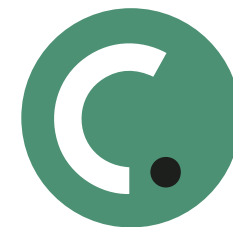


GYM-BASED WORKOUTS

WEEKS 1, 2 AND 3



CHIPPER
WELLBEING HUB

GBC

On this programme, you want to be learning how to lift weights correctly, with good technique and on tempo. The hardest, most complicated and compound exercises are first with an intention to go heavy here. As week 1 of the programme, this would be classed as an accumulation phase.

WORKOUT 1:

ORDER	EXERCISE	SETS	REPS	REST	TEMPO
A1	LEG PRESS	5	10	0 SECS	3110
A2	STANDING DB SHOULDER PRESS	5	10	60 SECS	3110
B1	LYING/SEATED LEG CURL	4	12	0 SECS	3010
B2	DB CHEST PRESS / PRESS UPS	4	12	60 SECS	3110
C1	DB SPLIT SQUATS	4	12EL	0 SECS	3110
C2	BB HIP THRUST	4	12	45 SECS	2012
D1	PROWLER (HEAVY)	3	1 LAP	0 SECS	SPRINT
D2	PRESS UPS	3	12	0 SECS	2010

WORKOUT 2:

ORDER	EXERCISE	SETS	REPS	REST	TEMPO
A1	HACK SQUAT	5	10	0 SECS	3110
A2	TRAP BAR DEADLIFT	5	10	60 SECS	2121
B1	DB PRONE ROW	4	12	0 SECS	3110
B2	DB CHEST PRESS/ INCLINE SHOULDER PRESS	4	12	60 SECS	3011
C1	LEG EXTENSION	4	12	0 SECS	2011
C2	DB LUNGES	4	12EL	45 SECS	2010
D1	AIR BIKE	3	12	0 SECS	SPRINT
D2	LAT RAISE	3	12	0 SECS	3110