

14-16 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- Shoulder taps pushups/kneeling*</u>	8	<u>B- Plank alternate reach hand</u>	8	<u>B- Shoulder taps pushups/kneeling*</u>	8
	8	Es*	8		8
	8		8		8
<u>1A- Single arm dumbbell row</u>	10	<u>1A- Seated shoulder Press</u>	12	<u>1A- Single arm dumbbell row</u>	10
Es*	10		12	Es*	10
	10		12		10
<u>1B- Goblet squats</u>	12	<u>1B- Narrow pushups / Dips</u>	10	<u>1B- Goblet squat</u>	12
	12		10		12
	12		10		12
<u>2A- Dumbbells chest press</u>	12	<u>1A- Single arm dumbbell row</u>	10	<u>2A- Dumbbells chest press</u>	12
	12	Es*	10		12
	12		10		12
<u>2B- Reg. Pull ups (3 sec. eccentric)</u>	10	<u>1B- Weighted Step ups</u>	8	<u>2B- Reg. Pull ups (3 sec. eccentric)</u>	10
Jump up when needed*	10	Es*	8	Jump up when needed*	10
	10		8		10
<u>2C- Single leg deadlift</u>	10	<u>1C- Power step up jumps</u>	6	<u>2C- Single leg deadlift</u>	10
Es*	10	Es*	6	Es*	10
	10		6		10
Abs – 3 circuits of:		Abs – 3 circuits of:		Abs – 3 circuits of:	
<u>Sit ups</u>	15	<u>Sit ups</u>	15	<u>Sit ups</u>	15
<u>Leg raises</u>	12	<u>Leg raises</u>	12	<u>Leg raises</u>	12
<u>Bicycle crunches (Es*)</u>	30 sec	<u>Bicycle crunches (Es*)</u>	30 sec	<u>Bicycle crunches (Es*)</u>	30 sec
<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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