

Client Name: [client name]

Workout #: Phase 1: Anaerobic Intervals

Start Date: [start date]

- Notes:**
- Foam rolling and mobility exercises are optional.
 - Begin with 3-5 minutes of low intensity movement (e.g. walking, jogging, cycling, bodyweight squats etc.)
 - Choose a cardiovascular exercise or machine of your choice (e.g. running, cross-trainer, rower, bike etc.) or large, full body exercise (e.g. squats, kettlebell swings, mountain climbers etc.)
 - Perform 30 seconds of your chosen active at a challenging intensity whilst still retaining good quality movement and technique.
 - Then rest completely for 30 seconds or move at a very light intensity.
 - Repeat for 8 rounds totaling 8 minutes.
 - Take a 'half-time' rest break of up to 5 minutes.
 - Repeat for another 8 rounds totaling 8 minutes.

Foam Rolling	Stretch	Mobility	Cool Down
<u>30 sec each area:</u> - Glutes - Upper Back - Quads		<u>Warm-Up Circuit (x2):</u> - Fetal Breathing (30s) - Dead Bug (30-45s) - Squat to Stand w/ Overhead Reach (x5)	<u>Optional:</u> - Repeat foam rolling

#	Exercise	Sets	Reps	Rest	Intro	WK14	WK15	WK16	WK17
					/	/	/	/	/
A1	30:30 Intervals	2	8	> 5min	L				
					R				
B1	Recovery, or Mobility Work (Opt)				W				
					R				
	Optional Finisher (Circuit / Intervals)								