

## ASHLEY'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*

#### Warmup

WU1) Frog squat 60s

WU2) Deadbugs 8 each side

WU3) Banded hip thrusts 20

*Build up weights on A exercises*

A1) Sumo Deadlift 3 x 10 x 55kg

A2) Dips from large box/bench 3 x 10 x BW

Rest 100 secs

B1) Goblet Squats/ safety squat bar 3 x 10 x 30kg

B2) Inverted rows (hip height) 3 x 10 x BW

Rest 90 secs

#### Finisher

C1) Half burpees 3 x 10

C2) Versa Climber 3 x 100ft (< 60 secs)

Continuous