

## BRAD'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) Laying foam roller shoulder openers 60 secs

WU2) Bar hangs 30 secs

WU3) Static hip flexor stretch 30 secs each side

WU4) Glute bridges with heel dug in 15 each side

A1) Trap bar deadlift elevated upon decks/medium boxes 3 x 12 x 85kg

A2) DB floor press 3 x 12 x 34kg

Rest 120 secs

B1) Neutral grip pull downs 3 x 15 x 12.5kg

Rest 90 secs

B2) Goblet Squats 3 x BW x 8

Rest 90 secs

C) Versa Climber Distance target: 300ft over time build up 100ft every week