

Bodyweight - 3 Day Split Programme

HEALTH HUB






Day 1 - Upper

This is a 3 day split programme designed for members who train 3 x p/w & are looking to use their bodyweight as tool to increase muscle mass and improve endurance -
 The key to bodyweight training is to train to failure (when you cant perform anymore - this is where results happen)
 For alternative exercises that work the same area, please speak to a member of the fitness team

Warm Up / Cardiovascular Workout

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines - Work to the suitable levels depending on your fitness

Weights Workout

Exercise	Sets	Reps	Rest	Notes	Notes
Push Up	2/5	As many as you can	1 Minute Rest MAX		Begin with hands placed directly under shoulders and feet slightly wider than hip-width distance apart on the floor. Step legs behind with feet together and toes curled under, then lift hips up and keep chest in front of hands. Tense every muscle in body to form a straight line from head through to heel, and maintain this line throughout. Lower chest to touch floor. Always aim to go as low as you can, as to access your full range of motion. Push palms into the floor and extend arms to press body back up to start position.
Pike Press Up	2/5	As many as you can			Assume a pushup position on the floor. Your arms should be straight and your hands should be shoulder-width apart. Now lift up your hips so that your body forms an upside down V. Your legs and arms should stay as straight as possible. Bend your elbows and lower your upper body until the top of your head nearly touches the floor. Pause, and then push yourself back up until your arms are straight.
Forearm Press Up/Sphinx	2/5	As many as you can			Get down into a plank position so that your toes are touching the ground as well as your forearms and the palms of your hands. Keep your body in a straight line. Using the palms of your hands push yourself upwards and lock your arms out. Lower yourself back down onto forearms. This completes one repetition.
Pull Up/Assisted Pull up	2/5	As many as you can			Grab the pullup bar with your palms up (shoulder-width grip). Hang to the pullup-bar with straight arms and your legs off the floor. Pull yourself up by pulling your elbows down to the floor. Go all the way up until your chin passes the bar. Lower yourself until your arms are straight.
Chest Taps	4	10+	10 sec rest		Adopt press up position. Take right hand off floor and touch left shoulder, then take left hand off floor and touch right shoulder.

Always ensure to warm up and cool down with stretches at the end of every session.
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Bodyweight - 3 Day Split Programme



Day 2 - Lower

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Warm Up / Cardiovascular Workout

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Weights Workout

Exercise	Sets	Reps	Rest	Notes	Notes
Squat	2/5	10-20	1 Min Max		Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the heels and lift body upwards back to the starting position, squeezing the glutes at the top of the movement.
Lunge	2/5	10-20			Stand erect with your feet hip-width apart, chest out, and shoulders back, maintaining the natural curvature of your spine. Your knees should be unlocked and your hand on your hips. This is your starting position. Take a moderate-length step forward with one foot, descending to a point in which your rear knee approaches the floor without touching, maintaining your body's upright posture. Your front knee should bend about 90 degrees, but for knee health it should not be forward of the vertical plane that extends straight up from your toes. If so, take a slightly longer step. From the bottom position, push back up from your forward foot, bringing it back beside the other.
Cossack Squat	2/5	10-20			Start with a foot stance of about 2 and half times wider than hip width, your toes pointed outwards and your knees in line with them. Begin by dropping your hips into a deep squat. Slowly move your weight onto one leg until your other leg is straight, resting only on its heel. Slowly shift your weight back to your center and then onto your other leg, repeating the movement
Rear Foot Elavated Split Squat	2/5	10-20			Stand in lunge or stride position with back foot on bench or box and bar on back. Bend front knee to lower into lunge until thigh is parallel to ground; keep front knee behind toes. Extend hip and knee to drive up to start position; repeat for specified reps
Step Ups	2/5	10-20			To start, place your entire right foot onto the bench or chair. Press through your right heel as you step onto the bench, bringing your left foot to meet your left so you are standing on the bench. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor. Repeat.

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Bodyweight - 3 Day Split Programme








Day 3 - Core

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Warm Up / Cardiovascular Workout

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Weights Workout

Exercise	Sets	Reps	Rest	Notes	Notes
Crunch	2/5	10-20	1 Min Max		Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Place your hands behind your head so your thumbs are behind your ears. Don't lace your fingers together. Hold your elbows out to the sides but rounded slightly in. Tilt your chin slightly, leaving a few inches of space between your chin and your chest. Gently pull your abdominals inward. Curl up and forward so that your head, neck, and shoulder blades lift off the floor. Hold for a moment at the top of the movement and then lower slowly back down.
Lying Leg Raises	2/5	10-20			Start by lying on a bench (or your bed) with your hips just off the edge and your feet down so your tip-toes are on the floor. Breathe in. As you breathe out, raise your legs up towards you, rolling your pelvis under and up to engage your lower abs. As you reach the top point, your lower back should be slightly off the bench and you should feel a squeeze in your abs. Breathe in as you slowly lower your legs back down past the point of the bench, so you get the stretch in your abs again. (Your toes do not need to touch the floor, and your lower back should not arch too much).
Heel Taps	2/5	10-20			Lie on the floor with the knees bent and the feet on the floor around 18-24 inches apart. Your arms should be extended by your side. This will be your starting position. Crunch over your torso forward and up about 3-4 inches to the right side and touch your right heel as you hold the contraction for a second. Exhale while performing this movement. Return to middle and repeat on left side.
Russian Twist	2/5	10-20			Lie down on the floor placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees. Elevate your upper body so that it creates an imaginary V-shape with your thighs. Your arms should be fully extended in front of you perpendicular to your torso and with the hands clasped. This is the starting position. Twist your torso to the right side until your arms are parallel with the floor while breathing out. Hold the contraction for a second and move back to the starting position while breathing out. Now move to the opposite side performing the same techniques you applied to the right side. Repeat for the recommended amount of repetitions.
Plank	2/5	As long as you can			Lie on the floor with elbows directly beneath your shoulders and legs fully extended. Raise your torso into the air until it makes a straight line from your shoulders to your ankles. Tighten your stomach, squeeze your butt and hold this position for the desired amount of time.

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