

# GENERALIST SPECIFIC PHYSICAL PREPARATION

## 5x ROUNDS OF 8 EXERCISES + CORE

### Monday

Number of Repetitions	Name of the Exercise	Note
20x	Deep Sumo Squats	
20x	Close Push Up	
1 minute	Hand Plank	
1 minute	Chair Calf Hold	
20x	Shoulders Push Up	
20x	Rowing	5kg to 10kg per arm - Use buckets with water, food, furniture...
1 minute	Triceps Plank	
10x	Side to Side Plank	Both sides makes 1 repetition

### Core - 3 Times

V Abs	Fish Abs L	Fish Abs R	Angels
20x	25x	25x	25x

### Wednesday

Number of Repetitions	Name of the Exercise	Notes
20x	Back Lunges	10x each leg
15x	One Leg Jump	15x each leg
20x	Open Push Up	
1 Minute	Shoulders in front Plank	
20x	Back Lifts with Elbows	Use elbows against the floor
20x	Dead Lift	10kg to 20kg
20x	Triceps Push Up	
30x	Legs Up	15x each leg

## Core - 5 Times

Tuck Abs	Side Abs L	Side Abs R	Swimmers
25x	25x	25x	25x

## Friday

Number of Repetitions	Name of the Exercise	Notes
45 Seconds	Sumo Squat Hold	Lower!!
45 Seconds	HandStand	If Possible No Wall
45 Seconds	Gainage	
45 Seconds	Angels Holding	
45 Seconds	Push up Position Hold	
25x	Rowing	10kg to 20kg per hand
25x	Reverse Butterfly	2kg to 5kg per hand
15x	Leg Back Up	15x Each leg

## Core - 4 Times

Flutter kicks	Side Plank Lifts L	Side Plank Lifts R	Classic Crunch
25x	20x	20x	25x

Link to video description of the exercises

