

Mobility & flexibility

1. Forward lunge with hip flexor stretch **5 reps each leg**
2. Wall slides - stand facing **10 reps**
3. Hip hinge - wide stance **10 reps**
4. Long Torso stretch **5 reps each side**
5. Kneeling roll out **5 reps each side**
6. Cossack stretch **6 reps alternating**
7. Split fly **8 reps alternating**

Duration:

Set 1 > 3 min followed by 1 min recovery

Set 2 > 3 min followed by 1 min recovery

Total: 8 min

Forward lunge with hip flexor stretch

TRX mid length

5 reps each leg



Wall slides

TRX Mid length

10 reps



Hip hinge - wide stance

TRX mid length

10 reps



Long torso stretch

TRX mid length

5 reps each side



Half kneeling roll out

TRX mid length

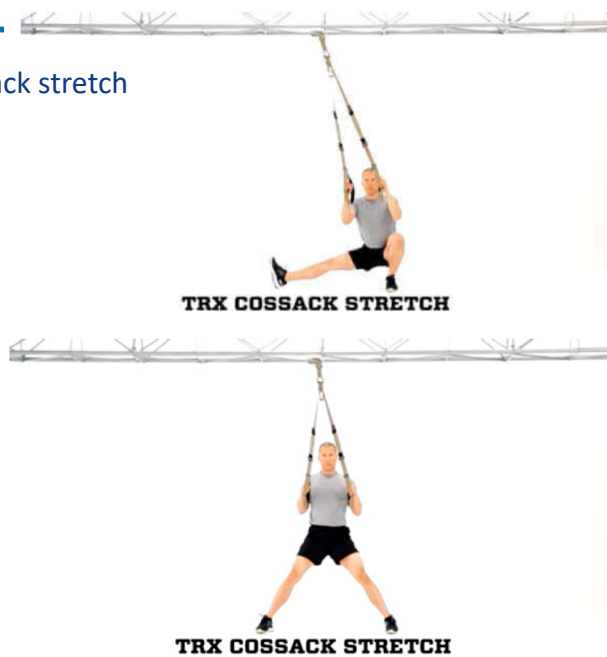
10 reps



Cossack stretch

TRX mid length

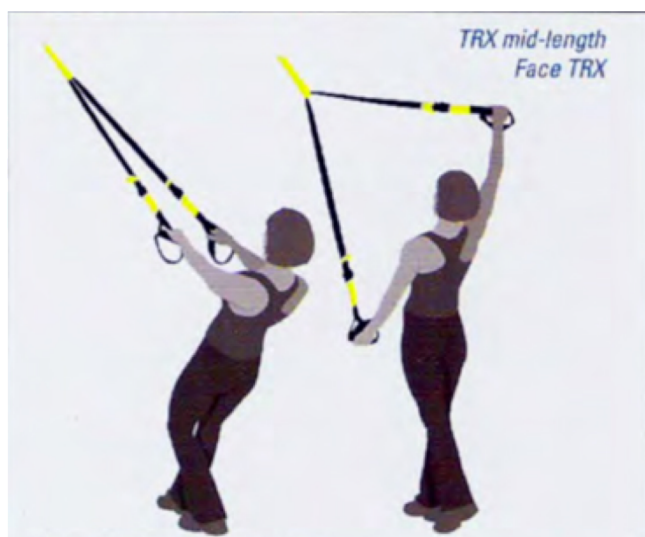
6 reps alternating



Split fly

TRX mid length

8 reps alternating



Circuit 1

1. Squat Row 30 sec
2. Chest Press 30 sec
3. Plank 3 x 10 sec
4. Hip abduction 30 sec

Duration:

Set 1 > 4 min followed by 1 min recovery

Set 2 > 4 min followed by 1 min recovery

Total: 10 min

Squat row

TRX mid length

work 30 sec - recovery - 30 sec



Chest press

TRX length

work 30 sec - recovery 30 sec



Plank

TRX mid calf

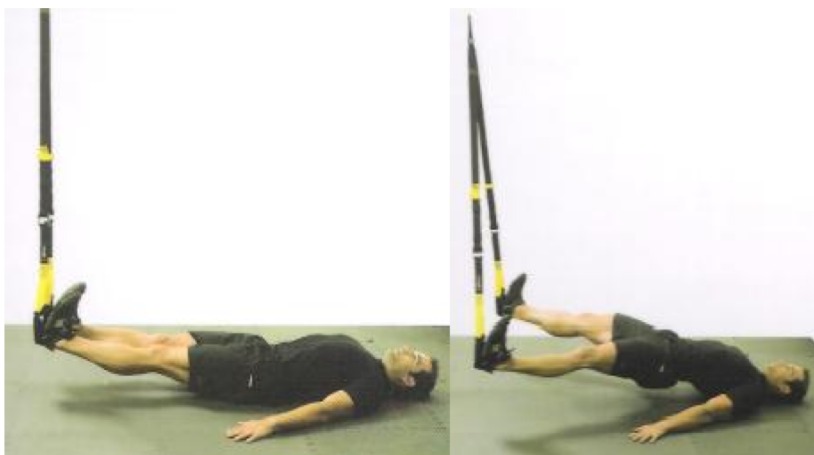
- 3 x 10 sec
- recovery - 30 sec



Hip abduction

TRX mid calf

work 30 sec - recovery 30 sec



Circuit 2

1. Squat 30 sec
2. Row series (low, mid, high) 30 sec
3. Triceps press 30 sec
4. Side plank 3 x 10 sec each side

Duration:

Set 1 > 4 min followed by 1 min recovery

Set 2 > 4 min followed by 1 min recovery

Total: 10 min

Squat

TRX mid length

work 30 sec - recovery 30 sec



Row series (low, medium, high)

work 30 sec - recovery 30 sec

LOW



MID



HIGH



TRX short

Triceps press

TRX mid length

work 30 sec - recovery 30 sec



Side plank

TRX mid calf

3 x 10 sec each side - recovery 30 sec



Circuit 3

1. Biceps curl 30 sec
2. Hamstring curl 30 sec
3. Spiderman push-up 8 reps each leg

Duration:

Set 1 > 3 min followed by 1 min recovery

Set 2 > 3 min followed by 1 min recovery

Set 3 > 3 min followed by 1 min recovery

Total: 12 min

Biceps curl

TRX mid length

work 30 sec - recovery 30 sec



Hamstring curl

Trx mid calf

work 30 sec - recovery 30 sec



Spiderman push-up

TRX mid calf

work 30 sec - recovery 30 sec

