



Luke Morbey Training & Therapy

Session component	Exercise name	Weight & Type	Reps/Intervals/Duration	Sets
Warm up Drills				
Resistance weights	Wide to Narrow Press ups	Moderate	20	00
	Y/W Rows	Moderate		
	lunges	Moderate		
	burpees	Moderate	5	
	Grave yards full	Moderate		
	2 Minutes cardio task - running, rowing, bike etc.			
Cardio				
Core/Abs				
Cool down Stretches				