Pre-Training Week 1 Monday

**LEGS & CARDIO**

### Circuit One
- **Squats**
  - 15 REPS
- **Stationary Lungs**
  - 24 REPS
  - 12 PER SIDE
- **Skipping**
  - 50 REPS
### Circuit Two
- **Walking Lunges**
  - 24 REPS
  - 12 PER SIDE
- **Sumo Squats**
  - 15 REPS
- **Step Ups**
  - 24 REPS
  - 12 PER SIDE
- **Knee Ups**
  - 24 REPS
  - 12 PER SIDE
- **Mountain Climbers**
  - 50 REPS
  - 25 PER SIDE

**Cool Down** - Lower Body Stretch Routine (see page 84)

Pre-Training Week 1 Tuesday - LISS (35-45 mins)
Pre-Training Week 1

**Wednesday**

**Circuit One**
- Push Ups (On Knees) 15 REPS

**Circuit Two**
- Lay Down Push Ups (On Knees) 15 REPS

**Straight Leg Raises**
- 15 REPS

**Straight Leg Sit Ups**
- 15 REPS

**Toe Taps**
- 15 REPS

**Tricep Dips**
- 15 REPS

**Plank**
- 30 SECS

**Ab Bikes**
- 30 REPS 15 PER SIDE

**Cool Down** - Upper Body Stretch Routines (see page 85)

Pre-Training Week 1 Thursday - LISS (35-45 mins)
### Pre-Training Week 1 Friday

**Circuit One**  
- **Squats**: 20 reps  
- **Burpees**: 10 reps

**Circuit Two**  
- **Toe Taps**: 20 reps  
- **Lay Down Push Ups (On Knees)**: 15 reps

**Cool Down**  
- Lower and Upper Body Stretch Routines (see page 84-85)

---

### Pre-Training Week 1 Saturday

- **Pre-Training Week 1 Saturday - REHABILITATION (see pages 82-85)**

---

**Tricep Dips**: 20 reps  

**Step Ups**: 24 reps (12 per side)

**Straight Leg Sit Ups**: 15 reps  

**Mountain Climbers**: 50 reps (25 per side)
Pre-Training Week 2 Monday

**LEGS & CARDIO**

<table>
<thead>
<tr>
<th>Circuit One</th>
<th>2x7min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squats</td>
<td>15 REPS</td>
</tr>
<tr>
<td>Stationary Lunges</td>
<td>24 REPS</td>
</tr>
<tr>
<td>Sumo Squats</td>
<td>15 REPS</td>
</tr>
<tr>
<td>Skipping</td>
<td>50 REPS</td>
</tr>
<tr>
<td>Knee Ups</td>
<td>24 REPS</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Circuit Two</th>
<th>2x7min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking Lunges</td>
<td>24 REPS</td>
</tr>
<tr>
<td>Step Ups</td>
<td>24 REPS</td>
</tr>
<tr>
<td>Mountain Climbers</td>
<td>50 REPS</td>
</tr>
</tbody>
</table>

Cool Down - Lower Body Stretch Routine (see page 84)

Pre-Training Week 2 Tuesday - LISS (35-45 mins)
Pre-Training Week 2 Wednesday

**Circuit One**
- Push Ups (On Knees) 15 REPS
- Straight Leg Raises 15 REPS
- Toe Taps 15 REPS
- Plank 30 SECS

**Circuit Two**
- Lay Down Push Ups (On Knees) 15 REPS
- Straight Leg Sit Ups 15 REPS
- Tricep Dips 15 REPS
- Ab Bikes 30 REPS 15 PER SIDE

Cool Down - Upper Body Stretch Routines (see page 85)

Pre-Training Week 2 Thursday - LISS (35-45 mins)
Pre-Training Week 2 Friday

**FULL BODY (OPTIONAL)**

<table>
<thead>
<tr>
<th>Circuit One</th>
<th>Circuit Two</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squats</td>
<td>Toe Taps</td>
</tr>
<tr>
<td>20 REPS</td>
<td>20 REPS</td>
</tr>
<tr>
<td></td>
<td>[Image of Squats]</td>
</tr>
<tr>
<td>[Image of Toe Taps]</td>
<td>[Image of Toe Taps]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Burpees</th>
<th>Lay Down Push Ups (On Knees)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 REPS</td>
<td>15 REPS</td>
</tr>
<tr>
<td>[Image of Burpees]</td>
<td>[Image of Lay Down Push Ups]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tricep Dips</th>
<th>Step Ups</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 REPS</td>
<td>24 REPS 12 PER SIDE</td>
</tr>
<tr>
<td>[Image of Tricep Dips]</td>
<td>[Image of Step Ups]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Straight Leg Sit Ups</th>
<th>Mountain Climbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 REPS</td>
<td>50 REPS 25 PER SIDE</td>
</tr>
<tr>
<td>[Image of Straight Leg Sit Ups]</td>
<td>[Image of Mountain Climbers]</td>
</tr>
</tbody>
</table>

**Cool Down** - Lower and Upper Body Stretch Routines (see page 84-85)

Pre-Training Week 2 Saturday - REHABILITATION (see pages 82-85)
Pre-Training Week 3 Monday

**LEGS & CARDIO**

**Circuit One**

- **Medicine Ball Squat and Press**
  - 15 REPS
  - 6-12 KG

- **Knee Ups**
  - 24 REPS
  - 12 PER SIDE

- **Skipping**
  - 50 REPS

- **Stationary Lunges**
  - 24 REPS
  - 12 PER SIDE

**Circuit Two**

- **Jump Squats**
  - 15 REPS

- **Walking Lunges**
  - 24 REPS
  - 12 PER SIDE

- **Burpees**
  - 10 REPS

- **Weighted Step Ups**
  - 24 REPS
  - 12 PER SIDE

**Cool Down** - Lower Body Stretch Routine (see page 84)

Pre-Training Week 3 Tuesday

- **LISS (35-45 mins)**
Pre-Training Week 3 Wednesday

**ARMS & ABS**

<table>
<thead>
<tr>
<th>Circuit One</th>
<th>2x7min</th>
<th>Circuit Two</th>
<th>2x7min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Push Ups</td>
<td>15 REPS</td>
<td>Mountain Climbers (4) + Push Ups (1)</td>
<td>15 REPS</td>
</tr>
<tr>
<td>![Push Ups Image]</td>
<td></td>
<td>![Mountain Climbers Image]</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Straight Leg Sit Ups</th>
<th>15 REPS</th>
<th>Toe Taps</th>
<th>20 REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Straight Leg Sit Ups Image]</td>
<td></td>
<td>![Toe Taps Image]</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tricep Dips</th>
<th>15 REPS</th>
<th>Lay Down Push Ups (On Knees)</th>
<th>15 REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Tricep Dips Image]</td>
<td></td>
<td>![Lay Down Push Ups (On Knees) Image]</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Straight Leg Raises</th>
<th>15 REPS</th>
<th>Commandos</th>
<th>20 REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Straight Leg Raises Image]</td>
<td></td>
<td>![Commandos Image]</td>
<td></td>
</tr>
</tbody>
</table>

Cool Down - Upper Body Stretch Routines (see page 85)

Pre-Training Week 3 Thursday - LISS (35-45 mins)
### Pre-Training Week 3 Friday

<table>
<thead>
<tr>
<th>Circuit One</th>
<th>2x7min</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medicine Ball Squat Press</strong></td>
<td>15 REPS</td>
</tr>
<tr>
<td><strong>Burpees</strong></td>
<td>10 REPS</td>
</tr>
<tr>
<td><strong>Push Ups</strong></td>
<td>☭ 15 REPS</td>
</tr>
<tr>
<td><strong>Toe Taps</strong></td>
<td>15 REPS</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Circuit Two</th>
<th>2x7min</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Jump Lunges</strong></td>
<td>20 REPS 10 PER SIDE</td>
</tr>
<tr>
<td><strong>Sumo Squats</strong></td>
<td>15 REPS</td>
</tr>
<tr>
<td><strong>Skipping</strong></td>
<td>50 REPS</td>
</tr>
<tr>
<td><strong>Straight Leg Sit Ups</strong></td>
<td>20 REPS</td>
</tr>
</tbody>
</table>

**Cool Down** - Lower and Upper Body Stretch Routines (see page 84-85)

### Pre-Training Week 3 Saturday

- LISS (35-45 mins) + REHABILITATION (see page 82-85)
Pre-Training Week 4 Monday

**LEGS & CARDIO**

**Circuit One**

- Medicine Ball Squat and Press
  - 15 reps
  - 6-12 kg

- Knee Ups
  - 24 reps
  - 12 per side

- Skipping
  - 50 reps

**Circuit Two**

- Jump Squats
  - 15 reps

- Walking Lunges
  - 24 reps
  - 12 per side

- Burpees
  - 10 reps

- Stationary Lunges
  - 24 reps
  - 12 per side

- Weighted Step Ups
  - 24 reps
  - 12 per side

3-6 kg

Cool Down - Lower Body Stretch Routine (see page 84)

Pre-Training Week 4 Tuesday - LISS (35-45 mins)
### Pre-Training Week 4 Wednesday

#### ARMS & ABS

<table>
<thead>
<tr>
<th>Circuit One</th>
<th>2x7min</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Push Ups</strong></td>
<td>15 REPS</td>
</tr>
</tbody>
</table>

#### Circuit Two

| Mountain Climbers (4) + Push Ups (1) | 15 REPS |

#### Circuit One

<table>
<thead>
<tr>
<th><strong>Straight Leg Sit Ups</strong></th>
<th>15 REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Toe Taps</strong></td>
<td>20 REPS</td>
</tr>
</tbody>
</table>

#### Circuit Two

<table>
<thead>
<tr>
<th><strong>Tricep Dips</strong></th>
<th>15 REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lay Down Push Ups (On Knees)</strong></td>
<td>15 REPS</td>
</tr>
</tbody>
</table>

#### Circuit One

<table>
<thead>
<tr>
<th><strong>Straight Leg Raises</strong></th>
<th>15 REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Commandos</strong></td>
<td>20 REPS</td>
</tr>
</tbody>
</table>

---

**Cool Down** - Upper Body Stretch Routines (see page 85)

### Pre-Training Week 4 Thursday

- **LISS (35-45 mins)**
### Pre-Training Week 4 Friday

**FULL BODY (OPTIONAL)**

<table>
<thead>
<tr>
<th>Circuit One</th>
<th>Circuit Two</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medicine Ball Squat Press</strong></td>
<td><strong>Jump Lunges</strong></td>
</tr>
<tr>
<td>15 REPS</td>
<td>20 REPS 10 PER SIDE</td>
</tr>
</tbody>
</table>

**Circuit One**
- Medicine Ball Squat Press (15 reps)
- Jump Lunges (20 reps, 10 per side)

**Circuit Two**
- Burpees (10 reps)
- Sumo Squats (15 reps)
- Push Ups (15 reps)
-Skipping (50 reps)
- Toe Taps (15 reps)
- Straight Leg Sit Ups (20 reps)

**Cool Down** - Lower and Upper Body Stretch Routines (see page 84-85)

### Pre-Training Week 4 Saturday

- LISS (35-45 mins) + REHABILITATION (see page 82-85)