



Luke Morbey Training & Therapy

Session component	Exercise name	Weight & Type	Reps/Intervals/Duration	Sets
Warm up Drills				
Resistance weights	Chest press	Moderate	5+ reps per round	AM RAP
	Chest flys	Light		
	Pull overs	Light		
	Static press up holds	Body	Till fatigue	
	Shoulder press	Moderate	5+ reps per round	
	Lateral/side raises	Light		
	Overhead tricep extensions	Light		
Cardio				
Core/Abs				
Cool down Stretches				