

Advanced Program

Week 3/Phase 3:

Circuit	Exercise	Set	Session 1		Session 2		Session 3				
			Reps	Load/TUT	Rest	Reps	Load/TUT	Rest	Reps	Load/TUT	Rest
A:1	Cable Woodchop - midline + horizontal Paloff Press	1	10es		10sec	11es		10sec	12es		10sec
		2	10es		10sec	11es		10sec	12es		10sec
		3	10es		10sec	11es		10sec	12es		10sec
A:2	Swissball Jacknives	1	10	nil	10sec	11	nil	10sec	12	nil	10sec
		2	10	nil	10sec	11	nil	10sec	12	nil	10sec
		3	10	nil	10sec	11	nil	10sec	12	nil	10sec
A:3	Side Extensions - from bench	1	10es		10sec	11es		10sec	12es		10sec
		2	10es		10sec	11es		10sec	12es		10sec
		3	10es		10sec	11es		10sec	12es		10sec
A:4	Single-arm Dumbbell Renegade Reverse Flies	1	10es		10sec	11es		10sec	12es		10sec
		2	10es		10sec	11es		10sec	12es		10sec
		3	10es		80sec	11es		80sec	12es		80sec



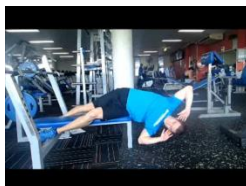
Cable Woodchop – midline + horizontal Paloff Press

Perform the rep allocation for the woodchop movement then perform the same rep allocation for horizontal Paloff Presses straight after. Keep body still and press arms out from chest until straight whilst performing the Paloff Press.



Swissball Jacknives

From a plank position with hands on the floor and feet elevated atop a Swissball, proceed to tuck the knees in towards chest. Ensure to contract the abdominals to bring the pelvis closer to the ribcage.



Side Extensions – from bench

Position oneself sideways atop a bench parallel to the floor by anchoring the feet underneath the bench. Lower the torso laterally towards the floor then extend it back to the starting position using the obliques.



Single-Arm Dumbbell Renegade Reverse Flies

Keep hips steady and body straight from ankle through to head throughout the entire movement. Perform a reverse fly until the dumbbell is at shoulder height away from the midline of the body. Resist movement in the rest of the body

