



Formidable Strength & Conditioning Swimming WA Open Water Series Strength & Conditioning Program

Beginner Gym Program

This Program is designed for individuals that have limited experience working in a gym environment or for individuals that have not been doing consistent resistance training for the last 3 months. The program is designed to decrease the chance of injury and develop upper body strength to help individuals swim more efficiently.

All exercises are done on effort based (%) on how you feel on the day you are doing the program.

If you have a targeted open water race coming up, decrease the week before and the week of the race's session volume by up to 50% to help you prepare for the race.

Please feel free to email us contact@formidablestrength.com.au or phone 0412 458 114 regarding any of the following:

Help on which program would suit your needs best;
Injury history that prevents you from doing certain exercises;
Unsure of what some of the exercises are.

For more information about who we are and what we do please visit our website
www.formidablestrength.com.au

From all the coaching team at Formidable Strength & Conditioning, we wish you a fun and fast SWA Open Water Series!

#beformidable

In downloading the Formidable Programs, you hereby:

***declare that you have obtained independent legal advice; or**

***waive your right to obtain independent legal advice and accept this Disclaimer, Liability Waiver and Indemnification Agreement freely on your own volition without duress, coercion or undue influence.**

Disclaimer

Formidable Strength and Conditioning Pty Ltd (**Formidable**) has created online training programs (**Formidable Programs**) for use by members of the Western Australian Swimming Association Inc.

As with any physical activity, it is important that before beginning any fitness regime, you consult with your health care professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

No information contained in Formidable Programs are intended to be used as medical advice and the Formidable Programs are not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information contained in the Formidable Programs, you should carefully evaluate the accuracy and relevance of the information for their purposes and obtain appropriate professional medical advice.

You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

You require a moderate level of fitness to follow the Formidable Programs. Persons with pre-existing medical conditions, in poor health, or with any concerns as to commencement of a new fitness regime should consult with an appropriate healthcare professional before beginning any of these programs.

You are responsible for making your own inquiries and for seeking independent advice from a qualified healthcare professional before acting on any information or material made available to you through the Formidable Programs.

The information contained in the Formidable Programs may not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified health care professional.

Formidable strongly recommends that you consult with your doctor before beginning any exercise program. If you are under 18, pregnant, or have health problems consult your doctor about specific medical conditions.

Liability Waiver and Indemnification Agreement

In consideration for having access to the Formidable Programs, you hereby waive, release, and discharge all claims and damages for personal injury, death and/or property damage which you may sustain as a result of participating in the Formidable Programs and resulting from negligence or misconduct whether by act or omission of Formidable.

This release is intended to discharge in advance Formidable, including its directors, officers, employees, contractors and/or agents including their heirs, agents, representatives, successors and assigns from and against all liabilities, actions, claims, demands, suits, hearings, expenses or costs arising from or in any way connected with your participation in the Formidable Programs and resulting from any negligence or misconduct and whether it be by act or omission of Formidable.

You acknowledge and agree that various activities related to the Formidable Programs can be hazardous in nature and that there is a possibility of serious accident(s), which may result in injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death. Notwithstanding the risks involved you voluntarily participate of your own volition in the Formidable Programs and hereby agree to assume all risks of injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death, and to release and hold harmless Formidable, including its directors, officers, employees, contractors and/or agents who through negligence or misconduct whether by act or omission may otherwise be liable to you.

You further agree to fully indemnify and to hold Formidable, its directors, officers, employees, contractors and/or agents free and harmless from any loss, liability, damage, cost or expense which they may incur as a result of any injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death that you may sustain while participating in the Formidable Programs.

By downloading the Formidable Programs, you agree that you have carefully read and fully understand this Disclaimer, Liability Waiver and Indemnification Agreement and acknowledge and agree that the terms of this Disclaimer, Liability Waiver and Indemnification Agreement become irrevocable between you and Formidable.

"Phase 1 - Beginner Gym"









Week 1

Week 2

Week 3

Week 4

Warm up: For all the session in this program follow the same warmup

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					


Week 1


Week 2


Week 3


Week 4


Cool Down: All the session in this program follow the same Cool Down


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

Week 1**Week 2****Week 3****Week 4****Session 1****Lat Pulldown**

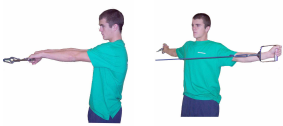
Sets x Reps	3 x 6	3 x 8	3 x 10	3 x 12
Rest	60s	60s	60s	60s
Load	60%	60%	60%	60%

Seated Row

Sets x Reps	3 x 6	3 x 8	3 x 10	3 x 12
Rest	60s	60s	60s	60s
Load	60%	60%	60%	60%

Single Arm Row - Dumbbell

Sets x Reps	3 x 6	3 x 8	3 x 6	3 x 8
Rest	60s	60s	60s	60s
Load	60%	60%	70%	70%

Reverse Fly - cable machine

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45s	45s	45s	45s
Load				

Plank - Forearms on Exercise Ball

Sets x Reps	3 x 30s	3 x 35s	3 x 40s	3 x 45s
Rest	60	60	60	60
Load				

Back Extension - Front Dish

Sets x Reps	3 x 6	3 x 8	3 x 10	3 x 12
Rest	60	60	60	60
Load				

Week 1**Week 2****Week 3****Week 4****Session 2**

Assisted Chin Up - Machine or Band



Sets x Reps

3 x 6

3 x 8

3 x 10

3 x 12

Rest

60s

60s

60s

60s

Load

60%

60%

60%

60%

Bench Pull - Dumbbell



Sets x Reps

3 x 6

3 x 8

3 x 6

3 x 8

Rest

60s

60s

60s

60s

Load

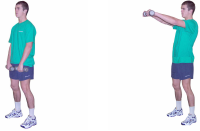
60%

60%

65%

65%

Front Raise - Dumbbell



Sets x Reps

2 x 6

2 x 8

3 x 6

3 x 8

Rest

60s

60s

60s

60s

Load

60%

60%

60%

60%

Lateral Raise - Dumbbell



Sets x Reps

2 x 6

2 x 8

3 x 6

3 x 8

Rest

60s

60s

60s

60s

Load

60%

60%

60%

60%

Bridge - Double Leg



Sets x Reps

3 x 12

3 x 12

3 x 12

3 x 12

Rest

45s

45s

45s

45s

Load

Abdominal Crunch - Knees Bent - Feet Flat



Sets x Reps

3 x 8

3 x 8

3 x 10

3 x 10

Rest

45s

45s

45s

45s

Load

Plank - Elbows & Toes



Sets x Reps

2 x 30

2 x 35

2 x 40

2 x 45

Rest

60

60

60

60

Load

"Phase 2 - Beginner Gym"









Week 1

Week 2









Week 3

Week 4

Warm up: For all the session in this program follow the same warmup

<p>Row</p> 	Sets x Reps	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
	Rest				
	Load				
<p>Inch Walk - Hamstring Stretch</p> 	Sets x Reps	x 10	x 10	x 10	x 10
	Rest				
	Load				
<p>Lateral Leg Rolls - Feet on Floor</p> 	Sets x Reps	x 12	x 12	x 12	x 12
	Rest				
	Load				
<p>Spiderman Crawl - Dynamic</p> 	Sets x Reps	x 12	x 12	x 12	x 12
	Rest				
	Load				
<p>Back Rolls - Low Back Stretch</p> 	Sets x Reps	x 10	x 10	x 10	x 10
	Rest				
	Load				
<p>Thoracic Spine Mobility - Foam Roller</p> 	Sets x Reps	x 30s	x 30s	x 30s	x 30s
	Rest				
	Load				
<p>Latissimus Dorsi Self Massage - Foam Roller (both sides)</p> 	Sets x Reps	x 30sec	x 30sec	x 30sec	x 30sec
	Rest				
	Load				
<p>Quadriceps Self Massage - Foam Roller (both legs)</p> 	Sets x Reps	x 30sec	x 30sec	x 30sec	x 30sec
	Rest				
	Load				

Week 1**Week 2****Week 3****Week 4****Cool Down: All the session in this program follow the same Cool Down**

	Adductor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hip Flexor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Latissimus Dorsi Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Piriformis & Gluteal Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Pectoral Stretch - Towel Behind	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				
	Triceps Stretch - Hand Over Shoulder - Traction Elbow	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				
	Hamstring Stretch - Seated on Floor	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				
	Hip Flexor - Quadriceps Stretch - Kneeling	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				

Week 1**Week 2****Week 3****Week 4****Session 1****Lat Pulldown**

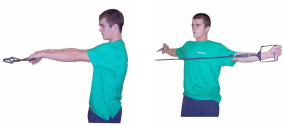
Sets x Reps	3 x 12	3 x 10	3 x 8	3 x 6
Rest	60s	60s	90	90
Load	65%	70%	75%	80%

Seated Row

Sets x Reps	3 x 12	3 x 10	3 x 8	3 x 6
Rest	60s	60s	90s	90s
Load	65%	70%	75%	80%

Single Arm Row - Dumbbell

Sets x Reps	3 x 10	3 x 10	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	80%	80%	80%	80%

Reverse Fly - cable machine

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	30s	30s	30s	30s
Load				

Plank - Forearms on Exercise Ball

Sets x Reps	3 x 45s	3 x 45s	3 x 45s	3 x 45s
Rest	60	50	45	40
Load				

Back Extension - Front Dish

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60	60	60	60
Load				

Week 1**Week 2****Week 3****Week 4****Session 2**

Assisted Chin Up - Machine or Band



Sets x Reps

3 x 12

3 x 12

3 x 12

3 x 12

Rest

60s

60s

60s

60s

Load

65%

70%

75%

80%

Bench Pull - Dumbbell



Sets x Reps

3 x 6

3 x 8

3 x 6

3 x 8

Rest

60s

60s

60s

60s

Load

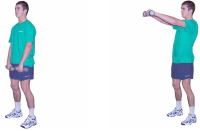
75%

75%

80%

85%

Front Raise - Dumbbell



Sets x Reps

3 x 6

3 x 8

3 x 6

3 x 8

Rest

60s

60s

60s

60s

Load

60%

60%

65%

65%

Lateral Raise - Dumbbell



Sets x Reps

3 x 6

3 x 8

3 x 6

3 x 8

Rest

60s

60s

60s

60s

Load

60%

60%

65%

65%

Bridge - Double Leg



Sets x Reps

3 x 12

3 x 12

3 x 12

3 x 12

Rest

45s

45s

45s

45s

Load

Abdominal Crunch - Knees Bent - Feet Flat



Sets x Reps

3 x 12

3 x 12

3 x 12

3 x 12

Rest

45s

45s

30s

30s

Load

Plank - Elbows & Toes



Sets x Reps

3 x 30

3 x 35

3 x 40

3 x 45

Rest

60

60

60

60

Load

"Phase 3 - Beginner Gym"









Week 1

Week 2

Week 3

Week 4

Warm up: For all the session in this program follow the same warmup

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					









Week 1

Week 2

Week 3

Week 4

Cool Down: All the session in this program follow the same Cool Down

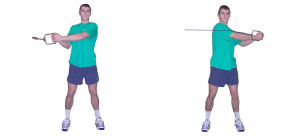
	Adductor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hip Flexor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Latissimus Dorsi Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Piriformis & Gluteal Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Pectoral Stretch - Towel Behind	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				
	Triceps Stretch - Hand Over Shoulder - Traction Elbow	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				
	Hamstring Stretch - Seated on Floor	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				
	Hip Flexor - Quadriceps Stretch - Kneeling	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest	0	0	0	0
		Load				

Week 1**Week 2****Week 3****Week 4****Session 1****Reverse Grip Pulldown**

Sets x Reps	3 x 6	3 x 8	3 x 6	3 x 8
Rest	90s	90s	90s	90s
Load	75%	75%	85%	85%

Seated Shoulder Press - Dumbbell

Sets x Reps	3 x 6	3 x 8	3 x 6	3 x 8
Rest	60s	60s	60s	60s
Load	65%	65%	75%	75%

Wood Chop - Shoulder Height - Cable Machine

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	30	30	30	30
Load				

Single Arm Row - Dumbbell

Sets x Reps	3 x 8	3 x 10	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	65%	65%	65%	65%

Plank - Forearms on Exercise Ball

Sets x Reps	3 x 45	3 x 45	3 x 45	3 x 45
Rest	50	45	45	45
Load				

Kneeling Opposite Arm & Leg Extension

Sets x Reps	2 x 8	2 x 8	2 x 10	2 x 10
Rest	30s	30s	30s	30s
Load				

Week 1

Week 2

Week 3

Week 4

Session 2

Assisted Chin Up - Machine or Band



Sets x Reps

Rest

Load

3 x 12	3 x 12	3 x 12	3 x 12
60s	60s	60s	60s
85%	85%	85%	85%

Seated Row



Sets x Reps

Rest

Load

3 x 8	3 x 6	3 x 8	3 x 6
60s	60s	60s	60s
80%	85%	80%	85%

Lateral Raise - Dumbbell (Light weight, control focus)



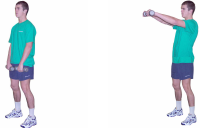
Sets x Reps

Rest

Load

3 x 12	3 x 12	3 x 12	3 x 12
45	45	45	45

Front Raise - Dumbbell (light weight, control focus)



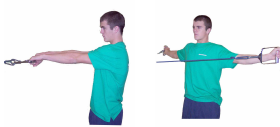
Sets x Reps

Rest

Load

3 x 12	3 x 12	3 x 12	3 x 12
45	45	45	45

Reverse Fly - Elastic Cord or cable machine (control focus)



Sets x Reps

Rest

Load

3 x 12	3 x 12	3 x 12	3 x 12
30	30	30	30

Back Extension - Front Dish



Sets x Reps

Rest

Load

3 x 6	3 x 6	3 x 8	3 x 8
45	45	45	45

Abdominal Double Crunch - Alternate Straight Arm & Leg



Sets x Reps

Rest

Load

3 x 8	3 x 8	3 x 10	3 x 10
60s	60s	60s	60s

"Phase 4 - Beginner Gym"









Week 1

Week 2

Week 3

Week 4

Warm up: For all the session in this program follow the same warmup

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					


Week 1


Week 2


Week 3


Week 4


Cool Down: All the session in this program follow the same Cool Down


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

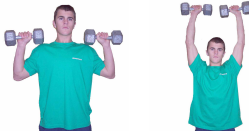
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

Week 1**Week 2****Week 3****Week 4****Session 1****Reverse Grip Pulldown**

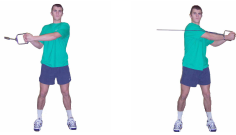
Sets x Reps	3 x 6	3 x 8	3 x 6	3 x 8
Rest	90s	90s	90s	90s
Load	85%	85%	85%	85%

Seated Shoulder Press - Dumbbell

Sets x Reps	3 x 6	3 x 6	3 x 8	3 x 8
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Single Arm Row - Dumbbell

Sets x Reps	3 x 6	3 x 8	3 x 6	3 x 8
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Wood Chop - Shoulder Height - Cable Machine

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	30	30	30	30
Load				

Plank - Forearms on Exercise Ball

Sets x Reps	3 x 45	3 x 45	3 x 45	3 x 45
Rest	45	45	45	45
Load				

Kneeling Opposite Arm & Leg Extension

Sets x Reps	2 x 12	2 x 12	3 x 12	3 x 12
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Session 2**

Assisted Chin Up - Machine or Band



Sets x Reps

Rest

Load

3 x 12

3 x 12

3 x 12

3 x 12

60s

60s

60s

60s

85%

85%

85%

85%

Seated Row (Every second week try and increase the weight)



Sets x Reps

Rest

Load

3 x 8

3 x 6

3 x 8

3 x 6

60s

60s

60s

60s

85%

85%

85%

85%

Lateral Raise - Dumbbell (Light weight, control focus)



Sets x Reps

Rest

Load

3 x 12

3 x 12

3 x 12

3 x 12

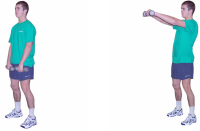
45

45

45

45

Front Raise - Dumbbell (light weight, control focus)



Sets x Reps

Rest

Load

3 x 12

3 x 12

3 x 12

3 x 12

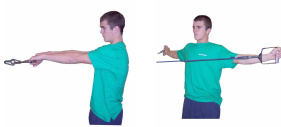
45

45

45

45

Reverse Fly - Elastic Cord or cable machine (control focus)



Sets x Reps

Rest

Load

3 x 12

3 x 12

3 x 12

3 x 12

30

30

30

30

Back Extension - Front Dish



Sets x Reps

Rest

Load

3 x 12

3 x 12

3 x 12

3 x 12

45

45

45

45

Abdominal Double Crunch - Alternate Straight Arm & Leg



Sets x Reps

Rest

Load

3 x 12

3 x 12

3 x 12

3 x 12

60s

60s

60s

60s

"Phase 5 - Beginner Gym"









Week 1

Week 2

Week 3

Week 4

Warm up: For all the session in this program follow the same warmup

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					


Week 1


Week 2


Week 3


Week 4


Cool Down: All the session in this program follow the same Cool Down


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

Week 1**Week 2****Week 3****Week 4****Session 1****Lat Pulldown**

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Seated Row

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Floor Press - Dumbbells

Sets x Reps	3 x 6	3 x 8	3 x 6	3 x 8
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Single Arm Row - Dumbbell

Sets x Reps	3 x 6	3 x 8	3 x 6	3 x 8
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Reverse Fly - Elastic Cord or cable machine

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

Sit Up - Medicine Ball

Sets x Reps	3 x 8	3 x 10	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

Plank - Elbows & Toes

Sets x Reps	3 x 30	3 x 30	3 x 30	3 x 30
Rest	30	30	30	30
Load				

Week 1

Week 2

Week 3

Week 4

Session 2

Reverse Grip Pulldown



Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Inverted Row - Assisted with Knees Bent



Sets x Reps	3 x 6	3 x 6	3 x 8	3 x 8
Rest	60s	60s	60s	60s
Load				

Push Up - Modified - Hands on Suspension Trainer - TRX



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

Lying Reverse Fly - Thumbs Up - Dumbbell



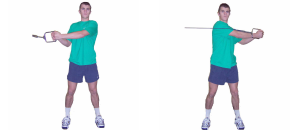
Sets x Reps	3 x 8	3 x 8	3 x 6	3 x 6
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Bridge - Double Leg (hold for 3 seconds at top)



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

Cable Wood Chop - Shoulder Height



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	30	30	30	30
Load				

Side Plank - Forearm & Foot



Sets x Reps	3 x 30	3 x 30	3 x 30	3 x 30
Rest	30	30	30	30
Load				









Week 1

Week 2

Week 3

Week 4

Warm up: For all the session in this program follow the same warmup

Row	Sets x Reps	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
	Rest				
	Load				
Inch Walk - Hamstring Stretch	Sets x Reps	x 10	x 10	x 10	x 10
	Rest				
	Load				
Lateral Leg Rolls - Feet on Floor	Sets x Reps	x 12	x 12	x 12	x 12
	Rest				
	Load				
Spiderman Crawl - Dynamic	Sets x Reps	x 12	x 12	x 12	x 12
	Rest				
	Load				
Back Rolls - Low Back Stretch	Sets x Reps	x 10	x 10	x 10	x 10
	Rest				
	Load				
Thoracic Spine Mobility - Foam Roller	Sets x Reps	x 30s	x 30s	x 30s	x 30s
	Rest				
	Load				
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps	x 30sec	x 30sec	x 30sec	x 30sec
	Rest				
	Load				
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps	x 30sec	x 30sec	x 30sec	x 30sec
	Rest				
	Load				









Week 1

Week 2

Week 3

Week 4

Cool Down: All the session in this program follow the same Cool Down

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				
	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

Week 1**Week 2****Week 3****Week 4****Session 1****Lat Pulldown**

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	90s	90s	90s	90s
Load	85%	85%	85%	85%

Seated Row

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	90s	90s	90s	90s
Load	85%	85%	85%	85%

Floor Press - Dumbbells

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Single Arm Row - Dumbbell

Sets x Reps	3 x 8	3 x 6	3 x 8	3 x 6
Rest	60s	60s	60s	60s
Load	85%	85%	85%	85%

Reverse Fly - Elastic Cord or cable machine

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

Sit Up - Medicine Ball

Sets x Reps	3 x 10	3 x 10	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

Plank - Elbows & Toes

Sets x Reps	3 x 30	3 x 35	3 x 40	3 x 45
Rest	30	30	30	30
Load				

Week 1

Week 2

Week 3

Week 4

Session 2

Reverse Grip Pulldown



Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	90s	90s	90s	90s
Load	85%	85%	85%	85%

Inverted Row - Assisted with Knees Bent



Sets x Reps	3 x 8	3 x 10	3 x 10	3 x 12
Rest	60s	60s	60s	60s
Load				

Push Up - Modified - Hands on Suspension Trainer - TRX



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

Lying Reverse Fly - Thumbs Up - Dumbbell (hold at top)



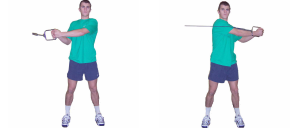
Sets x Reps	3 x 10	3 x 10	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

Bridge - Double Leg (hold for 3 seconds at top)



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

Cable Wood Chop - Shoulder Height



Sets x Reps	3 x 15	3 x 15	3 x 15	3 x 15
Rest	30	30	30	30
Load				

Side Plank - Forearm & Foot



Sets x Reps	3 x 30	3 x 35	3 x 40	3 x 45
Rest	30	30	30	30
Load				