

# HYBRID PROGRAM

## SESSION TWO

Exercise	Reps x Sets	Rest	Comments
<u>Warm Up</u>			
<u>Staggered stance RDL</u>	8-10 reps x 3 sets	2-3 mins	With each exercise, aim to increase your weight every set, working towards your maximum weight for the specific rep range - the final few reps should be challenging!
<u>Cable single arm row</u>	10-12 reps x 3 sets	1-2 mins	
<u>Hyper extension</u>	8-10 reps x 3 sets	2-3 mins	
<u>Cable crossover</u>	10-12 reps x 3 sets	1-2 mins	
<u>Burpees</u>	40s	20s	Repeat x5 rounds
<u>Cool Down</u>			

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Record your maximum weight lifted / reps performed for each exercise:					