

natural
fitness studio.



"The natural alternative to fitness
and health."

Natural Fitness Program



Introduction

Welcome to Natural Fitness Program. The aim of this program is to bring your fitness up to the highest level possible whilst building a lean physique with low body fat. This outcome can often be a hard task with many people sacrificing muscle for fitness or fitness for muscle, however the team at Natural Fitness Studio have tried and tuned this program over time to create the desired outcome of living The Natural Lifestyle. This is a realm in which a lean, strong and fit body combines with full mental and emotional clarity to reach a peak in everyday performance. If you follow this program in unison with our Natural Body Diet you will achieve this result.

We have developed this program by utilising an area of fitness called functional fitness. Functional fitness means we perform movements in ways our body was designed to move. It is literally the most natural way possible to move. We combine this with circuit and tabata style fitness training that involves working non-stop for periods of time using completely functional movements. The result is a positive environment in your body that elevates hormones, strips body fat and creates the physique we all desire.

The fitness elements in this program will reduce body fat whilst the weighted and body weighted movements work muscles to create our desired physique. Of course this is the secondary aspect of the program, the primary focus as mentioned is to build your fitness levels to their highest output. This is the

greatest part about training functional style fitness- we focus purely on functionality and fitness and your body will positively change as a side effect.

All the training outlined in the program is in line with our natural DNA which has only changed 0.02% in 2.5 million years. You will find short duration, high intensity, powerful weighted and non-weighted movements in this program which our ancient bodies love and thrive on. This training will increase your mobility, hormone levels and fitness through utilising movements we have been using for millions of years combined with new age movements of the 21st century.

Natural Fitness Program Overview

Our bodies are designed to push, pull, lift, throw, carry and climb, this is our natural and most functional movement. However this form of movement is rarely performed by the average, western person. This program will take you on a fitness journey to reach The Natural Lifestyle with your brand new Natural Body.

This program is designed so that in a 7 day period, training occurs for four days and then you are resting for three days. During the 3 day rest period we recommended that you recover and/or perform a low intensity activity such as walking on the sand, bush land or grass. In the perfect world you would train on a Monday, Tuesday have Wednesday off and then train Thursday and Friday with Saturday and Sunday off, or completing the low intensity exercise. Of course not everyone can accommodate this schedule into their busy lifestyle, therefore we have written each session as individual days, so you will simply progress through the program on the days that you can make time to train. Keeping in mind that the less frequently you train week to week the longer it will take to complete the program.

Each session will begin with the Natural Warm-Up this will prepare your body and mind for the session ahead. You will then complete a learning movement. This will focus purely on skill and prepare you for some of the harder aspects of the program. You will then proceed to fitness training utilising circuit and tabata techniques. This is followed by the strength phase where functional movements work your muscles. To finish up you will complete a core workout that varies depending on your fitness level. This is essential as your core is used in literally all functional and fitness movements. A strong core forms a foundation for the rest of your body to prosper.

Rest is very important however, and you must listen to your body. Do not complete a training session if you are extremely sore, tired and unmotivated to train. There is a difference between being lazy and experiencing extreme muscle soreness, and feeling tired, so use the knowledge you have of your own body to find which category you fall in to.

Natural Fitness Program Continued..

A majority of those who take part in this program will be guided through this journey with a Natural Fitness Studio Trainer. Your trainer will assist you in monitoring your body through our Natural Progression Sessions and they will know when you have reached the point of overtraining, and recommend you to rest and recover once there. They will also guide you through our nutrition program; The Natural Body Diet.

So enough talking guys lets dig and and create your dream body!



Movement Overview

Strength

CHEST:

barbell bench press
cable fly
incline barbell bench press

SHOULDERS:

strict barbell press
push press
push jerk
barbell thrusters
power snatch
plate raises

LEGS:

back squat
front squat
lunges
barbell lunges
barbell thrusters
overhead squat
barbell sumo deadlift

BACK:

pullups
lat pulldown
bent over barbell row
t-bar row
single arm dumbbell row
power clean
power snatch
seated row
kettle bell sumo deadlift
high-pull
barbell sumo deadlift high-

OLYMPIC LIFTS:

clean
snatch
push jerk
overhead squat

ARMS:

dips
chin-ups
tricep pulldown
dumbbell bicep curl
cable hammer curl



Movement Overview

Fitness

BALLS:

ball slams
wall ball

MACHINES:

rowing machine
exercise bike

LIGHT WEIGHTED:

thrusters
kettle bell swings

BODY WEIGHT:

jump outs
star jumps
burpees
suicides
high repetition pushups
air squats
mountain climbers

TECHNIQUES:

tabata (20 seconds work/10
seconds rest x8)

Calisthenics

BODY WEIGHT:

box jumps
ring dips
ring pushups
pullups
plyometric lunges



Movement Overview

Core Circuit - Beginner Level

SESSION ONE:

x 3 sets, 90 seconds rest:
20 heel taps
10 crunches

SESSION TWO:

perform 30 seconds Then
rest for 30 seconds x 4 sets:
plank

SESSION THREE:

x 3 sets, 90 seconds rest:
20 seconds bicycle kicks
20 seconds heel taps
20 seconds crunches

Core Circuit - Intermediate Level

SESSION ONE:

x 3 sets, minimal rest
between sets:
8 decline crunches

SESSION TWO:

x 3 sets for time:
20 heel taps
10 crunches

SESSION THREE:

20 seconds of work/10 seconds of rest
x 8 sets:
mountain climbers



Movement Overview

Core Circuit - Advanced Level

SESSION ONE:

x 2 sets for the longest time possible

plank

SESSION TWO:

x 2 sets for time

60 ab-mat situps

SESSION THREE:

20 seconds of work/10 seconds rest x
8 sets

mountain climbers



Natural Warm-Up

Body

Natural Squat: Squat down with your butt as low to the ground as possible. With hands in the praying position, gently push out the knees with your elbows to feel a nice stretch in the groin. Hold for 2 minutes.

20 Bodyweight squats

20 Step-ups onto a box (10 step-ups each leg)

20 Arm circles – forwards

20 Arm circles – backwards

10 Crunches

10 Pushups (on toes if capable)

15 Leg swings (each leg)

20 Trunk rotations

Mind

Stay in the pushup position with your butt high in the ceiling, then move into the down-ward dog position to stretch out and flex the spine. Look straight up into the ceiling breathing only through your nose. To draw energy into your body, trace the infinity sign with your eyes closed focusing on the third eye or middle brow area. This balances both hemispheres of the brain, focusing your mind. After around a minute in the down-ward dog position, bring your butt back into the air and then repeat the whole sequence once again.



WORKOUT 1

Learning movement

BENCH PRESS:

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete for 3 rounds resting when required

10 ball slams

150m row

15 mountain climbers

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 bench press

10 cable fly

10 lat pulldown

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 2

Learning movement

AIR SQUAT ONTO BALL:

x 3 sets of 12 repetitions

Fitness

TABATA:

air squats with 20 seconds work then 15 seconds rest
for 7 sets

200m row then 20 seconds rest for 3 sets

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 wall ball

20 walking lunges

10 cable hammer curls

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 3

Learning movement

STANDING DUMBBELL PRESS:

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete for 3 rounds resting as needed

10 ball slams

90 seconds on exercise bike

10 pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 plate raises

10 lat pulldown

10 cable fly

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 4

Learning movement

DUMBBELL THRUSTER:

x 4 sets of 5 repetitions

Fitness

CIRCUIT:

complete for 3 rounds resting as needed

20 air squats

10 pushups

5 dumbbell thrusters

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 seated row

15 tricep pulldown

10 bicep curl

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 5

Learning movement

BENCH PRESS:

x 3 sets of 10 repetitions (bar only)

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

8 ab-mat situps
8 pushups
8 air squats

TABATA:

complete 8 sets with 20 seconds of
work and 10 seconds rest

mountain climbers

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 seated row
15 tricep pulldown
10 bicep curl

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 6

Learning movement

BARBELL PUSH PRESS:

x 3 sets of 6 repetitions

Fitness

CIRCUIT:

complete for 3 rounds resting as required

3 push press
20 mountain climbers
250m row

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 standing dumbbell press
10 bench press
10 lat pulldown

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 7

Learning movement

AIR SQUAT ONTO BALL:

x 3 sets of 20 repetitions

Fitness

TABATA:

complete 8 sets with 20 seconds work and 10 seconds rest

pushups
air squat

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 alternate dumbbell lunges
15 jump outs
20 cable triceps hammer curl

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 8

Learning movement

BAND PULLUPS:

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds in the quickest time possible

12 bent over rows
12 calories rower
12 slam balls

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

12 band pullups
14 kettle bell swings
16 tricep pulldowns

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 9

Learning movement

*KETTLEBELL SUMO
DEADLIFT:*

Fitness

CIRCUIT:

complete for 3 rounds resting as required

20 walking lunges
20 mountain climbers
250m row

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

20 alternate dumbbell lunges
20 air squats
10 kettle bell sumo deadlift

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 10

Learning movement

BARBELL PRESS:

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

3 suicides
10 mountain climbers
10 kettle bell sumo deadlifts

TABATA:

complete 8 sets with 20 seconds work and
10 seconds rest

rowing machine

Strength

WEIGHTS:

x 4 sets with minimal seconds rest between

8 barbell press
15 cable bicep hammer curls

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 11

Learning movement

BENCH PRESS:

x 3 sets of 6 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting when required

10 pushups

300m row

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bench press press

8 lat-pulldown

8 cable fly

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 12

Learning movement

BAR SQUAT:

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds in the shortest time possible

20 mountain climbers

20 ball slams

20 kettle bell swings

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bar squats

20 ball slams

8 walking dumbbell lunge

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 13

Learning movement

SUICIDES / SUMO DEAD LIFT HIGH PULL

x 3 sets of 8 repetitions

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

10 suicides

12 ball slams

14 kettle bell swings

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 sumo dead lift high pull

15 seated row

20 cable tricep extensions

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 14

Learning movement

BARBELL THRUSTER

x 4 sets of 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

4 sled push
10 biceps curl
12 barbell thrusters

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 dumbbell press
10 biceps curl
12 lat pull-down

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 15

Learning movement

PUSH-UPS

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in 5 minutes

8 push-ups
8 ab-mat situps
8 walking dumbbell lunge

TABATA:

work for 20 seconds then 10 seconds
rest for 8 repetitions

ball slams

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bench press
8 ab-mat situps
8 walking dumbbell lunge

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 16

Learning movement

SEATED ROW

x 3 sets of 15 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

200m row

15 kettle bell swings

12 suicides

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 lat pull-down

10 dumbbell flys

10 bench press

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 17

Learning movement

BACK SQUAT

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

4 sled push
15 slam balls
15 pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

6 back squats
8 dumbbell thrusters
10 walking lunges

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 18

Learning movement

WALL BALL

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

2 minute bike ride

1 minute step-up

20 seconds star jumps

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 standing dumbbell press

10 standing biceps curl

10 dumbbell bent over row

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 19

Learning movement

BARBELL LUNGE

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

8 barbell thrusters
20 mountain climbers
8 pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

15 tricep pulldown
15 cable fly
15 plate raises

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 20

Learning movement

DEADLIFT

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in 3 minutes

100m row
10 kettle bell swings
10 air squats

TABATA:

work for 20 seconds the rest for 10 seconds for 8 sets

air squats

Strength

WEIGHTS:

x 4 sets with minimal rest between

6 bench press
15 cable hammer bicep curls

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 21

Learning movement

RING ROW

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

10 slam balls
200m row
10 suicides

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bench press
10 ring row
12 lat pulldown

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 22

Learning movement

FRONT SQUAT (ARMS CROSSED OR RACKED)

x 3 sets of 6 repetitions

Fitness

TABATA:

complete for 20 seconds of work then rest for 10 seconds for 6 sets

barbell squats
rowing machine

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

20 step ups
7 front squats
7 dumbbell lunges

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 23

Learning movement

BARBELL STRICT PRESS

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete for 3 rounds resting as required

10 wall ball

2 minute bike ride

12 pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 standing dumbbell press

10 band pullups

10 dumbbell flys

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 24

Learning movement

BAND DIPS

x 3 sets of 6 repetitions

Fitness

CIRCUIT:

complete for 3 rounds resting as required

20 air squats

20 mountain climbers

8 barbell thrusters

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bent over rows

8 banded dips

8 standing dumbbell curls (each arm)

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 25

Learning movement

FRONT SQUATS

x 3 sets of 10 repetitions (bar only)

Fitness

CIRCUIT:

complete as many rounds as possible in 5 minutes

8 lat pulldown
4 suicides
8 ball slams

TABATA:

complete for 20 seconds work then rest for 10 seconds for 8 reps

ball slams

Strength

WEIGHTS:

x 4 sets with minimal rest between

5 front squats
14 air squats

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 26

Learning movement

DIPS (UNASSITED OR BANDED)

x 3 sets of 5 repetitions

Fitness

CIRCUIT:

complete for 3 rounds resting as required

4 sled push
10 suicides
300m row

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 standing dumbbell press
10 bench press
10 banded pullups

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 27

Learning movement

WALL BALL

x 3 sets of 10 repetitions

Fitness

TABATA:

complete for 20 seconds work then rest for 30 seconds for 5 sets

bar squat
machine row
pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

12 alternate dumbbell lunges
12 suicides
12 banded dips

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 28

Learning movement

JUMPING PULLUPS

x 3 sets of 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

15 bent over rows

15 calories row

15 slam balls

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

12 jumping pullups

12 kettle bell swings

12 dumbbell thrusters

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 29

Learning movement

BARBELL WALKING JUNGES

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

30 walking junges
30 mountain climbers
2 minutes bike ride

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

15 pushups
15 kettle bell sumo deadlift high pull
10 back squats

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 30

Learning movement

PUSH PRESS

x 3 sets of 10 repetitions (bar only)

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

10 slam balls
5 suicides
10 kettle bell swings

TABATA:

complete for 20 seconds work then rest for
10 seconds for 8 reps

rowing machine

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

6 push press
10 alternate dumbbell curls

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 31

Learning movement

DEADLIFT

x 3 sets of 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

2 minute exercise bike

15 wall ball

20 kettle bell swings

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 deadlifts

8 standing dumbbell press

8 dips

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 32

Learning movement

BENT OVER BARBELL ROW

x 3 sets of 10 repetitions (each arm)

Fitness

CIRCUIT:

complete 3 rounds resting as required

3 sled push
12 dumbbell thrusters
12 suicides

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 sumo deadlift highpull
15 bent over barbell row
20 pushups

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 33

Learning movement

BARBELL THRUSTERS

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

25 mountain climbers

350m row

25 ball slams

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 barbell press

10 standing dumbbell curls

12 banded pullups

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 34

Learning movement

BENCH PRESS

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

10 mountain climbers
10 pushups
10 box jumps

TABATA:

complete for 20 seconds work then rest for
10 seconds for 8 reps

pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bench press
10 pushups
12 box jumps

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 35

Learning movement

BAND DIPS

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting when required

350m row

15 kettle bell swings

15 suicides

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 barbell rows

10 dumbbell fly

10 bench press

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 36

Learning movement

BOX JUMPS

x 3 sets of 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting when required

4 sled push
12 wall ball
15 pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

6 back squats
8 barbell thrusters
10 walking lunges

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 37

Learning movement

T-BAR ROW

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting when required

40 second box jumps

2 minutes exercise bike

40 seconds star jumps

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 barbell press

10 dumbbell curls

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 38

Learning movement

OVERHEAD LUNGE

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting when required

8 barbell thrusters
25 mountain climbers
8 raised pushups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

12 dips
12 dumbbell flies
12 plate raise

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 39

Learning movement

DEADLIFT

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

8 kettle bell swings
8 barbell press
8 lat pulldowns

TABATA:

complete for 20 seconds work then rest for
10 seconds for 8 reps

ball slams

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

5 deadlifts
20 ball squats

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 40

Learning movement

BURPESS & PLYOMETRIC LUNGES

x 3 sets of 5 repetitions

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

15 ball slams

250m row

15 plyometric lunges

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 ring pushup

10 bench press

15 band pullups

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 41

Learning movement

FRONT SQUATS

x 3 sets of 5 repetitions

Fitness

TABATA:

complete for 20 seconds work then rest for
10 seconds for 8 reps

bar squats
suicides

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 box jumps
12 front squats
14 dumbbell lunges

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 42

Learning movement

PUSH PRESS

x 3 sets of 6 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

2.5 minutes exercise bike

15 pushups

15 wall ball

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 bent over rows

10 push press

10 deadlift

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 43

Learning movement

DIPS

x 3 sets of 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

25 air squats

8 burpees

25 jump outs

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 dips

8 barbell thrusters

8 chin-ups

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 44

Learning movement

STRICT PRESS

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

10 mountain climbers
5 jumping pullups
10 ball slams

TABATA:

complete for 20 seconds work then rest for
10 seconds for 8 reps

rowing machine

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

5 strict press
20 cable bicep hammer curls

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 45

Learning movement

PULLUPS

x 3 sets of 6 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

4 sled push
10 burpees
200m row

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

6 strict press
8 bench press
10 t-bar rows

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 46

Learning movement

DEADLIFT

x 3 sets of 3 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

8 barbell thrusters

8 burpees

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

6 back squat

6 dips

6 chin-ups

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 47

Learning movement

DUMBBELL CLEAN & PRESS

x 3 sets of 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

1 minute exercise bike
10 ball slams
10 deadlifts

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 dumbbell clean and press
12 kettle bell swings
12 dumbbell push-ups

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 48

Learning movement

BARBELL LUNGES

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

8 barbell lunges

300m row

30 jump outs

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

15 sumo deadlift high pull

15 back squats

15 pushups

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 49

Learning movement

BENCH PRESS

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

5 pushups
5 suicides
5 dips

TABATA:

complete for 20 seconds work then rest for
10 seconds for 8 reps

exercise bike

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bench press
10 lat pulldowns

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 50

Learning movement

PUSH PRESS

x 3 sets of 5 repetitions

Fitness

WEIGHTS:

complete 21 - 15 - 9 repetitions of the following

barbell thrusters

band pullups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 bench press

8 dips

8 standing bicep curls

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 51

Learning movement

OVERHEAD LUNGES

x 3 sets of 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

14 wall ball

14 kettle bell snatches

14 box jumps

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 squats

10 push press

10 overhead lunges

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 52

Learning movement

HANDSTANDS

kick up against wall and try hold for 10 seconds

Fitness

CIRCUIT:

complete 3 rounds resting as required

12 barbell lunges (each leg)

3 sled push

12 suicides

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

15 sumo deadlift high pull

15 t-bar rows

15 bench press

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 53

Learning movement

ASSISTED PULL-UPS

x 3 sets of 8 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

25 ball slam

10 pull-ups

25 mountain climbers

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 barbell press

8 chin-ups

8 dips

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 54

Learning movement

BENCH PRESS

x 3 sets of 10 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in
5 minutes

25 ball slam
10 pull-ups
25 mountain climbers

TABATA:

complete for 20 seconds work then rest for
10 seconds for 8 reps

exercise bike

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

5 barbell sumo deadlift high pull
5 burpees
10 air squats

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 55

Learning movement

POWER CLEAN

x 3 sets of 3 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

15 kettle bell swings

300m row

10 burpees

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

10 ring rows

10 bench press

10 push press

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 56

Learning movement

BACK SQUAT

x 5 sets for 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

4 sled push
12 box jump
12 push-up

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

6 thrusters
6 back squats
20 air squats

Core

beginner 3, intermediate 3 or advanced 3



WORKOUT 57

Learning movement

POWER SNATCH

x 5 sets for 3 repetitions

Fitness

CIRCUIT:

complete 2 rounds resting for 2 minutes
between rounds

3 minute row
3 minute star jumps

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

15 t-bar rows
15 dumbbell press
15 push-ups

Core

beginner 1, intermediate 1 or advanced 1



WORKOUT 58

Learning movement

BURPEE BOX JUMPS

x 3 sets for 5 repetitions

Fitness

CIRCUIT:

complete 3 rounds resting as required

6 barbell thrusters
6 burpees plate jumps
25 mountain climbers

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

12 bench press
14 dips
16 plate raises

Core

beginner 2, intermediate 2 or advanced 2



WORKOUT 59

Learning movement

FRONT SQUAT

x 3 sets for 8 repetitions

Fitness

CIRCUIT:

complete as many rounds as possible in 5 minutes

100m row
10 push-ups
10 ab-mat sit-ups

Strength

WEIGHTS:

x 4 sets with 90 seconds rest between

8 push press
15 tricep pulldown

Core

beginner 3, intermediate 3 or advanced 3