

“Beast Mode On”

We are going heavy and hard this month with a combination of out and out strength movements combined with some hypertrophy work after the big lift.

Go hard with the big lift and look to bring up your numbers each session.

Rest for 5 minutes before going hard at the assistance work which is really geared towards bringing up the big lifts.

If you don't have a reverse hyperextension machine then you can use a leg curl or hanging leg raises will also work.

I am here if you have any questions.

Yours in rugby

John

Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks.

The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued.

Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this programme. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. John Lark and FHS Fitness Health Services Lt T/A Sphere Fitness will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

Phase 1 – Day 1 – Intensification 10 x 3-5

- Perform this 2-3 times per week rotate between the two days
- Add 1 rep per week OR increase the weight each time
- Record everything you do in a training diary
- You will need a light 5-10 minute period of Total Mobility [™] drills and jogging to prepare the session.
- Perform each day 6 times before a review

Order	Exercise	Sets	Repetitions	Rest Period	Lifting Speed	1	4	7
1	Back Squats	10	3-5	30-180s	Work up to a 3 rep max – You MUST ensure good form on all sets			
2a	SHELC	4	15	0s				
2b	Incline Bench Press	4	8	0s				
2c	Moving Plank	4	30-60s	90s				
UF	20:40 – 6-10 sets – add one set per week							
	Boxing, Sprints, Prowler, battle ropes – add one set per week							

Day 2

Order	Exercise	Sets	Repetitions	Rest Period	Lifting Speed	2	5	8
1	Chin Ups	10	3-5	30-180s	X			
2a	Explosive Press Ups	3	10	75s	30X0			
2a	Good Mornings - Standing	3	8	60s	3010			
2b	Reverse Crunches	3	AMRAP	90s	3010			
UF	20:40 – 6-10 sets Boxing, Sprints, Prowler, battle ropes – add one set per week							

Day 3

Order	Exercise	Sets	Repetitions	Rest Period	Lifting Speed	3	6	9
1	Trapbar Deadlift	10	3-5	30-180s	2010			
2	Reverse Hyperextensions	4	8		4010			
3a	Military Press	4	8		2010			
3b	Russian Twist	4	AMRAP	90s				
UF	20:40 – 6-10 sets Work hard for 20 seconds and then rest full for 40 seconds. Begin with 6 sets (6 minutes) and then add 1 set per week over the next 4 weeks. Choose from – Mountain Climbers, Burpees, Stationary Bike							