

PJB PERFORMANCE TRAINING - INTENSE BODY WEIGHT WORKOUT

SESSION FOCUS: STRENGTH / MUSCULAR ENDURANCE

	EXERCISE		SUGGESTED GUIDELINES
WARM UP	General movement, mobility and prep for total body! 5 mins		Perform as SUPER SETS
			4 rounds, 30 sec work rest (transition) 10, 15, or 20 sec
			60 - 90 sec rest after 4 rounds
	EXERCISE		INTENSITY TARGETS
A	ANKLE TAP HINDU'S	SUPERSET 4 rounds	EASY PEASY: 6 / KINDA HARD: 8 / GEE WHIZ!: 10 +
	with		
	STATIC SINGLE LEG DRIVE (with towel or strap)		EASY PEASY: 5 sec / KINDA HARD: 10 sec / GEE WHIZ!: 15 sec + (each leg)
B	PIKE PRESS UPS	SUPERSET 4 rounds	EASY PEASY: 8 / KINDA HARD: 10 / GEE WHIZ!: 12 +
	with		
	KNEELING GET UP + JUMP (Alternate Legs)		EASY PEASY: 4 - 6 / KINDA HARD: 6 - 8 / GEE WHIZ!: 8 +
C	DROP PRESS UP (NO HANDS)	SUPERSET 4 rounds	EASY PEASY: 4 - 6 / KINDA HARD: 6 - 8 / GEE WHIZ!: 8 - 10 +
	with		
	ELEVATED LEG EXTENSIONS (+ BAND)		EASY PEASY: 6 - 8 / KINDA HARD: 8 - 12 / GEE WHIZ!: 12 +
D	EXTENDED SIDE BRIDGE	SUPERSET 4 rounds	EASY PEASY: 5 sec / KINDA HARD: 10 sec / GEE WHIZ!: 15 sec + (each side)
	with		
	LEG UNDER FLOWS		EASY PEASY: 4 / KINDA HARD: 6 / GEE WHIZ! 8 + (each side)

<p>FOR MORE ONLINE TRAINING, EDUCATION AND INFORMATION PLEASE CONTACT ME ON ANY OF THE FOLLOWING INFORMATION</p>	<p style="color: blue;">PJB Performance Training bunceperf@hotmail.com Twitter: @prep2perf / IG: pjb_performance_training Phone 07469932304</p>
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