

# BUILDING A STRENGTH PROGRAM 1

Do **set 1** of each exercise in A before resting and starting the second round of A. After 3 rounds, move to B in the same format, then C.

**\*foam roll, stretch, + hip/core warmup encouraged\***

| CIRCUIT | EXERCISE                       | SETS/REPS       | NOTES                           |
|---------|--------------------------------|-----------------|---------------------------------|
| A       | SLDL                           | 3 x 8 each side |                                 |
|         | legs-up DB chest press         | 3 x 10          | core tight                      |
|         | side plank hip lift            | 3 x 12 each     |                                 |
|         | 1/2 kneeling hamstring stretch | 3 x 6 each      | breathe, soft knees are allowed |

**minimal rest, 3 rounds**

| CIRCUIT | EXERCISE                           | SETS/REPS         | NOTES   |
|---------|------------------------------------|-------------------|---|
| B       | contralateral reverse lunge        | 3 x 8             | 90% of weight on front foot arch, weight in opposite arm of front leg |
|         | knee + bench supported row         | 3 x 10            | broad chest, core tight   |
|         | overhead – ISO single-leg dead bug | 3 x 10 each       | arms stay overhead - alternate legs keeping back flat                 |
|         | 1/2 kneeling quad stretch          | 3 x 0:30 per side | can also prop back foot up on a bench or against the wall             |

**minimal rest, 3 rounds**

| CIRCUIT | EXERCISE                    | SETS/REPS            | NOTES  |
|---------|-----------------------------|----------------------|--|
| C       | alt curl and press          | 3 x 8 each side      | soft knees   |
|         | OH triceps extension        | 3 x 12               | ribs down/core tight                                       |
|         | suitcase march              | 3 x 8 steps per side | core tight, chest broad, don't lean, pause with each march |
|         | side-lying T spine rotation | 3 x 6 each way       |  |

**minimal rest, 3 rounds**

# Balanced Fitness Workout Program

**JE Gale**



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