



Session component	Exercise name	Weight & Type	Reps/Intervals/Duration	Sets
Warm up Drills				
Resistance weights	<u>Chest circuit</u>			
	Chest press into burpees	Machine - heavy	20	3
	Shoulder press, bicep curls & overhead tricep extensions	Moderate	30s	
	<u>Back Circuit</u>			
	Lat pull down into burpees	Machine - heavy	20	3
	Straight legged deadlifts, back extensions	Moderate	30s	
	<u>Leg circuit</u>	Machine - heavy	20	3
	Leg press into body weight squats	Moderate	20	
Cardio	Continuous - any machine			
Core/Abs	Small abs circuit- custom per person			
Cool down Stretches				