



Super-set training program

Session One:

Cardiovascular training: 20 minutes

*Power walking on treadmill on high incline with 3kg each dumbbell in hands
(remember good posture)*

1. Hinge abs then superset to lower back hyper extension

Resistance performed

- Set 1-3: 15 reps

body weight

2. With 3kg dumbbells in hands Lunge onto bosu® ball & raise leg double shoulder press, then change legs & lunge down for two steps

- Set 1-3: 20 reps

3 kg each

3. Cable seated row machine then super set to push-ups

Resistance performed

- Set 1-3: 10 reps

4 plates & body weight

4. Standing dumbbell bicep curls then super set to dumbbell kickbacks

Resistance performed

- Set 1-3: 10 reps

5-8kg then 3kg

5. Stepping over bosu® ball & dumbbell punch

Resistance performed

- Set 1-3: 20 reps

3 kg

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Twist stretch

Session Two:

Cardiovascular training: 20 minutes

*Power walking on treadmill on high incline with 3kg each dumbbell in hands
(remember good posture)*

1. Barbell stiff-legged deadlift then super set to bosu® squats Resistance performed

- Set 1-3: 15 reps 10 kg & body weight

2. Rear deltoid raise with dumbbell then super set with assisted dips

- Set 1-3: 10-15 reps 5 kg each & body weight

3. Alternate push-up on bosu® or step Resistance performed

- Set 1-3: 10 reps body weight

4. Side-side-middle toe raise for abdominals with exercise ball or hands

- Set 1-3: 15 reps body weight or exercise ball

5. Step up onto bench & down then side of bench & over & repeat & punch with dumbbells

- Set 1-3: 20 reps 3 kg

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Side stretch

Session Three:

Cardiovascular training: 20 minutes

*Power walking on treadmill on high incline with 3kg each dumbbell in hands
(remember good posture)*

1. Lunge & kick & single arm tricep kickback using cable

Resistance performed

- Set 1-5: 15 reps

2 plates

2 Chin ups then super set to incline dumbbell flyes

Resistance performed

- Set 1-3: 10 reps

5 kg & own body weight

3. Hamstring raise onto exercise ball whilst lying on floor then super set to abdominals on exercise ball

Resistance performed

- Set 1-3: 15 reps

own body weight

4. Side deltoid raise and front deltoid raise whilst stepping over bench

Resistance performed

- Set 1-3: 20 reps

3-5 kg

5. Star jumps with 2kg dumbbells then super set to side step with tricep kick back

- Set 1-3: 10 reps each exercise

2 kg

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Side stretch