

BUILDING A STRENGTH PROGRAM 1

Do **set 1** of each exercise in A before resting and starting the second round of A. After 3 rounds, move to B in the same format, then C.

foam roll, stretch, + hip/core warmup encouraged

CIRCUIT	EXERCISE	SETS/REPS	NOTES
A	SLDL	3 x 8 each side	
	legs-up DB chest press	3 x 10	core tight
	side plank hip lift	3 x 12 each	
	1/2 kneeling hamstring stretch	3 x 6 each	breathe, soft knees are allowed

minimal rest, 3 rounds

CIRCUIT	EXERCISE	SETS/REPS	NOTES
B	contralateral reverse lunge	3 x 8	90% of weight on front foot arch, weight in opposite arm of front leg
	knee + bench supported row	3 x 10	broad chest, core tight
	overhead – ISO single-leg dead bug	3 x 10 each	arms stay overhead - alternate legs keeping back flat
	1/2 kneeling quad stretch	3 x 0:30 per side	can also prop back foot up on a bench or against the wall

minimal rest, 3 rounds

CIRCUIT	EXERCISE	SETS/REPS	NOTES
C	alt curl and press	3 x 8 each side	soft knees
	OH triceps extension	3 x 12	ribs down/core tight
	suitcase march	3 x 8 steps per side	core tight, chest broad, don't lean, pause with each march
	side-lying T spine rotation	3 x 6 each way	

minimal rest, 3 rounds

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Albert A Gayle



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