LANCE CRESSWELL COACHING

NAME: **WORKOUT**: FULL BODY 1 **GOAL**: **DATE**:

MOVEMENT 1	REPS	SETS	REST
FRONT FOOT ELEVATED SPLIT SQUAT	8 EACH SIDE	5-6	30 SECONDS AFTER EACH SIDE

VIDEO: https://drive.google.com/file/d/1I2uCA6dQf-VWavYbYqHemGrzGC1yAye0/view?usp=sharing

* *ELEVATE FRONT FOOT ONTO BOX/STEP HIGHER THAN ANKLE BUT BELOW KNEE*
* *HOLD 1-2 DUMBBELL(S)/KETTLEBELL(S) OR PLACE A BARBELL ON YOUR SHOULDERS*
* *AIM FOR A SLOW AND CONTROLLED DESCENT INTO THE SPLIT SQUAT*
* *WEAKER LEG STARTS IN FRONT*
* *USE A WEIGHT AROUND 15-25% OF YOUR BODYWEIGHT*

	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	
WEIGHT											WEEK 1
REPS											
WEIGHT											WEEK 2
REPS											
WEIGHT											WEEK 3
REPS											
WEIGHT											WEEK 4
REPS											
WEIGHT											WEEK 5
REPS											

MOVEMENT 2	REPS	SETS	REST
PULLOVER	10	5-6	30 SECONDS

VIDEO: https://drive.google.com/file/d/1j6vo64vFhRLz2r5M7sGK8JwVXaX0obNV/view?usp=sharing

* *START LAYING ON A BENCH/BOX PREFERABLY BUT CAN ALSO LAY ON THE FLOOR*
* *HOLD A BARBELL/DUMBBELL(S)/KETTLEBELL(S) WITH BOTH HANDS WITH ARMS STRAIGHT ABOVE CHEST*
* *LOWER WEIGHT WITH STRAIGHT ARMS (AND SOFT ELBOWS) ABOVE/BEHIND YOUR HEAD*
* *AIM FOR A SLOW AND CONTROLLED DESCENT AS LOW AS YOU CAN GO, THE SQUEEZE THE LATS(ARMPITS) TO YANK THE WEIGHT BACK UP*
* *USE A WEIGHT AROUND 15-25% OF YOUR BODYWEIGHT*

	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	
WEIGHT											WEEK 1
REPS											
WEIGHT											WEEK 2
REPS											
WEIGHT											WEEK 3
REPS											
WEIGHT											WEEK 4
REPS											
WEIGHT											WEEK 5
REPS											

MOVEMENT 3	REPS	SETS	REST
OVERHEAD CRUNCH	12	5-6	30 SECONDS

VIDEO: https://drive.google.com/file/d/1Jmb88ahPNCYzu_4z12jKP0Fjp3p6hDI9/view?usp=sharing

* *START BY LAYING ON FLOOR HOLDING A DUMBBELL/ KETTLEBELL WITH BOTH HANDS WITH ARMS STRAIGHT ABOVE CHEST*
* *KEEP YOUR KNEES BENT AND FEET ON THE FLOOR*
* *RAISE THE DUMBBELL TOWARD THE ROOF BY RAISING YOUR TORSO FROM THE FLOOR*
* *KEEP PUSHING YOUR HANDS UPWARDS, NOT FORWARDS*
* *CONTROL A SLOW DESCENT BACK DOWN TO THE STARTING POSITION*
* *CAN BE DONE BODYWEIGHT WITH HANDS TOGETHER OR WITH A WEIGHT 10-15% OF YOUR BODYWEIGHT*

	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	
WEIGHT											WEEK 1
REPS											
WEIGHT											WEEK 2
REPS											
WEIGHT											WEEK 3
REPS											
WEIGHT											WEEK 4
REPS											
WEIGHT											WEEK 5
REPS											