



TRAINING PROGRAMME
STRENGTH / POWER / ENDURANCE
FUNCTIONAL

STRENGTH

EXERCISE	SETS	REPS
BACK SQUAT	5	5
ROMANIAN DEADLIFT	5	5
INCLINE BENCH PRESS & WIDE GRIP PULL UP SUPERSET	4	8
BENT OVER ROW & PLYO PUSH UP SUPERSET	4	8
HANGING LEG RAISE & WEIGHTED SIT UP	4	20

MUSCULAR ENDURANCE

EXERCISE	SETS	REPS
BARBELL SHOULDER PRESS	4	10
REAR DELT ROPE PULL	4	15
BULGARIAN SPLIT SQUAT	4	15
TRICEP DIPS & CLOSE ARM PRESS UP SUPERSET	4	15
WEIGHTED SIT UP & LYING LEG RAISE SUPERSET	4	20
FARMERS WALK	5	50M

POWER

EXERCISE	SETS	REPS
CLEAN & PRESS	3	5 – 8
JUMP SQUAT OR BOX JUMP	4	12
WALKING LUNGES	3	10 PER LEG
PLYO PRESS UP	4	5 – 8
SINGLE ARM DUMBBELL BENCH PRESS	3	5 – 8
BENT OVER ROW	3	5 – 8