



Body Conditioning

Phase One - Stability

Week	Exercise	How many
Every Session	Mobilisers 1 o'clock / 7 o'clock step arounds Glute bridge Prone cobra	5 minutes 10 each leg 10x5s holds 10x5s holds
1	The Clam Single leg squats Single leg hip hinge Plank hold The super-skinny	10x3s holds each leg 10 each leg 10 each leg 1-2x max hold 10x10s holds
2	The Clam Single leg squats Single leg hip hinge Plank hold The super-skinny	10x3s holds each leg 2x10 each leg 2x10 each leg 1-2x max holds 10x10s holds
3	The Clam Single leg squats Squats Flying lunges Plank hold The super-skinny	10x3s holds each leg 2x10 each leg SS 2x20 SS 2x10 each leg 1-2x max holds 10x10s holds
4	The Clam Single leg squats Squats Single leg hip hinge Rear lunges Plank hold The super-skinny	10x3s holds each leg x10 each leg x20 x10 each leg x10 each side max 10x10s holds
5	Turkish Get Up Single leg squats Squats Flying lunges Mountain climbers Plank rolls The super-skinny	1x5 each side x10 each leg x20 x10 each leg 2x10-20 each side 3-5x 5-15s each position 10x10s holds
6	Single leg squats Squats Single leg hip hinge Rear lunges Cross body mountain climbers Plank pendulum The super-skinny	x10 each leg x20 x10 each leg x10 each side 2x10-20 each side 2x 5-20 each side 10x10s holds



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Phase Two - Strength

Week	Exercise	How many?
Every Session	Mobilisers	5 minutes
7	Kettlebell swings Turkish Get Ups Rear lunges Deadlifts Press ups Pull ups	3x10-20 2x5 each side 2x10-15 each leg 2x15 2x8-12 SS 2x8-12 SS
8	Kettlebell swings Turkish Get Ups Rear lunges Deadlifts Press ups Pull ups	3x10-20 2x5 each side 2x10-15 each leg 2x10-12 2x8-12 SS 2x8-12 SS
9	Kettlebell swings SL hip hinge with weight (both arms) Turkish Get Ups Deadlifts Press ups Pull ups Step ups	3x10-20 2x10 each leg 2x5 each side 2x10-12 2x8-12 SS 2x8-12 SS 2x10 each leg
10	Kettlebell swings SL hip hinge with weight (single arm) Turkish Get Ups (2x5 each side) Deadlifts Dive bomber press ups Pull ups Step ups	3x20-50 2x10 each leg 2x5 each side 2x8-10 2x8-12 SS 2x8-12 SS 2x10 each leg
11	Kettlebell swings full range SL hip hinge with weight (single arm) Turkish Get Ups Deadlifts Dive bomber press ups Pull ups Step ups	3x20-50 2x10 each leg 2x5 each side 2x8-10 2x8-12 SS 2x8-12 SS 2x10 each leg
12	Kettlebell swings full range Turkish Get Ups Deadlifts Close grip press ups Pull ups Overhead rear lunges	3x20-50 2x5 each side 2x8-10 2x8-12 SS 2x8-12 SS 2x10 each leg



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Phase Three - Power

Week	Exercise	How many?
Every Session	Mobilisers 1 o'clock / 7 o'clock step arounds Glute bridge Prone cobra	5 minutes 10 each leg 10x5s holds 10x5s holds
13	Vertical jumps Single leg hops Depth jumps Long jumps	1x10 1x10 each leg 1x10 1x10
14	Vertical jumps Single leg hops Depth jumps Lateral jumps	2x10 1x10 each leg 1x10 1x10
15	Vertical jumps onto bench Hurdle jumps Long jumps Single leg lateral jumps	2x10 1x10x 3-8 hurdles 1x10 1x10
16	Vertical jumps Hurdle jumps Single leg hops Long jumps	1x10 1x10x 3-8 hurdles 1x10 each leg 2x10