

## JAMES' 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) | Single leg Glute bridges    | 15 each side |
| WU2) | Back extensions             | 12           |
| WU3) | Banded stiff arm pull downs | 20           |

*Build up weights on A exercises*

- |     |  |               |
|-----|--|---------------|
| A1) | Trap bar Deadlift elevated upon med. boxes | 3 x 12 x 80kg |
| A2) | DB floor press                             | 3 x 15 x 40kg |

Rest 120 secs

- |     |                           |              |
|-----|---------------------------|--------------|
| B1) | Split Squats              | 3 x 8 x 14kg |
| B2) | Supinated grip pull downs | 3 x 10 x BW  |

Rest 90 secs

#### Finisher

- |     |               |                       |
|-----|---------------|-----------------------|
| C1) | Half burpees  | 3 x 10                |
| C2) | Versa Climber | 3 x 100ft (< 60 secs) |

Continuous