



BARBELL GOOD-MORNINGS

With the barbell on your shoulders, feet a shoulder-width apart and knees slightly bent (1), slowly lean forward from the hips (2). Ensure your lower back remains in a neutral position throughout the exercise. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week



BARBELL REVERSE LUNGE

From standing, with the barbell on your shoulders, step backward bending your knees to approximately 90°. Ensure your front knee stays in-line with your 2nd toe and your shin is vertical. Push up through your front leg to return to a standing position. Repeat.

SETS & REPS: 3 x 8ea

FREQUENCY: 2-3 x week



DEADBUGS

Lie on your back with your hips and knees bent to 90°, lumbar spine in 'neutral' and arms straight above you. Contract and hold your lower abdominals. Slowly lower one leg until straight while simultaneously lowering your opposite arm to the floor. Slowly return to the start position and repeat with the other arm/leg.

SETS & REPS: 2 x 12

FREQUENCY: 3 x week



DEADLIFT

Stand with your feet a shoulder-width apart, your back straight and the bar close to your shins. Pull your shoulders back, lift your chest and push through your legs to raise the bar off the floor. Squeeze your gluteals, keeping the bar close to your body and your back rigid and stand tall to complete the lift. Carefully lower and repeat.

SETS & REPS: 4-5 x 6

FREQUENCY: 2-3 x week



HIP-THRUSTERS

Place a padded barbell across your hips and sit with your upper back against the edge of the bench, knees bent and feet a hip width apart. Contract your glutes as you raise your hips up until your body and thighs form a straight line being sure not to extend your lower back. Lower to the start position and repeat.

SETS & REPS: 4 x 6

FREQUENCY: 2-3 x week



MOUNTAIN-CLIMBERS

Assume and hold the plank position with your hands planted below your shoulders and each foot on a slide-board. Concentrate on keeping the spine in a neutral position and contracting your lower abdominals as you slowly slide one foot along the floor, bending your knee up towards your chest. Return to the start position and repeat with the opposite leg.

SETS & REPS: 3 x 30

FREQUENCY: 3-4 x week



OVERHEAD BARBELL QUICK-STEP

Holding the barbell above your head, contract your abdominals and lock your core and lumbar spine into neutral position. Raise one hip to 90° (pictured). From this position, drive your leg down to the floor as you simultaneously raise your opposite leg into the high-knee position. As soon as your foot contacts the floor, perform a 'quick-step' to alternate the movement again. Repeat.

SETS & REPS: 4 x 6ea

FREQUENCY: 3 x week



POWERBAND KETTLEBELL SWINGS

Stand on a loop of resistance band, which is looped around the kettlebell handle. Squat back, with neutral spine, lowering the kettlebell between your legs. Stand, contracting your gluteals, thrusting your hips forward & raising the kettlebell against resistance to shoulder height. Squat down, swinging the kettlebell back between your legs again. Repeat.

SETS & REPS: 3 x 10

FREQUENCY: 3 x week



ROMAN CHAIR HIP EXTENSIONS WITH MEDICINE BALL

On a Roman chair while holding a medicine ball, position your hips over the pad with your knees slightly bent and your back straight. Maintain a neutral lumbar spine and contract your hamstrings and gluteals as you slowly lower your body down. Pull with your hamstrings and contract your gluteals to extend your hips, raising your trunk until your legs and body are in line again. Repeat.

SETS & REPS: 3 x 12

FREQUENCY: 3 x week



SPLIT-SQUAT JUMPS

From a lunge position, jump as high as you can vertically into the air. In mid-air, alternate your front and back leg. Land in the opposite lunge position and, as quick as you can, jump back up again. Repeat

SETS & REPS: 3 x 5ea

FREQUENCY: 2-3 x week



SWISS BALL TOE-TAPS

Place your feet on the Swiss ball and hands on the floor and assume the plank position. While maintaining a neutral spine position, lift one foot off the ball and lower, tapping the floor briefly before returning to the plank position. Alternate legs.

SETS & REPS: 3 x 30

FREQUENCY: 3 x week

EXERCISE NAME	DAYS OF THE WEEK																																					
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