LANCE CRESSWELL COACHING

NAME: **WORKOUT**: FULL BODY 2 **GOAL**: **DATE**:

MOVEMENT 1	REPS	SETS	REST
RDL	10	5-6	30 SECONDS

VIDEO: https://drive.google.com/file/d/1TYmjxjvB095pg98kX7Vbccq0enLwPcUn/view?usp=sharing

* *USE A BARBELL/DUMBBELLS/KETTLEBELLS TOTALLING AROUND 25-40% OF YOUR BODYWEIGHT*
* *KEEP A NEUTRAL SPINE THROUGHOUT*
* *KEEP KNEES SOFT, NOT BENT NOR STRAIGHT*
* *KEEP THE WEIGHT IN CONTACT WITH YOUR THIGHS/SHINS THE WHOLE TIME*
* *LOWER THE WEIGHT OVER 3-4 SECONDS AND EXPLOSIVELY DRIVE THE HIPS FORWARDS TO RETURN TO THE STARTING POSITION*
* *CAN BE DONE SINGLE LEG IF YOU DO NOT HAVE ENOUGH WEIGHT!*

	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
Z PRESS	10	5-6	30 SECONDS

VIDEO: https://drive.google.com/file/d/1C0iex_9aEFgzsqQkB_N9wQ90U37FgVk3/view?usp=sharing

* *USE A BARBELL/DUMBBELLS/KETTLEBELLS TOTALLING AROUND 15-25% OF YOUR BODYWEIGHT*
* *KEEP YOUR LEGS STRAIGHT*
* *PRESS THE WEIGHT UPWARDS FINISHING DIRECTLY ABOVE THE BACK OF YOUR EARS*
* *MAINTAIN A TIGHT AND ENGAGED CORE THROUGHOUT*
* *CAN BE DONE SINGLE ARM IF YOU DO NOT HAVE ENOUGH STABILITY/STRENGTH*

	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
SIDE CRUNCH	12 EACH SIDE	5-6	30 SECONDS AFTER BOTH SIDES DONE

VIDEO: https://drive.google.com/file/d/1fsddpdhLLEKsKY4esx7jFp6q0W_3Pgd0/view?usp=sharing

* *USE A KETTLEBELL/DUMBBELL AROUND 15-25% OF YOUR BODYWEIGHT*
* *KEEP FEET SHOULDER WIDTH APART*
* *HOLD THE WEIGHT IN ONE HAND FACING FORWARDS, THEN LOWER THE WEIGHT DOWN ONE SIDE OF YOUR BODY*
* *KEEP THE OPPOSITE HAND ON THE BACK OF THE HEAD AND 'SQUEEZE' YOUR ABS/OBLIQUES TO COME BACK UP TO STANDING*

	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											