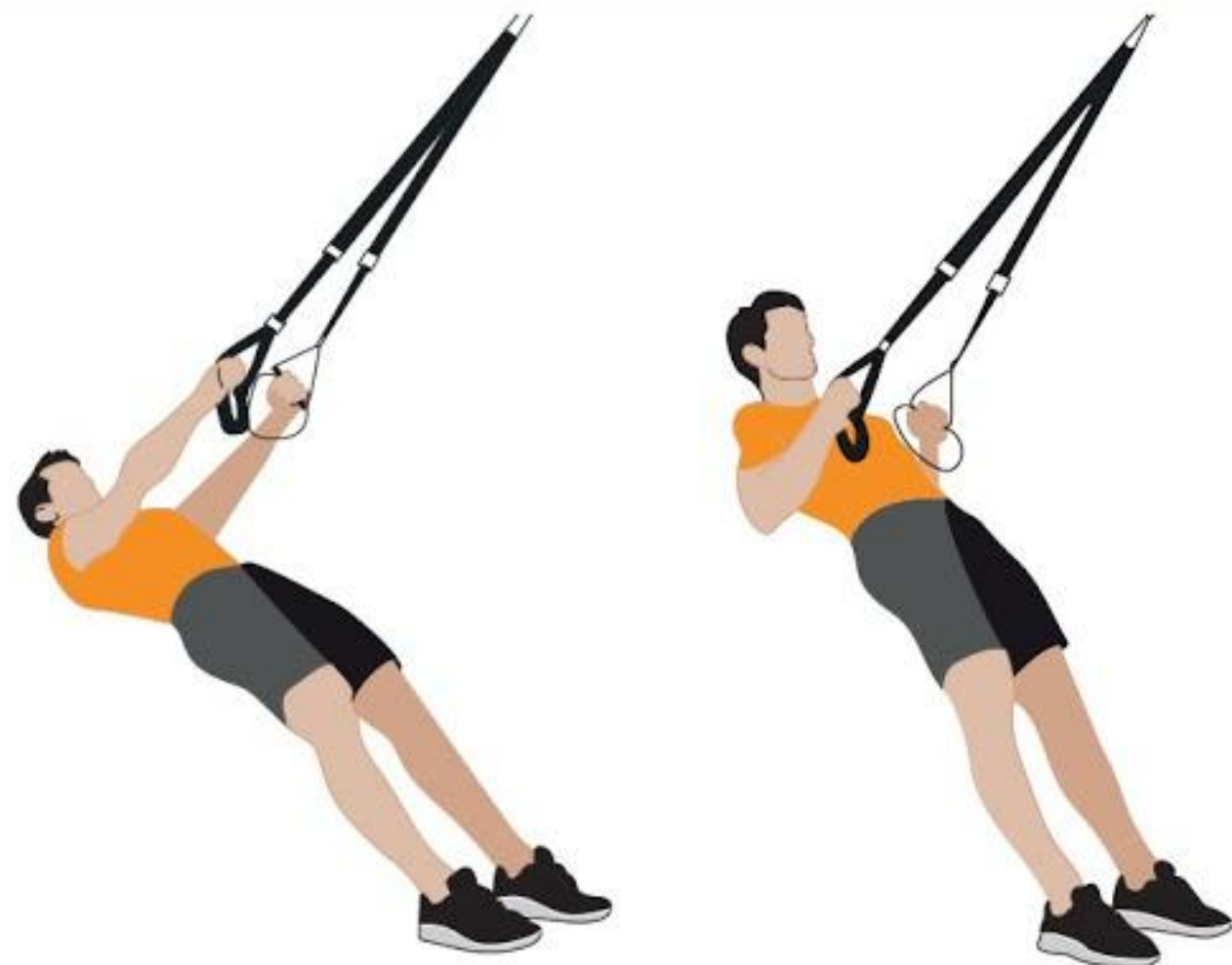


PRESS UPS

- BACK STRAIGHT
- FEET TOGETHER
- CORE TIGHT
- ELBOWS AT A W SHAPE



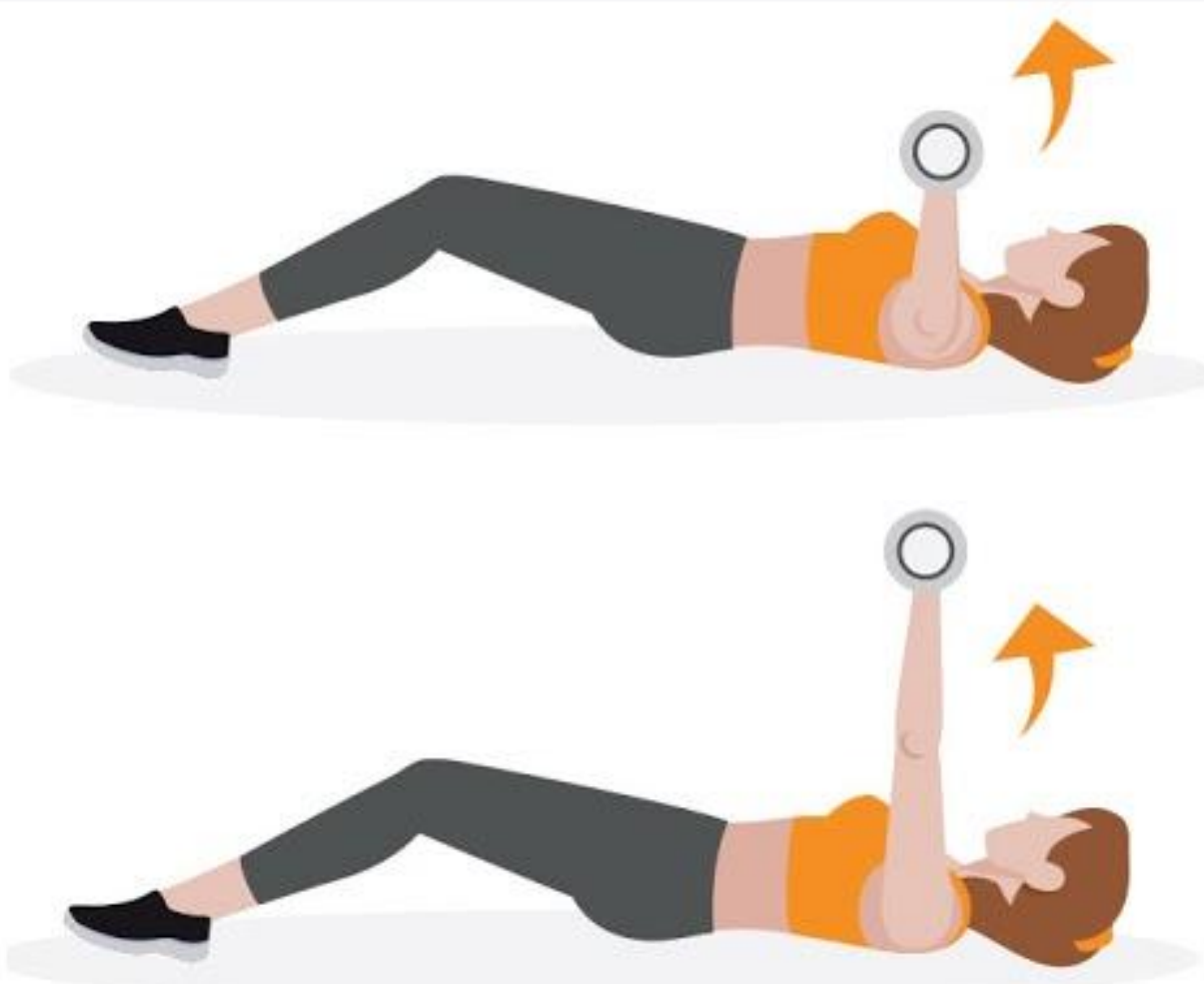
TRX ROW

- FEET OUT IN FRONT OF YOU
- BODY / SPINE IN A STRAIGHT LINE
- FEET TOGETHER
- PULL SHOULDER BLADES BACK



DUMBBELL PULL OVER

- LAYING ON A BENCH
- FEET FLAT ON THE FLOOR
- KEEP YOUR ARMS SLIGHTLY BENT
- TAKE ARMS BACK BEHIND YOU



DUMBBELL FLOOR PRESS

- KNEES BENT
- BACK FLAT ON THE FLOOR
- DROP ARMS TO 90 DEGREES
- ELBOWS AT IN A W SHAPE



DUMBBELL ROW

- ONE KNEE BENT ON A BENCH
- POSITIONED IN A STAGGERED STANCE
- ARM POSITIONED ON THE BENCH
- LIFT DUMBBELL TOWARDS RIB CAGE

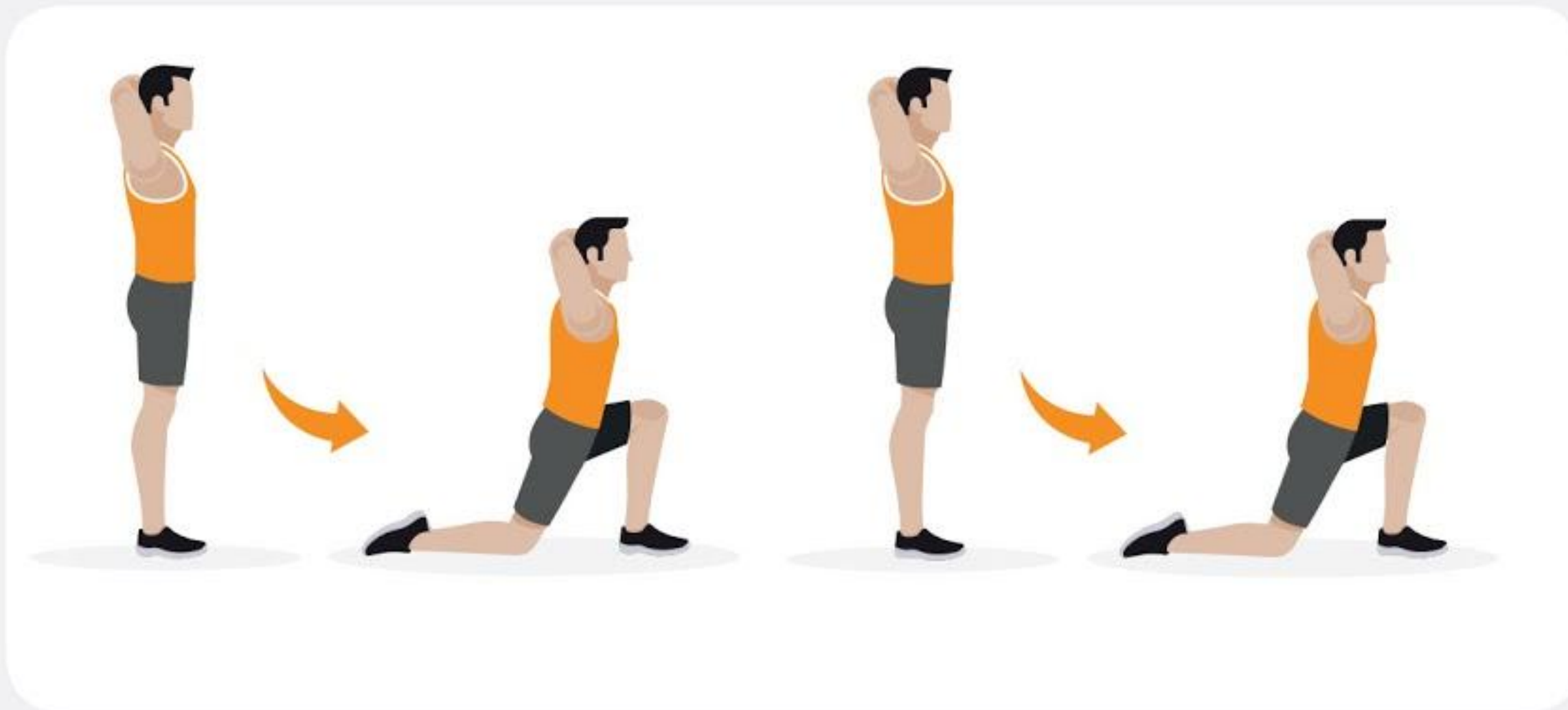
PROGRAMME LOWER BODY

SETS X 3 | REPS X 15



SQUATS

- FEET SHOULDER WIDTH APART
- USING BAND
- DROP TOWARDS 90 DEGREES
- CHEST UPRIGHT
- WEIGHT IN HEELS



LUNGES

- BOTH LEGS DROP TO 90 DEGREES
- WEIGHT IS NEUTRAL
- SHOULDERS BACK
- CORE TIGHT



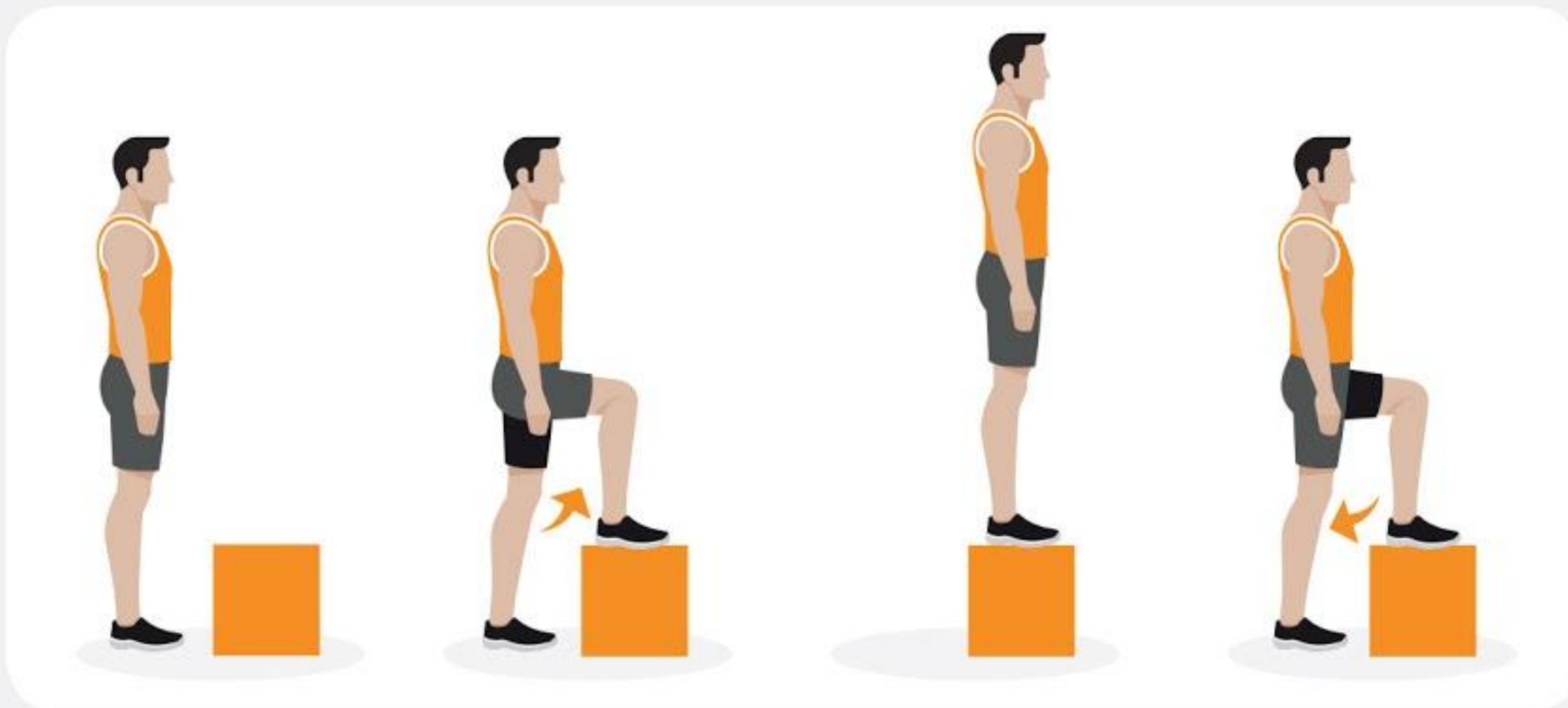
BRIDGE

- LAYING SPINE ON THE FLOOR
- HANDS DOWN BY YOUR SIDE
- KNEES BENT, FEET FLAT
- BRING HIPS INTO THE AIR



BACKWARDS LUNGE

- KEEP BODY UPRIGHT
- FEET START TOGETHER
- LUNGE BACK TO 90 DEGREE ANGLE
- BRING FEET BACK TOGETHER

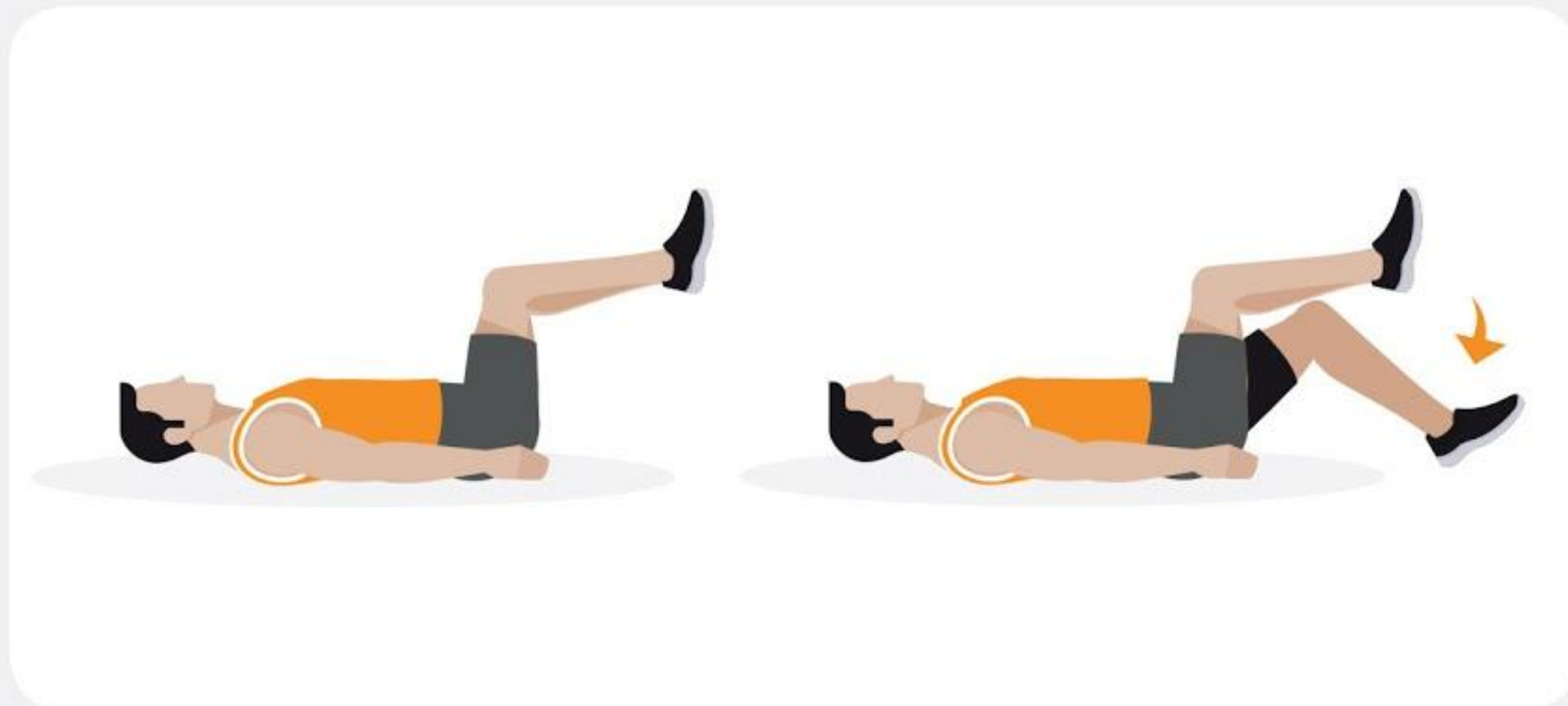


STEP UPS

- USING A STEP / BENCH
- PLACE FOOT FIRMLY ON THE BASE
- DRIVE BODY WEIGHT UP
- BRING FEET TOGETHER

PROGRAMME CORE

SETS X 3 | REPS X 60 SECS



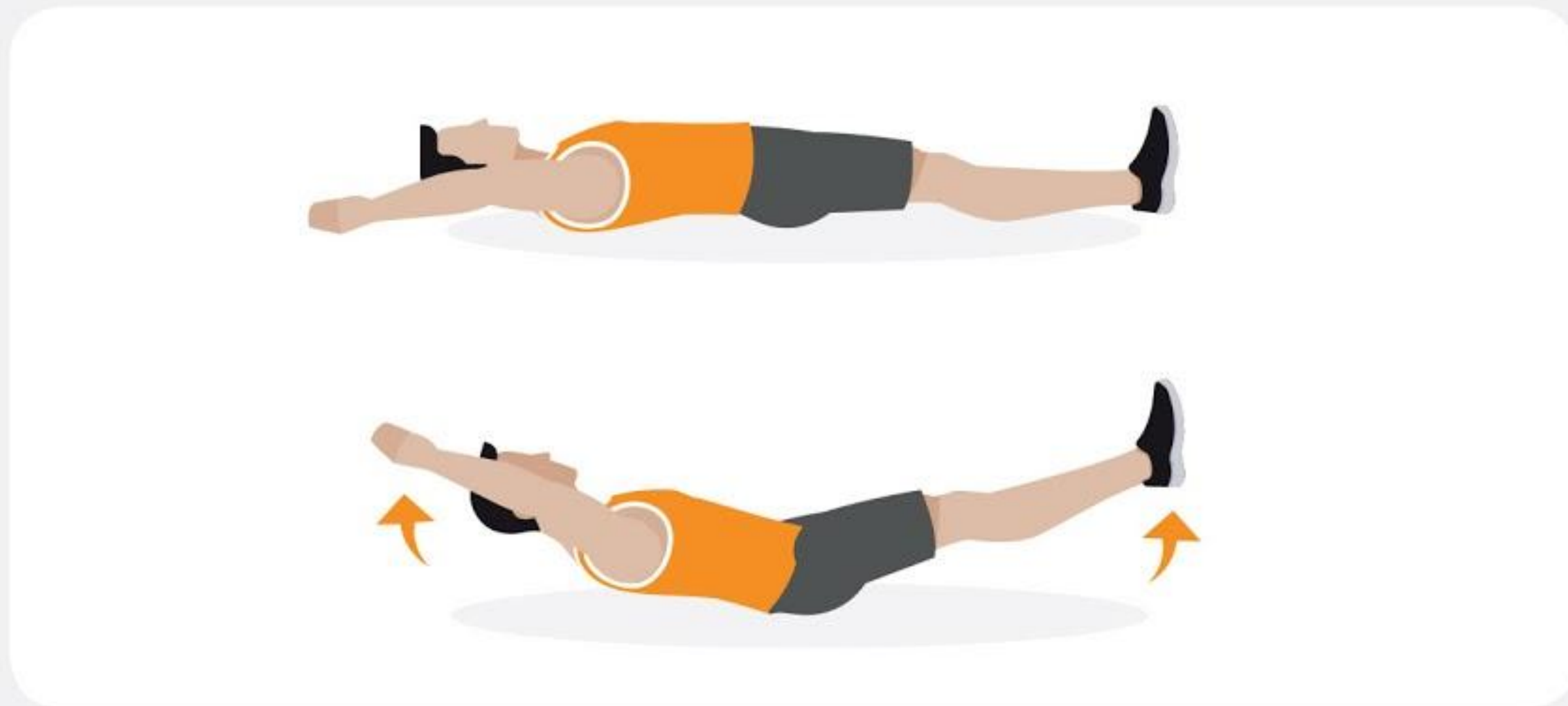
SINGLE LEG DROPS

- LAYING ON YOUR BACK
- BOTH LEGS BENT AT 90 DEGREES
- PLACE FINGER TIPS IN LINE WITH BB
- SLOWLY DROP 1 LEG KEEPING PRESSURE



SIDE PLANK

- LAY ON YOUR SIDE WITH ARM BENT
- ELBOW, HIPS, KNEE, ANKLE IN LINE
- DRAW BELLY BUTTON INWARDS & HOLD



HOLLOW HOLD

- LAYING ON YOUR BACK
- HEELS ON THE FLOOR
- LEGS STRAIGHT
- HANDS ABOVE HEAD
- SLOWLY SIT UP AND HOLD



PLANK

- FEET TOGETHER
- WEIGHT ON THE FOREARMS
- SHOULDERS RELAXED
- CORE TIGHT / SQUEEZE BUM



SUPERMAN

- POSITIONED ON ALL FOURS
- TRICEP PARALLEL WITH THIGHS
- RAISE OPPOSITE ARM TO LEG
- KEEP BACK STRAIGHT CORE TIGHT