

# 16+ demo workout plan

**Strength:** In the full real program, you'll have three full-body strength workouts each week, with each session structured around supersets. What you have here is a short and basic demo workout, designed to give you a preview of how the real program will look.

| Day 1                                       |        | Day 2                                 |        | Day 3                                       |        |
|---------------------------------------------|--------|---------------------------------------|--------|---------------------------------------------|--------|
| Exercises                                   | Reps   | Exercises                             | Reps   | Exercises                                   | Reps   |
| Warm up:                                    |        | Warm up:                              |        | Warm up:                                    |        |
| <u>A- Low squat-lunge-lunge</u>             | 8      | <u>A- Low squat-lunge-lunge</u>       | 8      | <u>A- Low squat-lunge-lunge</u>             | 8      |
|                                             | 8      |                                       | 8      |                                             | 8      |
|                                             | 8      |                                       | 8      |                                             | 8      |
|                                             |        |                                       |        |                                             |        |
| <u>B- Sho. taps pushups/kneeling*</u>       | 8      | <u>B- Sho. taps pushups/kneeling*</u> | 8      | <u>B- Sho. taps pushups/kneeling*</u>       | 8      |
|                                             | 8      |                                       | 8      |                                             | 8      |
|                                             | 8      |                                       | 8      |                                             | 8      |
|                                             |        |                                       |        |                                             |        |
| <u>1A- Bird dog – single arm row</u>        | 10     | <u>1A- Bird dog – single arm row</u>  | 10     | <u>1A- Bird dog – single arm row</u>        | 10     |
| Es*                                         | 10     | Es*                                   | 10     | Es*                                         | 10     |
|                                             | 10     |                                       | 10     |                                             | 10     |
|                                             |        |                                       |        |                                             |        |
| <u>1B- Weighted Step ups</u>                | 8      | <u>1B- Weighted Step ups</u>          | 8      | <u>1B- Weighted Step ups</u>                | 8      |
| Es*                                         | 8      | Es*                                   | 8      | Es*                                         | 8      |
|                                             | 8      |                                       | 8      |                                             | 8      |
|                                             |        |                                       |        |                                             |        |
| <u>2A- Dumb. chest press</u>                | 10     | <u>2A- Standing shoulder press</u>    | 10     | <u>2A- Dumb. chest press</u>                | 10     |
| Es* - hand by hand                          | 10     |                                       | 10     | Es* - hand by hand                          | 10     |
|                                             | 10     |                                       | 10     |                                             | 10     |
|                                             |        |                                       |        |                                             |        |
| <u>2B- Reg. pull ups (3 sec. eccentric)</u> | 10     | <u>2B- Barbell squat</u>              | 10     | <u>2B- Reg. pull ups (3 sec. eccentric)</u> | 10     |
| Jump up when needed*                        | 10     |                                       | 10     | Jump up when needed*                        | 10     |
|                                             | 10     |                                       | 10     |                                             | 10     |
|                                             |        |                                       |        |                                             |        |
| <u>2C- Single leg deadlift</u>              | 10     | <u>2C- From seating jumps</u>         | 10     | <u>2C- Single leg deadlift</u>              | 10     |
| Es*                                         | 10     |                                       | 10     | Es*                                         | 10     |
|                                             | 10     |                                       | 10     |                                             | 10     |
|                                             |        |                                       |        |                                             |        |
| Abs – 3 circuits of:                        |        | Abs – 3 circuits of:                  |        | Abs – 3 circuits of:                        |        |
| <u>Sit ups</u>                              | 20     | <u>Sit ups</u>                        | 20     | <u>Sit ups</u>                              | 20     |
| <u>Leg raises</u>                           | 15     | <u>Leg raises</u>                     | 15     | <u>Leg raises</u>                           | 15     |
| <u>Bicycle crunches (Es*)</u>               | 12     | <u>Bicycle crunches (Es*)</u>         | 12     | <u>Bicycle crunches (Es*)</u>               | 12     |
| <u>Side Plank (Es*)</u>                     | 25 sec | <u>Side Plank (Es*)</u>               | 25 sec | <u>Side Plank (Es*)</u>                     | 25 sec |

- Press on the exercise to see how to perform it

- Es\*- means do it this number of reps for each side (right and left leg, or right and left hand)

\*Do kneeling pushups when needed (do regular pushups as many as you can, and the set with kneeling pushups).

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**Demo plyometrics program:** 1 plyometrics workout every week. Every week, there are different 4 jumping exercises, press on the exercise name to see how to perform it. For example:

This week plyo work:

4 rounds of:

8 Squat Jumps

8 Lunge jumps

10 Pogo jumps

6 Single leg vertical jumps (Es\*)

**Aerobic (conditioning):** you need to do at least 2 aerobic activities every week. In my programs I will give options for the aerobic stuff you need to do + add conditioning programs for example. I want to provide options for the aerobic part and recommend you mix up activities in order to engage different muscle groups, avoid overuse injuries, and keep high motivation.

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