WEEK 1

WORKOUT # 1	**Straight leg dead lift** (SLDL)**	**Sit-ups **
Warm - up:	Run or row 10 minutes	
Straight leg dead lift (SLDL)**		****Technique Instruction**
**Sit-ups **	x reps	****Technique Instruction**
Push-ups	x reps	
Pull-ups	x reps	
Step-ups	x reps	
Planking - Front	30 second hold	

Workout:

4 Rounds of;

Exercise 1	x 15	
Exercise 2	x 15(Left)/15 (Right)	Keep strides short
Exercise 3	x 15	No weight - arms out in front
Exercise 4	x 15	Squat thrust with a push-up
Exercise 5	x 15	10% or less of body weight(BW)
Row xxxx m	(rate 1,rate 2,rate 3,rate 1) SPM	Looking for max power here