

FIND YOUR STRONG

Beginner Training Program

jetts
24 hour fitness

WARM UP

EXERCISE	SETS	REPS	REST	NOTES
2 minute row 40% effort 3 Rounds 10 Bodyweight Squat 5 Push Up 10 Alternating Deadbugs	-	-	-	Complete this warm up series before each workout. Take your time and focus on moving with control. Aim to feel the workout muscles to 'prime' them for your workout.

MONDAY

Strength

EXERCISE	SETS	REPS	REST	NOTES
Leg Press	4	5	90 sec	Feet shoulder width apart. When pressing, push knees outwards and press through your heels and midfoot.
Cable Row Machine	3	8	60 sec	Row handles to belly button, keep shoulders away from ears and chest proud.
Dumbbell Chest Press	3	8	60 sec	Keep your elbows closer to your ribs than your shoulders. Squeeze elbows together as you press.
Kettlebell Deadlift	3	10	60 sec	Ensure the bell starts and finishes between the knots on your shoes. Drive through heels, chest high and belly tight.
Plank	3	45 sec	60 sec	Keep hands shoulder width apart, squeeze your elbows and toes together and squeeze belly hard.

TUESDAY

Recovery

EXERCISE
Aim to walk 10,000+ steps on your recovery days.

WEDNESDAY

Conditioning

EXERCISE	SETS	REPS	REST	NOTES
5 rounds 200m Row 10 TRX Row 15 Dead Ball Slam 90 Seconds rest	-	-	-	After your warm up, do a test round of the circuit. Get through the movements as fast as possible, but with a challenging weight on the deadball. Perform 5 rounds. Try to get through all 5 rounds in a similar time. Even if this means taking more that 90 seconds rest.

THURSDAY

Recovery

EXERCISE
Aim to walk 10,000+ steps on your recovery days.

FRIDAY

Strength

EXERCISE	SETS	REPS	REST	NOTES
Dumbbell Reverse Lunge	4	8/8	60 sec	Do 8 reps on your least preferred leg, then 8 on the other. Stay tall and press through your heel.
Lateral Pulldown	3	8	60 sec	Pull shoulders away from ears then pull bar to the top of your chest. Move the bar slowly until elbows are straight. Repeat.
Dumbbell Shoulder Press	3	8	60 sec	Drop elbows below your shoulders, then move to a locked out position overhead. Move slowly. Squeeze elbows together.
Single Leg Toe Touch	3	10/10	45 sec	Try to keep hips square, keep a slight bend in your knee and keep weight on your heel.
Hollow Hold	3	20 sec	60 sec	Tuck tailbone, point toes, crunch abs and keep shoulders off the floor.