

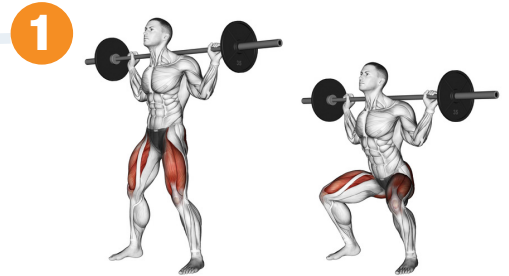
FREE TRAINING GUIDE

Warm Up

- **5 minute warm up** on a rowing machine.
- **Dynamic stretches;** body weight squats, lunges, press ups, forward and backward shoulder rotations, calf, chest and hip flexor (static) stretches.
- **Perform 1-2 lighter sets** before starting your working sets on each exercise. We do this to warm up the muscle and connective tissues, practice the movement and increase blood flow to the area in order to prevent injury and increase the efficacy of the exercise.
- **If confident enough,** aim to go very near to failure on the last set of each exercise; increasing the weight and performing said set in a monitored environment and safe manner!

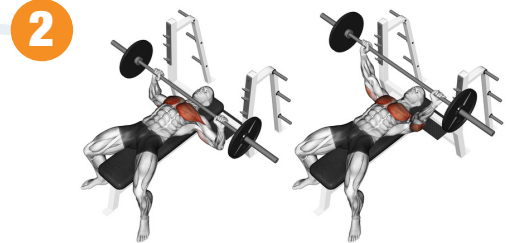
Exercise 1: Barbell Back Squats

- 3 sets of 10 repetitions
- 75 seconds rest between sets



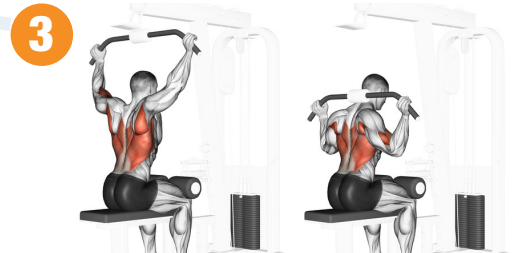
Exercise 2: Barbell Bench Press

- 3 sets of 10 repetitions
- 75 seconds rest between sets



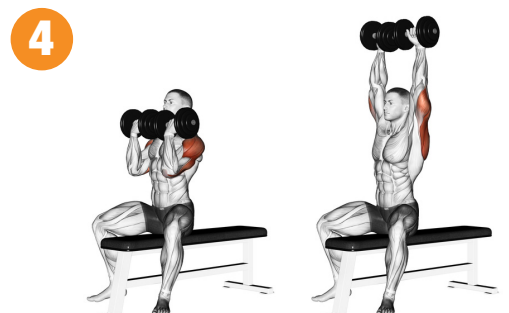
Exercise 3: Lat Pull Down

- 3 sets of 10 reps
- 75 seconds rest between sets



Exercise 4: Standing Dumbbell Military Press Superset to Press ups (these can be performed seated or on your knees)

- 2 sets of 10 reps Superset to 10 reps
- 60 seconds rest between sets



HIIT Cardio: Cross-trainer

- 10 sets
- 20 seconds at 90-100% effort in a medium/ high gear
- 40-60 seconds slow recovery, minimal effort required in a low gear.

Improve muscle recovery with these two stretching routines:

- LDNM [Lower Body Stretching Routine](#)
- LDNM [Upper Body Stretching Routine](#)