

Circuit Training

1.

DB Alt Hang High Pull
Rotational DB Push-ups
Fast squats
5lbs in each hand, boxing
DB OH FWD Lunge
Double DB bent over row
DB Curl-to-press
SB Jackknife
SB Kneeling opposites
Standing weight plate ab rotations
Lateral Lunge
SB seated balance with uppercuts
DB Alt standing shoulder press
Squat jumps

Do for 4 sets 35secs on, 25 secs off. Rest for 90secs between sets.

2.

SB Core warm-up 5mins
Hang Clean into Front Squat 6 x 8, with 1mins rest. During rest sit balanced on a SB for 30secs.
4 x SB DB single arm, one arm only Bench x 8ea into SB SL hamstring curls 15ea into SB weighted ab crunches x 20 with 25/35 lbs weight plate.
Push-ups to failure into Seated cable row x 12, into DB OH FWD lunge x 8ea
Finish with 10 x 30secs sprints on the bike, with 30secs rest.

3.

Row 1000m
Bodyweight leg circuit x 4, no rest between exercises, 1 rep per second, 0-60secs rest between sets depending on fitness levels
Squats x 24
FWD Lunge x 12ea
LAT Lunge x 12ea
BWD Lunge x 12ea
Squat jumps x 6

4 x DB Push-up with alt DB row with opposite leg raise x 8ea
Lying opposites x 12ea
4 x Lat pull down x 15 into standing weight plate ab rotations x 16 into holding 5lbs plates in each hand shadow boxing for 30secs.
Row 1000m

4.

With 135lbs on the bar

Front Squat x 20

Bent over row x 20

RDL x 20

Inverted row (lye beneath bar legs straight and pull chest to bar) failure

Rest for 90secs repeat 8-12 times.

5.

8-12 sets, no rest between exercises, 90secs between sets. Decrease rest with more conditioning.

DB SA Snatch x 6ea

DB Pitcher squat x 12ea

DB Alt bench press x 8ea

DB RDL x 10

DB Alt DB Row x 12ea fast

Single legged squat x 12ea

SB seated or kneeling balance with throwing punches 45secs.