

Warm Up

Equipment:	Cross trainer/bike/treadmill Level: 4/5 Duration: 5-10 mins
Trainer Tips:	Use a low impact machine, work at a moderate level of intensity
Pre exercise Stretch:	Neck, Chest, upper back, lats, lower back, triceps - hold all for 6-8 secs

Main Workout

Exercise	Tempo	Sets and Reps or duration	Weight	Teaching points
Bench Press	2-0-1	1 x warm up with the bar -12 reps, then 4 x 6-8	20% warm up then use a weight for 80-90% of your maximum weight you could lift for 2 reps. If you feel you need more than one warm up set then do so.	Try and keep your feet flat on the ground, making your lower body as stable as possible,
Dead-lift	2-0-1	1 x warm up with a light bar of 12 reps, then 4 x 6-8	20% warm up then use a weight for 80-90% of your maximum weight you could lift for 2 reps.	Keep head up and back straight throughout raising and lowering of motion.
Incline Dumbbell press	3-0-1	5 x 8	Use a weight for 80-90% of your maximum weight you could lift for 4 reps	Hold dumbbells at the top with elbows soft, then lower the dumbbells out wide until your arms are at right angles at your elbows.
Bent over rows	3-0-1	5 x 8	Use a weight for 80-90% of your maximum weight you could lift for 4 reps	Make sure your lower back is curved out slightly so no pressure falls on the lower back.
Cable Flyes	1-0-1	3 x 12	The weight should be moderate as this isn't designed to be a heavily weighted exercise at this stage in the workout.	Keep your head up and back straight as you perform this exercise.
One arm rows	1-0-1	3 x 12	The weight should be moderate as this isn't designed to be a heavily weighted exercise at this stage in the workout.	Keep your head up and back straight as you perform this exercise.

Cool Down:

Same stretches as pre exercise stretch – held for longer.