

THE LIVE PROGRAMME IS FOR FOLKS WHO ENJOY MIXED MODAL FITNESS TRAINING, BUT DO NOT HAVE ASPIRATIONS TO BE COMPETITIVE IN THE SPORT OF CROSSFIT. THE GOAL OF THE PROGRAMME IS TO PREPARE PEOPLE FOR THE VARYING DEMANDS OF LIFE, BY BUILDING STRUCTURALLY BALANCED, STRONG AND FIT INDIVIDUALS.

THE LIVE PROGRAMME IS A PROGRESSIVE TRAINING PROGRAMME WHICH IS DESIGNED IN 4-8 WEEK TRAINING BLOCKS. DEVELOPING STRENGTH IS SEEN AS A MAJOUR PRIORITY FOR OUR THIS GROUP, AND WE ACHIEVE THIS THROUGH THE PRESCRIPTION OF WEIGHTLIFTING (BASIC OLYMPIC LIFTING), POWERLIFTING (SQUAT, DEADLIFT AND PRESSING VARIATIONS) AND FUNCTIONAL BODYBUILDING. WE ALSO BELIEVE THAT HAVING A STRONG AEROBIC BASE IS IMPORTANT FOR DEMANDS OF DAILY LIFE, AND THUS THE PROGRAMME AIMS TO DEVELOP CARDIOVASCULAR FITNESS ACROSS A BROAD VARIETY OF TIME DOMAINS. WE MAKE USE OF MONOSTRUCTURAL TRAINING MODALITIES LIKE ROWING, AIRBIKE AND RUNNING, BUT ALSO LOVE THE BENEFITS THAT MIXED MODAL CONDITIONING (CIRCUIT STYLE TRAINING) CAN PROVIDE. THERE ARE 5 SESSIONS A WEEK, AND EACH TRAINING SESSION CAN BE PERFORMED WITHIN A 60 MINUTE WINDOW.

EXERCISE	MALE	FEMALE	REASON	LINK
PVC OVERHEAD IN JERK GRIP	Hands 3 inches outside on a PVC pipe. Able to place arms directly overhead without compensation of spine. Wrists to be stacked over elbows, elbows over shoulders, shoulder over hips, hips over ankles.	Hands 3 inches outside on a PVC pipe. Able to place arms directly overhead without compensation of spine. Wrists to be stacked over elbows, elbows over shoulders, shoulder over hips, hips over ankles.	This is important pre-requisite before athletes start putting weighted load overhead	VIEW THE EXERCISE VIDEO ▶
SORENSEN HOLD	60s hold. Engage midline (squeeze butt, ribcage down). head neutral, hands folded across chest. Can use a GHD with hips placed 2 inches over 'peak' of pad or on a bench with partner holding legs.	60s hold. Engage midline (squeeze butt, ribcage down). head neutral, hands folded across chest. Can use a GHD with hips placed 2 inches over 'peak' of pad or on a bench with partner holding legs.	A simple postural endurance test, which qualifies an individual to be able to do loaded hinging movements like deadlifting and backsquatting	VIEW THE EXERCISE VIDEO ▶
FRONT PLANK ON HANDS	30s hold. Engage midline (squeeze butt, ribcage down). Scapula to be protracted (pushing up from floor, spreading shoulder blades).	30s hold. Engage midline (squeeze butt, ribcage down). Scapula to be protracted (pushing up from floor, spreading shoulder blades).	Basic test of upper body pushing/straight arm strength. Arms must stay straight, and don't allow excessive 'sagging' of midline	VIEW THE EXERCISE VIDEO ▶
PRONATED GRIP BAR HANG	30s hang from bar with 'overhand' grip.	30s hang from bar with 'overhand' grip.	Basic test of grip and scapula strength. This qualifies the individual to start moving into vertical pulling strength training	VIEW THE EXERCISE VIDEO ▶
FRONT SQUAT	10 reps with 35kg barbell @ 3010 tempo	10 reps with 20kg barbell @ 3010 tempo	Ensuring competency of this movement as it frequently appears in the programme.	VIEW VIDEO (FEMALE) ▶ VIEW VIDEO (MALE) ▶
BACK SQUAT	10 reps with 45kg barbell @ 3010 tempo	10 reps with 30kg barbell @ 3010 tempo	Ensuring competency of this movement as it frequently appears in the programme.	VIEW VIDEO (FEMALE) ▶ VIEW VIDEO (MALE) ▶
DEADLIFT	10 reps with 55kg barbell @ 3010 tempo	10 reps with 40kg barbell @ 3010 tempo	Dynamic jumping need this minimum level of strength to be able to perform safely. Frequently appears in the programme.	VIEW VIDEO (FEMALE) ▶ VIEW VIDEO (MALE) ▶
BULGARIAN SPLIT SQUAT	8 reps per leg @ 3010 tempo. Present with no imbalances between left and right leg during an	8 reps per leg @ 3010 tempo. Present with no imbalances between left and right leg during an	Imbalances in single-leg strength will lead to dysfunction in double leg movements and potential injury	VIEW VIDEO (FEMALE) ▶ VIEW VIDEO (MALE) ▶
BARBELL POWER/SQUAT CLEAN	Understand the basic points of performance, and can comfortable perform 10 repetitions with a 20kg barbell in the following variations: - Hang power/squat clean, Power/squat clean from floor	Understand the basic points of performance, and can comfortable perform 10 repetitions with a 15kg barbell in the following variations: - Hang power/squat clean, Power/squat clean from floor	We like to develop competency with the babell to allow for long term loading strength and power. Having a basic level of understanding and execution ensures safety and progression of our athletes.	VIEW VIDEO (FEMALE) ▶ VIEW VIDEO (MALE) ▶
BARBELL PUSH PRESS	Understand the basic points of performance, and can comfortable perform 10 repetitions with a 20kg barbell.	Understand the basic points of performance, and can comfortable perform 10 repetitions with a 20kg barbell.	We like to develop competency with the babell to allow for more long term loading strength and power development.	VIEW VIDEO (FEMALE) ▶ VIEW VIDEO (MALE) ▶