	3	10 + 10	3	10 + 8	4	10 + 8	4
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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.												

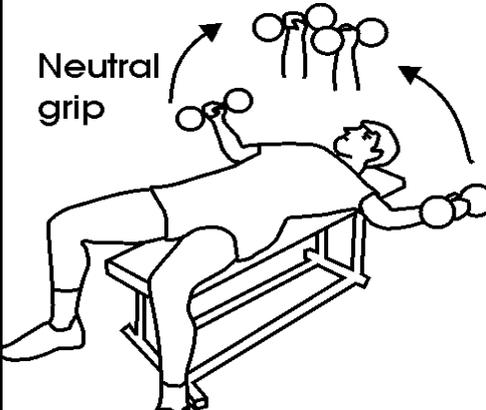
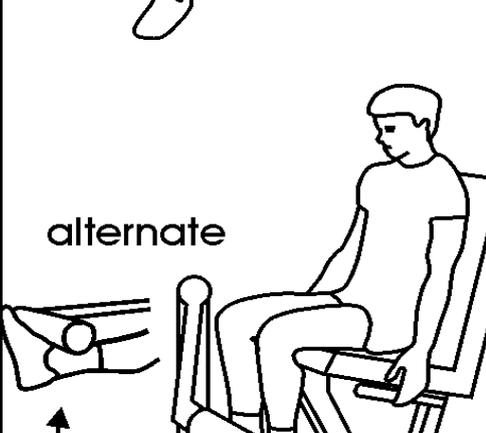
Name and diagram	Gym Session 1
<p>Barbell Stiff Legged Deadlift</p> <p>-keep back -straight -chest out -head up</p>  <p>20° bent</p>	<p>Description</p> <p>Lift the bar to the starting point using a bent legged deadlift. Pull your shoulder blades together and "stick your chest out" in order to maintain a straight back. Hold the bar using an overhand "clean" grip with your hands just outside your shins. Start the movement by bending forward at the waist, keeping the knees slightly bent. Keep your chest out and your shoulders back throughout the movement. Finish the movement when the barbell is on the floor or you can no longer maintain a straight back. Stand upright by straightening the legs and hips at the same time. Finish with you shoulders back and your arms holding the bar to the thighs.</p>
	<p>Description</p> <p>Support yourself using your hands or forearms on the handles of the dipping bar. Raise your legs by simultaneously bending at the hips and knees until your thighs are higher than parallel to the floor. Use your abdominal muscles to control the movement and do not swing. Slowly lower yourself to the starting position.</p>
 <p>Neutral grip</p>	<p>Description</p> <p>Lie on your back on a bench with your head and shoulders in contact with the bench and your feet frmly on the floor. Hold a dumb bell in each hand level with and just outside the chest. In a controlled manner press the dumb bells straight upwards until the arms are nearly straight and touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumb bells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumb bells and in as you lower them.</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 knees or feet (harder). Keep your stomach pulled in. Start the movement by slowly bending at your hips to lift your legs so that they are just above forty five degrees to the floor. Slowly lower your legs until your feet are just above the ground. Repeat for the required number of repetitions. Breathe naturally during the movement.</p>

	<p>Description</p> <p>Start with your arms slightly bent and your palms facing each other. Bend over at the hips and squat at the knees so that your upper body is approximately parallel with the floor. "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 bring your arms up so that they are parallel to the floor, (these three movements should flow as one single unit). Reverse the movement slowly. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Stand upright with your shoulders back and your feet shoulder width apart. Holding the dumbbells at shoulder height with your palms facing forwards. Keep your stomach tucked in. 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 dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the dumbbells are pressed and in again as it is lowered.</p>

-keep back straight
 -chest out
 -head up

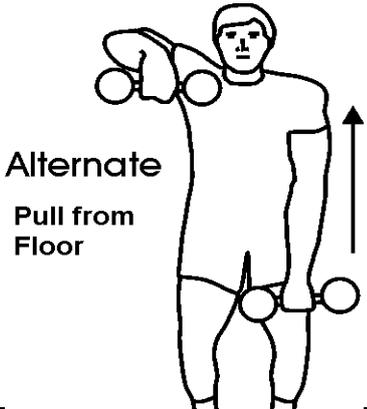
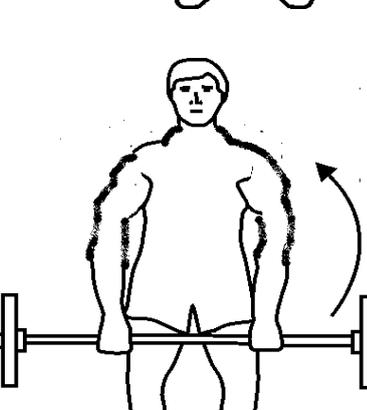
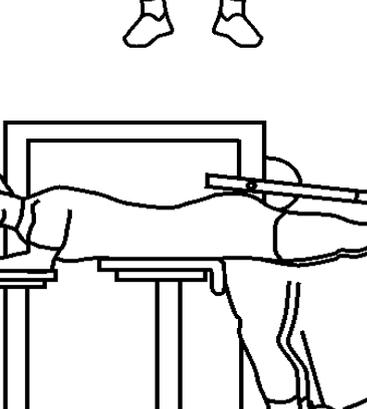
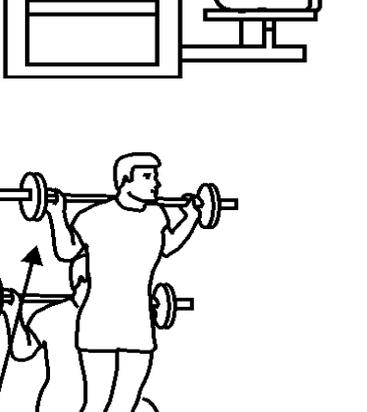


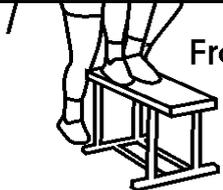
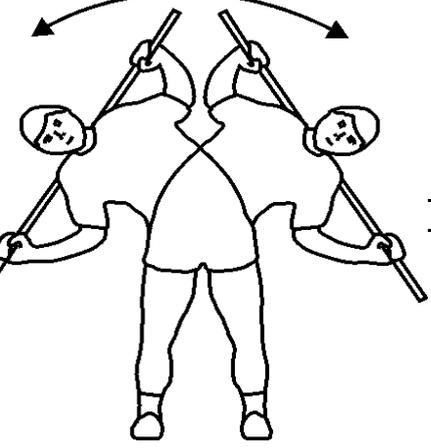
 <p>Drive with Legs</p>	<p>Gym Session 2</p> <p>Description</p> <p>Hold the chin up bar with your palms facing away from you shoulder width apart. Pull your body up so that your chin is over the bar. Keep your body straight during the exercise, do not swing with your hips or legs. Lower yourself to full arm extension and repeat for the required number of repetitions.</p>
 <p>pronation grip</p> <p>close grip</p>	<p>Description</p> <p>Stand upright with you 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>
	<p>Description</p> <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. Slowly raise your upper body so that it is parallel to the floor by contracting your back and buttock muscles. Hold the top and bottom positions for one second. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Lie on your back on a bench with your head and shoulders in contact with the bench and your feet flat on the floor. Hold a dumb bell in each hand with your arms straight and just outside the chest. In a controlled manner press the dumb bells straight up until the arms are nearly straight and the dumbbells are touching. From this position lower the arms out to the side until they are parallel with the floor. Now raise your virtually straight arms until the dumbbells touch at the top. Repeat for the required number of repetitions. Breathe out as you raise the dumb bells and in as you lower them.</p>

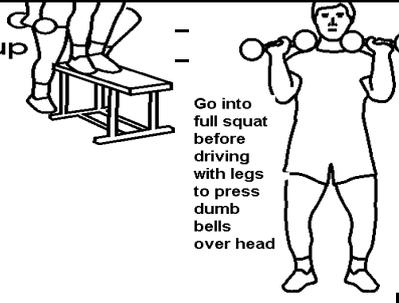
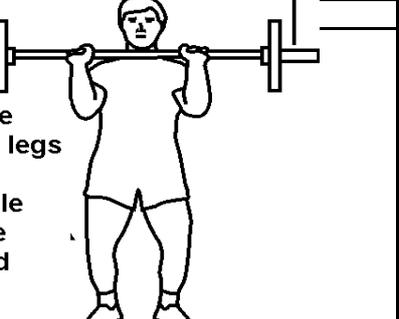
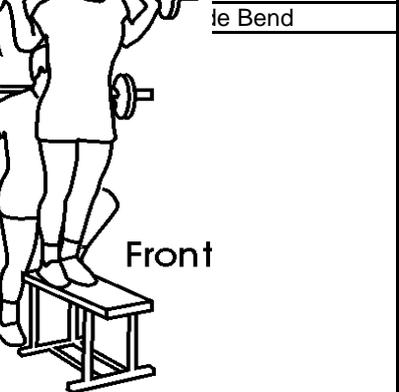
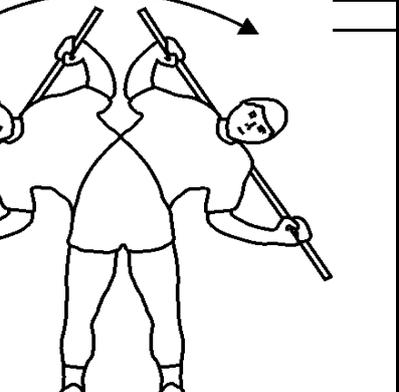
Machine Seated Alternate Leg Extension	Description
 <p>Neutral grip</p>	<p>Sit down on the machine and place your legs so that the pads are resting on your shins. In a controlled manner straighten the right knee to raise the weight upwards. Momentarily hold the top position and then lower the weight under control. Repeat with the other leg. Breathe out as you raise the weight and in as you lower it.</p>
 <p>alternate</p>	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the dumbbells just outside your legs palms facing forwards. Start the movement by straightening the knees and pushing the hips forward. Then shrug the shoulders and simultaneously bend the arms to lift the dumbbell upwards level with your chest. As the dumbbells are lifted extend the legs and finish on your toes. Perform the required number of repetitions hold the dumbbells at shoulder height and squat down quickly into a quarter squat and then immediately stand up straight press the dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again.</p>

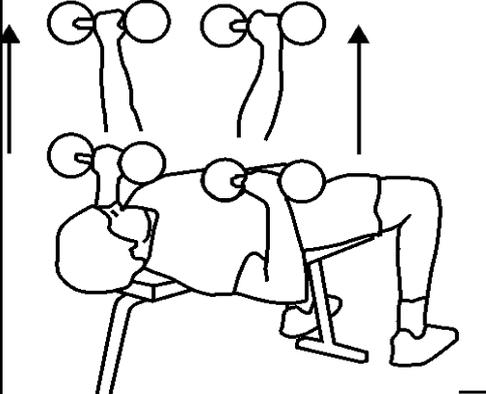
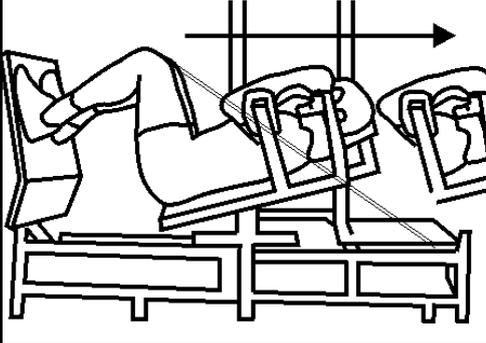
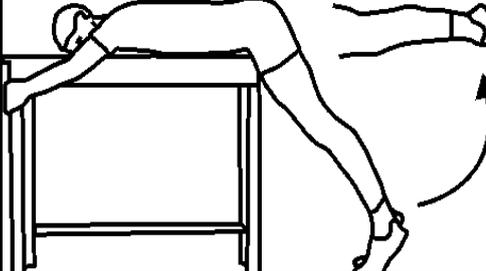
Block 7 Gym Session A	Dates W/C												
Exercise	Rest Period Between Sets	Reps	Sets										
Dumb Bell Alternate Arm High Pull	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Barbell Clean Grip Shrugs	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Machine Reverse Back Extension	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Barbell Step Up	60 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	4	8 each leg	4
Barbell Behind the Neck Side Bend	60 Seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	3	15 each side	3	15 each side	3
Dumb Step Up and Squat Push Press	60 Seconds	12 + 12 + 10	2	12 + 12 + 10	2	10 + 10 + 8	3	10 + 10 + 8	3	8 + 8 + 6	4	8 + 8 + 6	4
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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	Reps									
Barbell Push Press	60 Seconds	12	2	12	3	10	3	10	3	8	4	6	4
Barbell Step Up	60 Seconds	12 each leg	2	12 each leg	2	12 each leg	3	10 each leg	3	10 each leg	4	8 each leg	4
Barbell Behind the Neck Side Bend	45 Seconds	12 each side	2	12 each side	2	12 each side	3	15 each side	3	15 each side	3	15 each side	3
Dumb Bell Bench Press	60 Seconds	12	2	12	3	10	3	10	3	6	3	6	3
Machine Leg Press	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Reverse Back Extension on Bench	45 Seconds	10	2	10	2	10	3	12	3	15	3	20	3
Cable Standing Single Arm Pull	45 Seconds	12 each arm	2	12 each arm	2	12 each arm	3	10 each arm	3	10 each arm	3	8 each arm	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 1
Dumb Bell Alternate Arm High Pull	Description
 <p>Alternate Pull from Floor</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 right shoulder 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 finish on your toes. Lower the dumb bell in a controlled manner and repeat with the left arm. Breathe naturally during the movement.</p>
Barb	Description
	<p>Pick up a light barbell from the floor using good technique. Stand upright with your shoulders back and your arms extended out in front, your stomach pulled in and your feet shoulder width apart. Hold the barbell with a "clean" grip i.e. just outside your body. Keep your chin forward or slightly down. Pull your shoulder blades together then raise your shoulders to shrug the bar. Do not roll the shoulders, it is a "I don't know" shrug. Lower the bar under control to the thighs and repeat. Breathe naturally during the movement.</p>
Barb	Description
	<p>Lie prone on the bench with your heels resting on the pads. Support yourself on your hands or forearms. Your forehead will either rest on or be just above the bench. Contract your buttocks and lower back to lift your legs up and in line with your torso. Lower your legs in a controlled manner and repeat for the required number of repetitions. Breathe naturally during this movement.</p>
Both legs	Description
	<p>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 onto the box. Keep the upper body straight up. Step up onto the box with the other leg. 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 the movement.</p>

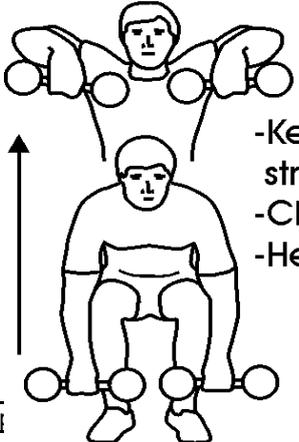
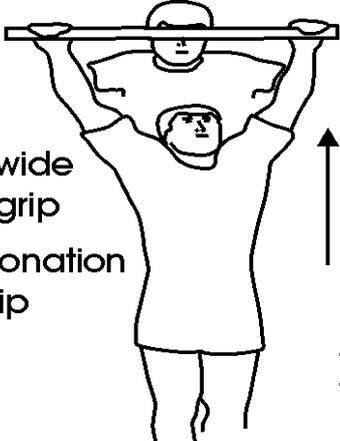
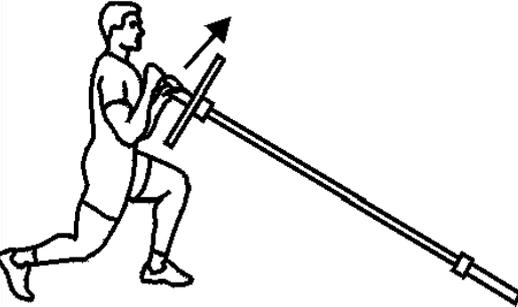
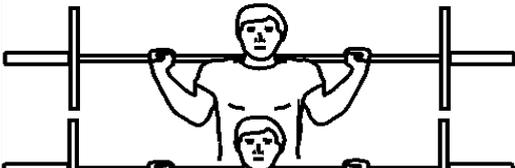
 <p style="text-align: center;">Side Bend</p> <p style="text-align: center;">Front</p>	<p>Description</p> <p>Stand upright with your shoulders back holding a barbell behind your neck resting on your shoulders and upper back. Keep your stomach pulled in and your feet shoulder width apart. Start the movement 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. Reverse the movement then repeat to the other side. Breathe naturally during the movement.</p>
	<p>Description</p> <p>Stand upright with your shoulders back holding the dumbbells to your side. From this position step onto the box. Keep the upper body straight up. Step up onto the box with the other leg. Step down off the box using the first leg and then the second leg. Repeat using the other leg as the lead leg. When you have completed the required repetitions hold 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 dumbbells overhead. Lower the dumbbells to the shoulder and then squat down again. Breathe in during the down part of the squat then out as the dumb bell is pressed and in again as it is lowered.</p>

<p>Front Step-up</p> 	<p>Session 2</p> <p>Description</p> <p>Stand upright with your 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 to 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>
<p>Drive with legs with single knee bend</p> 	<p>Description</p> <p>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 onto the box. Keep the upper body straight up. Step up onto the box with the other leg. 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 the movement.</p>
<p>Side Bend</p> 	<p>Description</p> <p>Stand upright with your shoulders back holding a barbell behind your neck resting on your shoulders and upper back. 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. Reverse the movement then repeat to the other side. Breathe naturally during the movement.</p>
	<p>Description</p> <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 dumbbell 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 dumbbells momentarily at the top and then lower them under control. Breathe out as you press the dumbbells and in as you lower them.</p>

<p>Machine Leg Press</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>
	<p>Description</p> <p>Lie prone on the bench with your toes resting on the floor. Support yourself with your hands or forearms. Your forehead will either rest on or be just over the bench. Contract your buttocks and lower back to lift your legs up to be 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>
<p>Cable Standing Single Arm Pull</p> 	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the cable at hip height in your right hand at arms length so that the cable 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. Start the movement by further pulling your shoulder blades together then pull your right shoulder back and finally extend your arm to pull the handle up to your chest, these three movements should flow as one single unit. Reverse the movement slowly. Continue for the required number of repetitions and then repeat starting with the left arm. Breathe naturally during the movement.</p>

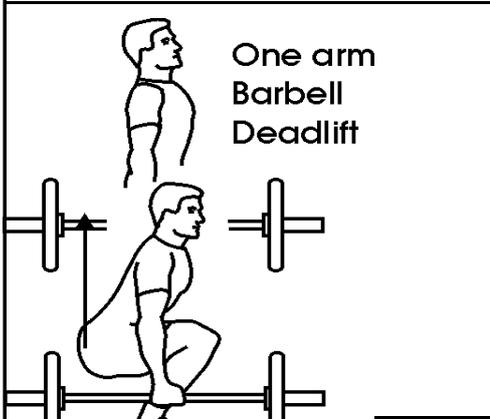
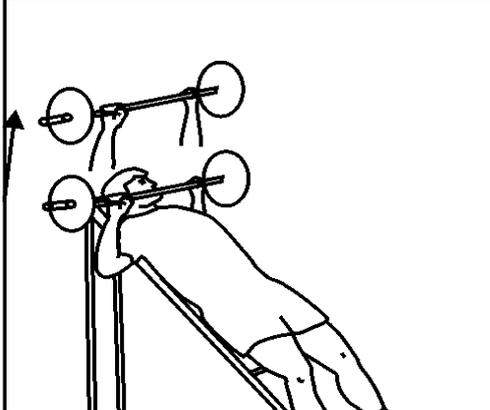
Block 8 Gym Session A	Dates W/C												
Exercise	Set	Reps	Sets										
Dumb Bell High Pull	60 Seconds	12	2	12	3	10	3	10	3	8	4	6	4
Pull Ups Wide Grip	60 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Barbell Half Moon	60 Seconds	12	2	12	3	10	3	10	3	8	3	6	3
Barbell Back Squat	90 Seconds	12	2	12	3	10	3	10	3	8	4	6	4
Barbell Incline Press	60 Seconds	12	2	12	3	10	3	10	3	8	3	6	3
Dumb Bell Two Arm Standing L Fly	45 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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	Set	Reps	Sets	Reps	Sets								
Barbell Push Jerk	60 Seconds	12	2	12	3	10	3	10	3	8	4	6	4
Dumb Bell Lateral Raise	45 Seconds	12	2	12	3	10	3	10	3	8	4	8	4
Barbell Front Squat	90 Seconds	12	2	12	3	10	3	10	3	8	4	6	4
Barbell Single Arm (suitcase) Deadlift	60 Seconds	12 each side	2	12 each side	2	12 each side	3	10 each side	3	10 each side	3	8 each side	3
Barbell Incline Press	45 Seconds	12	2	12	3	10	3	10	3	8	3	6	3
Barbell Reverse Curl Front Press Rear Press Combo	60 Seconds	12	2	12	3	10	3	10	3	8	3	8	3
Notes	To be done 3 times per week. Complete a ten minute cardiovascular warm up at the start of the session. 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 1
Dumb Bell High Pull	Description
 <p>-Keep back straight -Chest out -Head up</p>	<p>Stand upright with your shoulders back, your chest 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 shifting the hips forward, then shrug the shoulders and simultaneously bend the knees to lift the dumb bells upwards 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. Breathe naturally during the movement.</p>
Pull Up	Description
 <p>wide grip pronation grip</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 exercise, do not swing with your hips or legs. Lower yourself to full arm extension and repeat for the required number of repetitions.</p>
	Description
	<p>Fix the barbell in the slot or into the corner at the meeting of two walls and hold the end in two hands resting on the right shoulder. Have your feet in either a split or parallel stance. Dip your legs and stand up to press the bar overhead, dip again as you bring the bar back down onto the left shoulder. The bar travels in a semi circle overhead.</p>
	Description
 <p>Wide stance back squat</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 behind your neck resting on the top of your shoulders. Keep your stomach pulled in and your feet shoulder width apart. Squat 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>

	<p>Description</p> <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 the 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>
	<p>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the upper arms raised parallel to the ground and the elbows bent. By rotating the shoulders raise the dumbbells to just above eye level and then slowly lower them. Keep the elbows at right angles throughout. Breathe out as you raise the dumbbells and breathe in as you lower them.</p>

		<p>ym Session 2</p> <p>Description</p> <p>and 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 and then immediately stand up straight and press the barbell level with the forehead, when the bar is at that level bend the knees again between a quarter and half squat which will lead to the arms straightening; stand up from this position with the bar 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>Description</p> <p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Start the movement with the dumbbells together in front of the body with the elbows slightly bent. Raise the dumbbells to just above shoulder level and then slowly lower them. Breathe out as you raise the dumbbells and breathe out as you lower them.</p>
		<p>Description</p> <p>is important to develop the required flexibility to carry out this movement safely, start by using a broom handle. Stand right with your shoulders back holding the barbell in front of the shoulders in either an overgrip 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>
		<p>Description</p> <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 barbell in the middle to the side of the body. Stand upright by straightening the legs and sit at the same time. Finish with your shoulders back and your arms holding the barbell to 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>Description</p> <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 barbell in the middle to the side of the body. Stand upright by straightening the legs and sit at the same time. Finish with your shoulders back and your arms holding the barbell to 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>Barbell Incline Bench Press</p>	<p>Description</p>
 <p>One arm Barbell Deadlift</p>	<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. 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>
<p>ss Combo</p>	<p>Description</p>
	<p>Stand upright with your shoulders back, your stomach pulled in and your feet shoulder width apart. Hold the barbell with a shoulder width (clean) grip. Start the movement by bending the arms and curling the barbell upwards towards the shoulders in a controlled 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>