

ANNA'S OUTSET PROGRAM

Key: Sets x Reps x Total Weight lifted

(Note Dumbbell weights are written as the sum of both DBs)

Exercise groupings are denoted by the letter, order by number

WU1) Glute bridges with heel dug in 15 each side

WU2) Back extensions 12

Warm up specifically by building upto weights written in the A exercises.

A1) Trap bar deadlifts 3 x 12 x 55kg

A2) DB Floor press 3 x 15 x 16kg

Rest 120 secs

B1) Neutral grip pull downs 3 x 12 x 25kg

Rest 75 secs

B2) Split Squats on low deck 3 x 8 x 12kg

B3) Leg extensions 3 x 20kg x 20

Rest 75 secs

C1) Burpees 3 x 10

C2) Versa Climber 3 x 100ft