



# BENCHMARK

Welcome to Benchmark:

<u>Introduction:</u>	<u>Page 2</u>
<u>Weekly Overview:</u>	<u>Page 3</u>
<u>Day 1 - Strength:</u>	<u>Page 4</u>
<u>Day 2 - Strength:</u>	<u>Page 6</u>
<u>Day 3 – Aerobic Conditioning:</u>	<u>Page 8</u>
<u>Day 4 - Strength:</u>	<u>Page 9</u>
<u>Day 5 - Strength:</u>	<u>Page 11</u>
<u>Day 6 - Anaerobic Conditioning:</u>	<u>Page 13</u>
<u>Day 7 - Recovery:</u>	<u>Page 14</u>
<u>Compeat Nutritional Advice:</u>	<u>Page 15</u>

## INTRODUCTION

In your weekly program, you will find 7 daily sessions with a link to an instructional video, a warm-up and a down regulation drill. Each movement is tailored with an option for all skill levels. You can choose which exercise suits your abilities based on your screening.

### YOUR WEEKLY PROGRAM IS MADE UP OF:

- 4 x strength sessions
- 2 x energy system sessions, made up of:
  - 1 x aerobic session (low intensity)
  - 1 x anaerobic session (high intensity)
- 1 x mobility recovery day

### GETTING READY FOR YOUR WEEKLY TRAINING PROGRAM

- **Designate a specific time and space for your training to help get you into a routine.** Dedicate an area in your living space (or somewhere outdoors) for your training, and lock in a time each day. Have your gym necessities ready (your water bottle, music, towel) so you can jump straight into your session. Humans are creatures of habit, and sticking to these habits can establish a strong routine.
- **Exercise Bands, Weights & other equipment:** Although most of our movements can be done with just body weight, we recommend you utilise bands or weights, such as dumbbells, kettle bells etc. If you do not have any, Please get in touch and we can give you more information.

### IF YOU HAVE ANY QUESTIONS, OR NEED ASSISTANCE

- We will be actively monitoring our online Facebook Community, so please post any training or nutrition enquiries through there.
- For general enquiries about your package or your program, please email at [info@benchmarkcanterbury.com](mailto:info@benchmarkcanterbury.com)
- For urgent enquiries, please contact James on 0478 923 063 or Mitch on 0451 255 991.

***OUR AIM IS TO HELP YOU MOVE BETTER, FEEL BETTER, PERFORM BETTER.***

## WEEKLY OVERVIEW

<https://youtu.be/e0BkhfNbC0c>

This week's strength sessions focus on the full body.

Each strength session includes movements which target every muscle, allowing you to acquire enough volume over the week, providing you with an adequate stimulus that will result in hypertrophy (muscle mass increase), fat loss and improved aesthetics. The program fluctuates with intensity allowing you to train, adapt, recover and repeat without compromising your health.

### BREAKDOWN OF THE WEEK

#### 1. MAIN MOVEMENT (TRACK THIS MOVEMENT)

The "Main Movement" will consist of a main trackable movement superseded with an active recovery movement, the active recovery movement will target the antagonist of the main movement or the bigger stronger muscles less likely to fatigue for more volume.

The "Main Movement" should be tracked each week and improved upon each week. You should aim to increase the number of reps you can do of Movement 1(a) in 8 minutes. Form is always main priority and aiming to get full ROM (range of motion) with every rep, give yourself no more than 30 seconds active recovery using movement 3(b) each time you stop and aim to stay away from fatigue until the last 30-60 seconds. Over the weeks you should improve on your strength, endurance and strategy to greatly increase the number of reps you can accomplish. If your reps are not improving weekly, you are not recovering properly, or not working hard enough!

To

- Track the total amount of reps each week of movement 3(a)

#### 2. SECONDARY MOVEMENT (MOVEMENT 2)

"Movement 2" will consist of one power movement superseded with a volume movement.

-The Power movement is to be performed at a range of 6-8 reps and to be executed with the greatest amount of intent on the concentric phase (upwards phase) as physically possible.

-The Volume movement takes the antagonists (opposing) muscles to fatigue, allowing hypertrophy while recovering agonist muscles. Follow the recommended reps or take this to failure.

Do not compromise your form just to increase the number of reps. Make sure every rep is performed to the best of your ability, so that you can feel the primary muscles working in each movement.

The target number of sets for the "Movement 2" will vary from 3-6 sets.

#### 3. THIRD MOVEMENT (MOVEMENT 3)

We are now focusing the first movement 3(a) as a QI (Quasi isometric) meaning we are performing this movement at an extremely slow tempo (lowering and lifting phase) under control working on feeling the stretch of the muscles under tension and the engagement of muscles throughout the whole movement.

Half of the strength sessions now include an aerobic finisher as 3(d) go as hard as you can with these movements, as the weeks progress there will be additional aerobic work in 3© added.

The movements, reps and sets can change each week to provide you with variability and build on your movement competency. The moderate and expert variations will get harder, so stick to the beginner movement if needed. We encourage you to challenge yourself with the more advanced variations, however, make sure you keep your form and be honest with your body – stay with the variation you feel will help you improve the most.

**[Tip: You can use the 3 different levels of movements as a drop set for extra stimulus i.e. start on the highest level, and as you fatigue or break form - drop straight into the lower level and continue to drop levels as required for the designated rep or time period.]**

**4. CHALLENGE** Every week we have set challenges. If you'd like to attempt the challenge, video yourself attempting the challenge (side on) and send it to us. Each video will be judged on quality and quantity, with the winner will be announced the following week.

## DAY 1 – STRENGTH

Whole session video playlist:

<https://www.youtube.com/playlist?list=PLFaubcCTKUzYEaRHMolgEV5qEtNawwYab>

Warm up (upper body): <https://youtu.be/u2lLeC2NUrg>

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### MAIN MOVEMENT

Track the following as your aim is to improve this each week:

1 (a) Track the total number of full reps in 8 minutes of movement 1 (a) use movement 1(b) as active recovery.

Perform this movement for 8 minutes with no longer than 30 seconds active recovery each time you stop. Keep away from complete fatigue until the last 30-60 seconds.

Beginner	Floor Press	<a href="https://youtu.be/L2DU5QkEUg0">https://youtu.be/L2DU5QkEUg0</a>
Moderate	Incline Push up	<a href="https://youtu.be/GScF4zAFTnI">https://youtu.be/GScF4zAFTnI</a>
Expert	Push up	<a href="https://youtu.be/LDLob1SNaJI">https://youtu.be/LDLob1SNaJI</a>

*[Tip: A push up should look like a moving plank. Start with full body tension, and a straight line between your knees, hips, shoulders and head. As you drop, your shoulder blades should move smoothly to the bottom, keep tension through the whole back.]*

1 (b) Active recovery, no need to track this movement

All levels	Banded reverse fly	<a href="https://youtu.be/nftEE88t-jU">https://youtu.be/nftEE88t-jU</a>
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*Tip: Aim to slightly turn your elbows out and squeeze the rear deltoids as much as possible in the top range, do not allow yourself to overly use your shoulder blades or create momentum to finish of reps.]*

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### MOVEMENT 2

Perform movement 2 (a) for 6-8 reps and 2 (b) for 20+ reps or to failure. Followed by 45 seconds rest & Repeat 3 - 4 times.

2 (a)

Beginner	Hug RDL	<a href="https://youtu.be/pryFJlGr3s4">https://youtu.be/pryFJlGr3s4</a>
Moderate	Banded pull through	<a href="https://youtu.be/EdE-rlce3pA">https://youtu.be/EdE-rlce3pA</a>
Expert	Vert to hoz jump	<a href="https://youtu.be/POYZ7XYKXkY">https://youtu.be/POYZ7XYKXkY</a>

2 (b)

Beginner	Single leg squat 1 leg down, 2 legs up	<a href="https://youtu.be/Jer02Dk0Pe8">https://youtu.be/Jer02Dk0Pe8</a>
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Moderate	Single leg supported squat	<a href="https://youtu.be/UaNfnVP7B3o">https://youtu.be/UaNfnVP7B3o</a>
Expert	Single leg squat	<a href="https://youtu.be/NhK57melyJ4">https://youtu.be/NhK57melyJ4</a>

[Tip: With any single leg movement, maintain neutral spine especially through the pelvis which will want to rotate, maintaining the pelvis square and keeping tension will improve movement competency.]

### **MOVEMENT 3**

Perform movements 3 (a) as one rep for a total of 40-60 seconds 3 (b), 3 (c) & 3 (d) for 40 – 60 seconds each, followed by 45 seconds rest. Repeat 4 - 5 times.

#### **3 (a)**

Beginner	Push up kneeling QI	<a href="https://youtu.be/Dpb9mHatFPg">https://youtu.be/Dpb9mHatFPg</a>
Moderate	Push up down on toes up on Knees QI	<a href="https://youtu.be/VAKDgZJPxA">https://youtu.be/VAKDgZJPxA</a>
Expert	Push up QI	<a href="https://youtu.be/L_ovtf0L4Cs">https://youtu.be/L_ovtf0L4Cs</a>

[Tip: Maintain full body tension, and a straight line between your knees, hips, shoulders and head. As you drop, your shoulder blades should move smoothly to the midline of the back, on the way up aim to push through the ground and end with a full contraction of the pecs and triceps.]

#### **3 (b)**

Beginner	Deadbug reach	<a href="https://youtu.be/8qnMEIZ7LkI">https://youtu.be/8qnMEIZ7LkI</a>
Moderate	Deadbug contralateral	<a href="https://youtu.be/ax-TgH277u0">https://youtu.be/ax-TgH277u0</a>
Expert	Deadbug Squeeze	<a href="https://youtu.be/h42Ec_qSO8U">https://youtu.be/h42Ec_qSO8U</a>

[Tip: Start your dead bug position punching your hands into the sky above your shoulders while using this reach to forcefully push your ribcage down and back, the pelvis should be tucked of ground with your thighs and knees reaching also up towards the sky.]

#### **3 (c)**

All levels	6 point get up	<a href="https://youtu.be/NKxtOILfNDI">https://youtu.be/NKxtOILfNDI</a>
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#### **3 (d)**

All levels	Thrusters	<a href="https://youtu.be/rYfP5i375zs">https://youtu.be/rYfP5i375zs</a>
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### **END OF SESSION: DOWNREGULATION/RECOVERY**

Link: <https://youtu.be/qVMSCAG23TM>

[Tip: Don't forget to breathe at the end of your session for 5-10 minutes. We utilise Pranayama breathing. Your goal is to return to calm, lower your heart rate as much as possible and return heart rate to a RHR (resting heart rate.)]

## DAY 2 – STRENGTH

Whole session video playlist:

<https://www.youtube.com/playlist?list=PLFaudbCTKUzYmN7VnWzMR2KuQotcPIJZv>

Warm up (lower body): <https://youtu.be/tjIMAbZyLyw>

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Track the following as your aim is to improve this each week:

1 (a) Track the total number of full reps in 8 minutes of movement 1 (a) use movement 1(b) as active recovery.

Perform this movement for 8 minutes with no longer than 30 seconds active recovery each time you stop. Keep away from complete fatigue until the last 30-60 seconds.

Beginner	Hip extension	<a href="https://youtu.be/g8SoWUkxogY">https://youtu.be/g8SoWUkxogY</a>
Moderate	RDL RNT	<a href="https://youtu.be/yOwzowPaZNo">https://youtu.be/yOwzowPaZNo</a>
Expert	RDL	<a href="https://youtu.be/lhAEoukq_Rc">https://youtu.be/lhAEoukq_Rc</a>

1 (b) Active recovery, no need to track this movement

All levels	Frog pumps	<a href="https://youtu.be/5lzyG8bbchk">https://youtu.be/5lzyG8bbchk</a>
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### MOVEMENT 2

Perform movement 2 (a) for 6-8 reps and 2 (b) for 20+ reps or to failure. Followed by 45 seconds rest & Repeat 5 - 6 times.

2 (a)

Beginner	Kneeling push up (explosive)	<a href="https://youtu.be/pJiiYsAa-SM">https://youtu.be/pJiiYsAa-SM</a>
Moderate	Push up alternating hand position (explosive)	<a href="https://youtu.be/1FhDr9HDx2U">https://youtu.be/1FhDr9HDx2U</a>
Expert	Rotational push up with catch (explosive) (Alternate each side, total 6-8 reps)	<a href="https://youtu.be/-kcosXjFS_M">https://youtu.be/-kcosXjFS_M</a>

2 (b)

All levels	High angle row	<a href="https://youtu.be/P744Oj9nuzk">https://youtu.be/P744Oj9nuzk</a>
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*[Tip: Set the band up at a 45 degree angle above your head, making sure your torso stays upright and not to lean back, So we can get the most from the change of angle variation. ]*

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### **MOVEMENT 3**

Perform movements 3 (a) as one rep for a total of 40-60 seconds 3 (b), 3 (c) & 3 (d) for 40 – 60 seconds each, followed by 45 seconds rest. Repeat 4 - 5 times.

#### **3 (a)**

Beginner	Hip extension QI	<a href="https://youtu.be/s8QZxHhe_U4">https://youtu.be/s8QZxHhe_U4</a>
Moderate	Hip extension heel raised QI	<a href="https://youtu.be/31AN9kp2lv0">https://youtu.be/31AN9kp2lv0</a>
Expert	Hip extension heel raised single leg QI	<a href="https://youtu.be/siHPZNzoPgk">https://youtu.be/siHPZNzoPgk</a>

*[Tip: Your goal with this movement is to continue to build tension as you move.]*

#### **3 (b)**

Beginner	Front foot raised split squat	<a href="https://youtu.be/Gx41b9oIVl0">https://youtu.be/Gx41b9oIVl0</a>
Moderate	Rear foot slightly raised split squat	<a href="https://youtu.be/K_7fXCHexDg">https://youtu.be/K_7fXCHexDg</a>
Expert	Rear foot raised split squat	<a href="https://youtu.be/VShkzwZJY7g">https://youtu.be/VShkzwZJY7g</a>

*[Tip: It is important to keep your legs hip width apart. Maintain your pelvis, lower rib cage and head stacked vertically the entire movement.]*

#### **3 (c)**

Beginner	Deadbug arms vs wall	<a href="https://youtu.be/te33g7TbLCQ">https://youtu.be/te33g7TbLCQ</a>
Moderate	Deadbug arms vs wall kick out	<a href="https://youtu.be/31DfYTt1ccc">https://youtu.be/31DfYTt1ccc</a>
Expert	Deadbug arms vs wall kick out holds (3 second holds each side, alternate reps slow and controlled)	<a href="https://youtu.be/V1M82mjoibo">https://youtu.be/V1M82mjoibo</a>

*[Tip: Start your dead bug position punching your hands into the wall above your head while using this reach to forcefully push your ribcage down and back, the pelvis should be tucked of ground with your thighs and knees reaching also up towards the sky.]*

#### **3 (d)**

Beginner	Straight arm plank heels vs wall	<a href="https://youtu.be/eB-36PeiSCI">https://youtu.be/eB-36PeiSCI</a>
Moderate	Straight arm plank medium lever heels vs wall	<a href="https://youtu.be/EJq3Prs-9nY">https://youtu.be/EJq3Prs-9nY</a>
Expert	Straight arm plank long lever heels vs wall	<a href="https://youtu.be/7QxfHNI-Nuk">https://youtu.be/7QxfHNI-Nuk</a>

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### **END OF SESSION: DOWNREGULATION/RECOVERY**

Link: <https://youtu.be/qVMSCAG23TM>

*[Tip: Don't forget to breathe at the end of your session for 5-10 minutes. We utilise Pranayama breathing. Your goal is to return to calm, lower your heart rate as much as possible and return heart rate to a RHR (resting heart rate.)]*

## DAY 3 - AEROBIC CONDITIONING

Aerobic energy system development is one of our most powerful tools in creating a healthier version of yourself.

Aerobic training done correctly will give you the ability to have:

- Greater work capacity (improve cardio)
- Greater ability to downregulate (recover)
- Increased immune system
- Improved respiratory system

Measure your HR (heart rate) during your session. If you have the ability to track HR with devices your goal is to maintain a HR of 120-140bpm during the session. This will ensure that you stress the heart correctly to get the best adaptations.

If you do not have a device to track HR, use one of the most effective strategies to regulate your HR between 120-140bpm: **nasal breathing**.

Keep a nice rhythmic breathing pattern through your nose as you train. If you notice that you start to breathe through your mouth, you will need to lower the intensity of your session to self-regulate your HR.

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### AEROBIC SESSION

Whole session video playlist:

<https://www.youtube.com/playlist?list=PLFaudbCTKUzaWcDEM3dIXIpmR85W9u6Rd>

Warm up (Lower body): <https://youtu.be/tjIMAbZyLyw>

Start with Aerobic Set 1. Perform each movement for 30 seconds, followed by 10 seconds rest, then repeat that set 4 times. Move onto the next set until each set has been completed, 4 times.

Aerobic Set 1 <a href="https://youtu.be/NXOTy1X30Yc">https://youtu.be/NXOTy1X30Yc</a>	Aerobic Set 2 <a href="https://youtu.be/lwRlzDAn9N4">https://youtu.be/lwRlzDAn9N4</a>	Aerobic Set 3 <a href="https://youtu.be/sDtQmCDTJu4">https://youtu.be/sDtQmCDTJu4</a>
1 (a) High knee overhead running	2 (a) Sprint from ground with roll	3 (a) Single pogos
1 (b) Single leg balance with kick	2 (b) Instability rdl to high knee	3 (b) Reverse lunge alternating
1 (c) Crab	2 (c) Half kneeling woodchop	3 (c) Mountain climbers slow

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### END OF SESSION: DOWNREGULATION/RECOVERY

Link: <https://youtu.be/qVMSCAG23TM>



[Tip: Don't forget to breath at the end of your session for 5 minutes. We utilise Pranayama breathing. Your goal is to return to calm, lower your heart rate as much as possible and return heart rate to a RHR (resting heart rate).]

## DAY 4 – STRENGTH

Whole session video playlist:

[https://www.youtube.com/playlist?list=PLFaudbCTKUzbDZPcrhGfsdYiDzRN\\_jXwr](https://www.youtube.com/playlist?list=PLFaudbCTKUzbDZPcrhGfsdYiDzRN_jXwr)

Warm up (lower body): <https://youtu.be/tjIMAbZyLyw>

### MAIN MOVEMENT

Track the following as your aim is to improve this each week:

1 (a) Track the total number of full reps in 8 minutes of movement 1 (a) use movement 1(b) as active recovery.

Perform this movement for 8 minutes with no longer than 30 seconds active recovery each time you stop. Keep away from complete fatigue until the last 30-60 seconds.

Beginner	Reaching heel raised squat	<a href="https://youtu.be/FsCiyYp3Gil">https://youtu.be/FsCiyYp3Gil</a>
Moderate	Zercher squat	<a href="https://youtu.be/AWQROrstdB4">https://youtu.be/AWQROrstdB4</a>
Expert	Reaching resisted squat	<a href="https://youtu.be/wntwOu_g51M">https://youtu.be/wntwOu_g51M</a>

1 (b) Active recovery, no need to track this movement

All levels	Short lever hip extension hold	<a href="https://youtu.be/_1M3by55pww">https://youtu.be/_1M3by55pww</a>
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### MOVEMENT 2

Perform movement 2 (a) for 6-8 reps and 2 (b) for 20+ reps or to failure. Followed by 45 seconds rest & Repeat 5 - 6 times.

2 (a)

Beginner	Kneeling push up (explosive)	<a href="https://youtu.be/pJiiYsAa-SM">https://youtu.be/pJiiYsAa-SM</a>
Moderate	Push up alternating hand position (explosive)	<a href="https://youtu.be/1FhDr9HDx2U">https://youtu.be/1FhDr9HDx2U</a>
Expert	Rotational push up with catch (explosive) (Alternate each side, total 6-8 reps)	<a href="https://youtu.be/-kcosXjFS_M">https://youtu.be/-kcosXjFS_M</a>

2 (b)

Beginner	Facepull	<a href="https://youtu.be/VZU5TFcRayo">https://youtu.be/VZU5TFcRayo</a>
Moderate	Facepull with Pull apart	<a href="https://youtu.be/tiW5ahZxhts">https://youtu.be/tiW5ahZxhts</a>
Expert	Facepull with external rotation	<a href="https://youtu.be/zH5jf6Cvafc">https://youtu.be/zH5jf6Cvafc</a>

[Tip: With every facepull pull the band towards your body not allowing your body to move towards the band, at end range make sure the elbows don't drop and stay facing directly behind you. ]

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### **MOVEMENT 3**

Perform movements 3 (a) as one rep for a total of 40-60 seconds 3 (b), 3 (c) & 3 (d) for 40 – 60 seconds each, followed by 45 seconds rest. Repeat 4 - 5 times.

#### **3 (a)**

Beginner	Split squat concentric only	<a href="https://youtu.be/JUv8N-O6jxQ">https://youtu.be/JUv8N-O6jxQ</a>
Moderate	Split squat ½ range QI	<a href="https://youtu.be/yN0owNSK1VI">https://youtu.be/yN0owNSK1VI</a>
Expert	Split squat QI*	<a href="https://youtu.be/y3Ak5m0VWd8">https://youtu.be/y3Ak5m0VWd8</a>

**\*Challenge: Video yourself side on, aiming to complete one repetition as slow as possible without stopping, keeping quality positioning. You will be judged on quality and time. Send it to us and we'll choose a winner the following week.**

[Tip: It is important to keep your legs hip width apart. Maintain your pelvis, lower rib cage and head stacked vertically the entire movement.]

#### **3 (b)**

Beginner	Hip extension hold	<a href="https://youtu.be/bjHcmS6QE3c">https://youtu.be/bjHcmS6QE3c</a>
Moderate	Hip extension walk outs	<a href="https://youtu.be/sz2VBpCiVnw">https://youtu.be/sz2VBpCiVnw</a>
Expert	Supine hamstring curl	<a href="https://youtu.be/PRSVhzVx4tg">https://youtu.be/PRSVhzVx4tg</a>

[Tip: Throughout this movement, create tension in your hamstrings by ripping your heels into the ground and towards your butt. At the top position, make sure to engage your glutes to support your back - you should not feel discomfort through your lower back.]

#### **3 (c)**

Beginner	Kneeling side plank (repeat each side)	<a href="https://youtu.be/VH6RTx9SxRk">https://youtu.be/VH6RTx9SxRk</a>
Moderate	Side plank (repeat each side)	<a href="https://youtu.be/l7SRFgg9Jvo">https://youtu.be/l7SRFgg9Jvo</a>
Expert	Side plank star (repeat each side)	<a href="https://youtu.be/sXtZ5w3VzG0">https://youtu.be/sXtZ5w3VzG0</a>

#### **3 (d)**

Beginner	Calve Raises	<a href="https://youtu.be/7y9DLK2FRRU">https://youtu.be/7y9DLK2FRRU</a>
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[Tip: When performing calve raises your aim is to create the most range of motion possible, in the bottom of the movement aim for the biggest stretch you can find, in the top of the movement aim to find the biggest muscular contraction.]

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### **END OF SESSION: DOWN-REGULATION/RECOVERY**

Link: <https://youtu.be/qVMSCAG23TM>

[Tip: Don't forget to breath at the end of your session for 5 minutes. We utilise Pranayama breathing. Your goal is to return to calm, lower your heart rate as much as possible and return heart rate to a RHR (resting heart rate).]

## DAY 5 – STRENGTH

Whole session video playlist:

[https://www.youtube.com/playlist?list=PLFaudbCTKUzagGUqfEY\\_PzIFizRR4TAiM](https://www.youtube.com/playlist?list=PLFaudbCTKUzagGUqfEY_PzIFizRR4TAiM)

Warm up (upper body): <https://youtu.be/u2lLeC2NUrg>

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### MAIN MOVEMENT

Track the following as your aim is to improve this each week:

1 (a) Track the total number of full reps in 8 minutes of movement 1 (a) use movement 1(b) as active recovery.

Perform this movement for 8 minutes with no longer than 30 seconds active recovery each time you stop. Keep away from complete fatigue until the last 30-60 seconds.

Beginner	Band pull apart	<a href="https://youtu.be/Kah6cAdaAo4">https://youtu.be/Kah6cAdaAo4</a>
Moderate	Seated row	<a href="https://youtu.be/PVPKvMiaB1w">https://youtu.be/PVPKvMiaB1w</a>
Expert	Bent over row	<a href="https://youtu.be/rDUK2VDLhUY">https://youtu.be/rDUK2VDLhUY</a>

1 (b) Active recovery, no need to track this movement

All levels	Dislocators	<a href="https://youtu.be/YG2V5EYG0Ec">https://youtu.be/YG2V5EYG0Ec</a>
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### MOVEMENT 2

Perform movement 2 (a) for 6-8 reps and 2 (b) for 20+ reps or to failure. Followed by 45 seconds rest & Repeat 5 – 6 times.

2(a)

Beginner	Catches	<a href="https://youtu.be/opAt4wfRn5Q">https://youtu.be/opAt4wfRn5Q</a>
Moderate	Catch jump catch	<a href="https://youtu.be/E2eV9fp0xFY">https://youtu.be/E2eV9fp0xFY</a>
Expert	Squat jump max effort with (hold)	<a href="https://youtu.be/kKQ0X9XNsr4">https://youtu.be/kKQ0X9XNsr4</a>

*[Tip: With all catching movements it is important you maintain good torso and pelvic position their is large amounts of force acting on your body when you land and your aim should be to drop faster, absorb and catch in position as fast as possible.]*

2 (b)

Beginner	RDL reaching	<a href="https://youtu.be/6_olkSkveDk">https://youtu.be/6_olkSkveDk</a>
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Moderate	Staggered stance RDL (weakest stance first then repeat and match on other leg)	<a href="https://youtu.be/vaXayKsEbWQ">https://youtu.be/vaXayKsEbWQ</a>
Expert	RDL with foot supported (weakest stance first then repeat and match on other leg)	<a href="https://youtu.be/U4MbxUbTu2o">https://youtu.be/U4MbxUbTu2o</a>

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### **MOVEMENT 3**

Perform movements 3 (a) as one rep for a total of 40-60 seconds 3 (b), 3 (c) & 3 (d) for 40 – 60 seconds each, followed by 45 seconds rest. Repeat 4 - 5 times.

#### **3 (a)**

All levels	Blackburns QI	<a href="https://youtu.be/yUSPDkE6c9k">https://youtu.be/yUSPDkE6c9k</a>
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#### **3 (b)**

Beginner	Birddog (short lever)	<a href="https://youtu.be/QOXg-kARoMI">https://youtu.be/QOXg-kARoMI</a>
Moderate	Birddog (Medium lever)	<a href="https://youtu.be/6PUc2aRm-DU">https://youtu.be/6PUc2aRm-DU</a>
Expert	Birddog (long lever)	<a href="https://youtu.be/r8Jnxqd2nlc">https://youtu.be/r8Jnxqd2nlc</a>

*[Tip: Maintain good hip and pelvic position while reaching with opposite arm and leg, make sure you reach with intent through the palm and heel and maintain feeling through abs and do not allow change of spinal position as you reach.]*

#### **3 (c)**

All levels	Mountain climbers	<a href="https://youtu.be/0AKK7W_aMnc">https://youtu.be/0AKK7W_aMnc</a>
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*[Tip: Set up as you would with a straight arm plank position, all points of contact with the ground are strong. Set up a tight core with foreful exhales to feel the ribs pull down towards the.]*

#### **3 (d)**

All levels	Fast feet slow hands	<a href="https://youtu.be/V5b_vzCJDKI">https://youtu.be/V5b_vzCJDKI</a>
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### **END OF SESSION: DOWNREGULATION/RECOVERY**

Link: <https://youtu.be/qVMSCAG23TM>

*[Tip: Don't forget to breath at the end of your session for 5 minutes. We utilise Pranayama breathing. Your goal is to return to calm, lower your heart rate as much as possible and return heart rate to a RHR (resting heart rate).]*

## DAY 6 - ANAEROBIC CONDITIONING

The Anaerobic System provides the body with explosive short term energy without the need for oxygen. The benefits of conditioning your anaerobic system include:

- Providing the body with ability to recover faster
- Trains the body to use glucose as energy more effectively
- Maintains form and quality movement under fatigue
- Boosts metabolism
- Conditioning the body to clear lactate, preserve temperature and produce energy from glucose

The Anaerobic session is a high intensity workout.

Attempt to reach 95% of your maximum effort for each movement, followed by a short rest.

Anaerobic conditioning is demanding on your nervous system and your body, so be prepared to work hard and ensure you are feeling ready for the session. Have a timer ready to keep you honest with your intervals.

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### **ANAEROBIC SESSION**

**Whole session video playlist:**

<https://www.youtube.com/playlist?list=PLFaudbCTKUzZb2z6L1J9P9Aiwuy0nHvZy>

**Warm up (Lower body):** <https://youtu.be/tjIMAbZyLyw>

**Session video playlist:** <https://youtu.be/ROhszLCLkxo>

**Perform movements 1 – 5. Once completed, repeat 3 – 4 times.**

<b>Movement</b>	<b>Work and rest</b>
1) Split squat / fast arms	(20s on, 10s active recovery) x 4
2) Reverse lunge/ Lunge jumps	(20s on, 10s active recovery) x 4
3) Lateral pogo	(20s on, 10s active recovery) x 4
4) Dynamic pull throughs	(20s on, 10s active recovery) x 4
5) Passive Rest	1 min

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### **END OF SESSION: DOWNREGULATION/RECOVERY**

**Link:** <https://youtu.be/qVMSCAG23TM>

*[Tip: Don't forget to breath at the end of your session for 5 minutes. We utilise Pranayama breathing. Your goal is to return to calm, lower your heart rate as much as possible and return heart rate to a RHR (resting heart rate).]*

## **DAY 7 – REST (ACTIVE RECOVERY)**

Fatigue from over-training and under-recovering can mask your performance. A rest day is a significant part of your program. However, this does not mean sedentary rest.

Use this day for an active recovery with the following stability, mobility and breathing drills. You will notice a spike in your performance after your recovery.

Start with the stability movements, then mobility, and finish off with breathing.

**Stability (10 – 15 minutes):** <https://youtu.be/HXGCf9YBkSg>

**Mobility and Breathing (20 – 25 minutes):** <https://youtu.be/F6lUKlcl8O0>

## || HIGH PROTEIN SNACK IDEAS ||

As always, we like to keep things practical here

What we commonly find with is that most people easily get a good amount of protein in their main meals throughout the day. However, they often fall short with their snacks and timing.

Have at least 2 or 3 of these ready to go in your pantry or fridge and you can't go wrong!



## || VIDEOS OF THE WEEK - SHOULD I TAKE THIS SUPPLEMENT? ||

One of the first things I get asked when I see a new client is “Should I take this supplement?”

Before anyone can comfortably focus on supplements, we must first get the rest of the puzzle right.

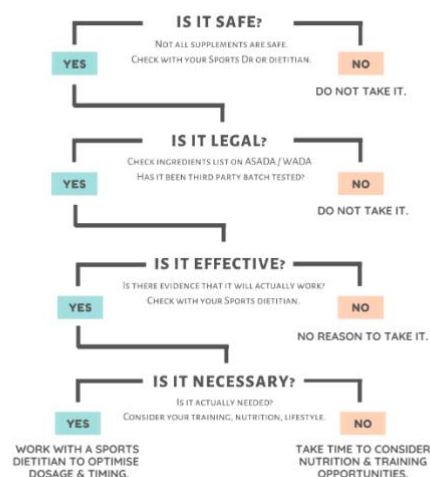
Supplements are like the sprinkles on top of the cake. If you get the cake right, you're not really missing out on much if you they're not there. This is exactly why we focus all our efforts on the getting the basics right and starting with good habits.

In saying that, there are often very good reasons to include certain supplements - whether this be for practicality, performance or recovery. So, to help, we have created an easy to follow decision tree based on the questions we encourage you to ask prior to taking a supplement.

This isn't only for the elite athletes that are being tested - the health risks associated with some supplements (or contaminated supplements) need to also be considered by you guys training in the gym.

Did you know supplements do not have to prove their safety or if they work prior to hitting the market? How do you currently feel about the supplements (sports foods, ergogenic aids, herbals, vitamins/minerals) that you are currently taking? Do they tick all the boxes or do you have concerns?

## SHOULD YOU TAKE THAT SUPPLEMENT?



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To make the right decision on supplements, check out our latest videos on your video hub:

- [Our Supplement policy](#)
- [Making the right decision](#) when selecting your supplements

**|| IN CASE YOU MISSED IT! ||**

Here are a few talking points for next week's Q&A session – The Carnivore Diet.

Just another Fad or the latest in performance nutrition?

For those of you who have been across the media this week, I am sure you would have seen discussions around 'The Carnivore Diet.' 🗣️👉

Since these news articles have been released, we have received numerous questions regarding whether it is safe, if it's more beneficial than other dietary choices and whether there are any negative health impacts...

So on the next page is a full summary for those of you who missed our live on this very topic last week!



# The Carnivore Diet

## WHAT IS IT?

- **Traditional:** includes only animal flesh such as meat or seafood.
- **Optional Additions:** Meat and seafood, along with some animal products such as butter and eggs.
- Usually aims for a 1:1 ratio of fat to protein; zero carbohydrate.
- **NO fruit, veggies, grains, nuts & seeds.**



## WHAT WOULD BE INCLUDED IN AN AVERAGE DAY?

- Multiple serves of meat / steaks
- Bone broth and water as fluid
- Seafood such as salmon, fish roe and shellfish
- Sometimes additions of eggs and butter



## CONSIDERATIONS TO HELP THIS WORK FOR YOU:

- Ensure the nutritional quality of your animal products (organic and grass-fed) for better omega 3 & 6 ratio.
- Do not overcook or burn/char the meat as this can increase risk factors for cancer.
- Important vitamins and minerals can only be eaten in their raw version as they are destroyed by heat (e.g. caviar for vitamin C).
- Check your bloods before and during this diet
- Eat different parts of the animal, like offal, for varied nutrients.



## WHY IT MAY WORK:

- Could be the ideal elimination diet because very few people have a reaction to meat and it could act as a microbiome 'reset'.
- Only having protein is really satiating so you're less likely to overeat or consume excessive energy amounts.
- Monotony of a single food also reduces portions.



## WHAT ARE THE RISKS?

- You may only thrive for a limited time in the 'honeymoon period'
- Without fibre, your gut bacteria that feed usually feed off fibre will die off and replaced by a bacteria that feeds off proteins.
- This new bacteria is a known genotoxin and linked to damage in the colon and resultant increased cancer risk.
- Highly acidic diet - and although the body has an excellent buffering system, the balance in pH has to come from somewhere, and this is often at the cost of bone strength.
- This diet is highly questionable from the perspective of environmental sustainability.
- There are many nutrients that are limited on this diet:
  - Fibre
  - Vit C
  - Vit E
  - Magnesium
  - Folate
  - Flavonoids

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## WHERE IS THE EVIDENCE AT?

- There is currently **NO** research studies!
- So, we basically **DO NOT KNOW!**
- 'Evidence' is primarily from case reports and anecdotes - one of the lowest forms of evidence (see below).



## COULD IT BE BENEFICIAL?

- From reading way too many case studies/editorials, it may be for **SOME**.
- However, this benefit seems likely to be short-term and limited to a time point where the gut microbiome becomes wiped out and needs replenishing.
- If beneficial is defined as weight loss, then yes, you will likely lose weight. However, if beneficial is defined by long-term health, all other evidence points to no.
- Getting back to it - we simply do not know. Even if there are benefits short-term, we have no idea the impact on heart health, bone strength, hormones and vitamin deficiencies long-term.

## SUMMING IT UP:

- Like all diets, choosing the one that allows you to feel and live with your best performance is very individual - based upon genetics, lifestyle and preference.
- This diet is extremely restrictive and for this reason should only be seen as a short term strategy, where reintroducing key food groups and variety is always the goal.
- As always, we come back to the boring message of what the evidence tells us right now **AND** our golden rule of **FIRST DO NO HARM** -
- You will get the most benefits simply by making a few changes in lifestyle - increased sleep, daily movement, no smoking, limit drinking and having a good variety of fruit and veg (moderation!!)



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