



'STRONGER TOGETHER' PROGRAMME

GOGLEDD CYMRU
ACTIF
NORTH WALES

SESSION EXAMPLES

Lower Body and Core Focus

Warm up

Cardio equipment - 5 minutes

Leg swings x10 each side

BW Lunges x10 each side

BW Squats x 10

Lower Body

Exercise	Sets x Reps	RPE	Progression	Regression
DB Hip Thrust	3 x 10	7	BB Hip Thrust	BW Hip Thrust
BB Sumo Deadlift	3 x 8	6	Increase weight	DB/KB instead of BB
DB Split Squat	3 x 10	8	Bulgarian Split Squat	DB/BW Lunges
Romanian Deadlift	3 x 8	7	Increase weight	BW RDL

Core

Exercise	Sets x Reps	RPE	Progression	Regression
Plank	3 x 30-40s	7	Plank step out	Plank on box
Russian Twist	3 x 20	8	Use DB or Disc	Feet on floor

Cool down and stretches

SESSION EXAMPLES

Upper Body and Cardio

Warm up

Cardio equipment - 5 minutes

Shoulder circles x10

BW Lunges with side reach x10 each side

Upper Body

Exercise	Sets x Reps	RPE	Progression	Regression
DB Reverse Flys	3 x 10	7	Increase weight	Machine reverse flys
S/A Bent Over Row	3 x 8	7	Increase weight	Decrease weight
DB Shoulder Press	3 x 10	8	Standing shoulder press	Decrease weight
Lateral Raise	3 x 8	8	Increase weight	Decrease weight

Cardio

Exercise	Sets x Reps	RPE	Progression	Regression
Treadmill incline walk	15 minutes	8		Flat treadmill

Cool down and stretches