Nicola Program Gym 2m-J[adjusted 06.05.2020]								
Gym strength Session								
1] warm up								
2] light stretch								
3] Warm up curcuit								
a] Light curcuit med ball throws against wall x 5, med ball squats x 5,								
b] 10 x crunches, 10 x oblique crunches each side.								
c] Rolling 4kg abb ball throw and catch x 10								
d] 5 plate leg extension right leg 5 toe in, 5 toe out, 5 toe straight								
e] 5 plate leg extension right leg 5 toe in, 5 toe out, 5 toe straight								
f] Back extensions x 6 with 4kg dumbel reach each arm								
g] Indian Dance 7kg bar x 2								
h] HANDSTANDS AGAINST WALL X 3								
i] 2 x high knee sprints 20m								
NOTE easy week marked in BLUE								
4] UPHILL SNATCH LUNGES								
a] FORWARD UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1		1
b] LEFT SIDE UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1		1
c] RIGHT SIDE UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1		1
d] BACKWARDS UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1		1
5] Abb work	11.05.20	18.05.20	25.05.20	01.06.20	08.06.20	15.06.20	22.06.20	29.06.20
General abb activation 5 minutes only	x	x	x	x	x	x	x	x
10 crunches, 10 left oblique, 10 right oblique	x	x	x	x	x	x	x	x
1 min front plank, 30 sec left and right side plank	x	x	x	x	x	x	x	x
6] TRAP BAR SESSION	11.05.20	18.05.20	25.05.20	01.06.20	08.06.20	15.06.20	22.06.20	29.06.20
1-a] TRAP BAR DEAD LIFT X 4	115kg	115kg		115kg	115kg	115kg		115kg
2-a] TRAP BAR DEAD LIFT X 4	125kg	125kg		125kg	127.5kg	127.5kg		127.5kg
3-a] TRAP BAR DEAD LIFT X 4	127.5kg	127.5kg	115kg	127.5kg	130kg	132.5kg	115kg	132.5kg
4-a] TRAP BAR DEAD LIFT X 4	130kg	130kg	120kg	130kg	132.5kg	135kg	120kg	135kg
7] Single leg front Squat x 1 set Left and right leg	11.05.20	18.05.20	25.05.20	01.06.20	08.06.20	15.06.20	22.06.20	29.06.20
a-2] Single leg front squat x 4	100kg	100kg		100kg	100kg	100kg		100kg
STEEP HILL HOPS 3 EACH LEG	1	1		1	1	1		1
b-2] Single leg front squat x 3	110kg	110kg		110kg	110kg	110kg		110kg
STEEP HILL HOPS 3 EACH LEG	1	1		1	1	1		1
c-2] Single leg front squat x 2	110kg	110kg	105kg	110kg	110kg	110kg	105kg	110kg
STEEP HILL HOPS 3 EACH LEG	1	1	1	1	1	1	1	1
c-2] Single leg front squat x 1	110kg	110kg	110kg	110kg	110kg	110kg	110kg	110kg
STEEP HILL HOPS 3 EACH LEG	1	1	1	1	1	1	1	1
8] Abb work								
General abb activation 5 minutes only	x	x	x	x	x	x	x	x
10 crunches, 10 left oblique, 10 right oblique	x	x	x	x	x	x	x	x
1 min front plank, 30 sec left and right side plank	x	x	x	x	x	x	x	x
9] UPHILL SNATCH LUNGES	11.05.20	18.05.20	25.05.20	01.06.20	08.06.20	15.06.20	22.06.20	29.06.20
a] FORWARD UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1	1	
b] LEFT SIDE UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1	1	
c] RIGHT SIDE UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1	1	
d] BACKWARDS UPHILL LUNG WITH 20KG BAR X 20M rest 2min	1	1		1	1	1	1	
10] General curcuit x 2								
a] Inclined bench abb throw with 4kg med ball x 15 x 1								
b] Nordic Hamstring curls x 5 slow and hold at bottom	5KG	5KG	5KG	5KG	5KG	5KG	5KG	5KG
d] Hanging rings swiss ball throw & swings								
e] Proprioceptive ankle 20sec holds and raises with 10kg med ball over head								
f] HANGING RING ARM FRONT AND SIDE PUSH X 5 EACH SIDE								
g] RINGS Hanging leg strap single arm southern cross pull ups X 5								
11] Stretching session								
a] Hamstring PNF resisted								
b] Front Hip Mobility TFL [ON BALL]								
c] Glute trigger point deactivation [WITH BALL]								
d] C Stretch [assisted] PNF								