

# SELF-ISOLATION BODY TRANSFORMATION

WINTER 2020



THE

# TACHYARRHYTHMIA

TOTAL SESSION TIME

20 - 40 MINS

1. **400m run**
2. **Push-ups** (on knees, if knee'd be)
3. **Squat jumps**
4. **V-ups** (lying on your back, bring straight legs and arms up to meet above your chest, getting shoulders off the ground)
5. **Bear crawl** (5m forward 5m back)
6. **Core Blast** (push up-plank position, each knee touches opposite elbow then, keeping still, opposite hand to each opposite shoulder)

**5-minute** warm up and stretch

**30 seconds** per exercise (except for the run unless your name is Dylan Walton, Rors O'Donohoe or Hannah Derrig) and as many reps as possible (AMRAP).

**Beginners**

3 sets

**Intermediate**

4 sets

**Advanced**

5+ sets

Rest **30 seconds** between each set

**5-minute** warm down and stretch



# LACTIC ACIDOSIS

TOTAL SESSION TIME

20 - 40 MINS

- 1. 1-minute full burpees**  
(with push up if you can)
- 2. V-ups** (lying on your back)
- 3. Push-ups** (on knees, if knee'd be)
- 4. Squat jumps**
- 5. Mountain climbers**  
(knees right up to your chest)

**5-minute** warm up and stretch

**30 seconds** per exercise (except the burpees) and as many reps as possible.

Beginners

3 sets

Intermediate

4 sets

Advanced

5+ sets

Rest **30 seconds** between each set

**5-minute** warm down and stretch



# GLUTE MAX HYPERTROPHY

TOTAL SESSION TIME

20 - 40 MINS

1. **Squat hold**
2. **Squat jumps** (don't have to be big jumps, a little lift off is fine)
3. **Split squat** (Left leg)
4. **Split squat** (Right leg)
5. **Glute bridge hold**
6. **Glute thrusts/raises**

5-minute warm up and stretch

30 seconds per exercise (AMRAP)

Beginners

3 sets

Intermediate

4 sets

Advanced

5+ sets

Rest 30 seconds between each set

5-minute warm down and stretch

Courtesy of Matthew 'I'll hurdle ya' Dowsett



# THE MALAR FLUSH

## TIME TRIAL

- 1. 1.6km run**
- 2. 20 sets of**
  - 15 squats
  - 10 push ups
  - 10 sit-ups/crunches
- 3. 1.6km run**

This is a time trial and oriented towards the more competitive individuals who want to push themselves hard. Compare times with mates to see how you're travelling or to set a goal of where you want to get to!

Warm up well before this. At least 5-10 mins of dynamic stretching (particularly legs, back and chest)

### Beginners

Aim for -55 min

### Intermediate

Aim for -45 min

### Advanced

Aim for -30min



Modified Lt. Mike Murphy Workout. Courtesy of Christian 'sideways through doors' A-BAE-YA-RATNA

# BEACH BODY HABITUS

TOTAL SESSION TIME

20 - 40 MINS

## CHEST

- 5x **Diamond**
- 5x **Regular**
- 5x **Wide**
- 5x **Archer**
- 5x **Triceps** (hands shoulder width apart, elbows stay tucked in)

## ABS

30 seconds per exercise

1. **Plank**
2. **V-sits with toe tap**
3. **Straight leg lifts**
4. **Bum lifts** (lying on your back, knees up to chest and lift bum off ground so it's only shoulders and upper back on the ground)
5. **Crunches**
6. **Plank jacks**
7. **Plank with shoulder taps** (hips stay still)
8. **Russian twist** (use 2L milk to make harder)
9. **Jack-knives**
10. **Plank** (30 seconds front, 30 seconds each side)

**5-minute** warm up and stretch

**Beginners**

3 sets

**Intermediate**

4 sets

**Advanced**

5+ sets

Rest **30 seconds** between each set

**5-minute** warm down and stretch



Courtesy of Seb 'schoonatra' Trevaskis and Annie 'get to the corn' Tasker

# LOWER LIMB FASICULATIONS

TOTAL SESSION TIME

45 - 60 MINS

## EQUIPMENT NEEDED

**2 dumbbells (5-10kg each)**

- 1A Romanian deadlift** (one dumbbell each hand) **x 10**
- 1B Hamstring curls with towel** **x 12**
  
- 2A Bulgarian split squats** (one dumbbell each hand) **x 10** each side
  
- 3A Sumo squats** (hold one dumbbell in both hands) **x 10**
- 3B Sumo pulse squats** **x 10**
- 3C Squat jumps**
  
- 4A Glute bridges** (one dumbbell over hips) **x 25**
- 4B Donkey kicks** **x 15** each side
- 4C Fire hydrants** **x 15** each side
  
- 5A Heel elevated squats** (hold one dumbbell in both hands) **x 10**
- 5B Walking lunges** (one dumbbell in each hand) **x 12**

This session involves a series of split-sets. i.e. You do 1A and then 1B straight after before having a rest. 3 total sets for each of the super-sets/exercises.

**5-minute** warm up and stretch

**5-minute** warm down and stretch



Courtesy of Annie 'get to the corn' Tasker

# THE BAND - AID

TOTAL SESSION TIME

20 - 40 MINS

## ROUND 1 (repeat 3 times)

1. Banded Romanian deadlift x 10
2. Banded split squat x 10 each side
3. Jump squat x 10

## ROUND 2 (repeat 3 times)

1. Banded pushup x 10
2. Banded chest press x 10 (use thickest band)
3. Banded chest fly x 10 each side (light band - placed under one foot)

## ROUND 3 (repeat 3 times)

1. Banded face pulls x 10
2. Banded lateral raise x 10 each side
3. Handstand pushup (AMRAP)  
OR pike pushup x 10
4. Optional: banded bicep curls x 10

This one is designed for those who have resistance bands at home (but feel free to use dumbbells or anything that will give you some resistance)

Rest 2 mins at the end of each round





# GORD DAMN

## TIME TRIAL

### 30 Burpees

### 1km Run

### Set 1 (21 - 15 - 9)

Complete each exercise 21 times, then 15 times, then 9 times

- DB Thrusters
- V-Ups
- Single Arm DB Snatch

### 30 Burpees

### Set 2 (21 - 15 - 9)

- Squats
- Push-Ups
- Sit-Ups

### 1km Run

### 30 Burpees

This is a time trial and oriented towards the more competitive individuals who want to push themselves hard. Compare times with mates to see how you're travelling or to set a goal of where you want to get to!

Warm up well before this. At least 5-10 mins of dynamic stretching (particularly legs, back and chest)

#### Beginners

Aim for -45 min

#### Intermediate

Aim for -35 min

#### Advanced

Aim for -25min



# DOMS DISASTER

## TIME TRIAL

### 6 minute warm up jog and stretch

#### EFFORT

- 400m
- 800m
- 1200m
- 1600m
- 1200m
- 800m
- 400m

#### RECOVERY JOG

- 400m
- 400m
- 400m
- 400m
- 400m
- 400m
- 400m

### 6 minute warm down jog and stretch

The efforts should be run at 70-80%

The recovery jogs should be run at 10-20% (shuffle pace)

Aim to complete second half of pyramid faster than the first

This is a time trial and oriented towards the more competitive individuals who want to push themselves hard. Compare times with mates to see how you're travelling or to set a goal of where you want to get to!

#### Beginners

Aim for -70 min

#### Intermediate

Aim for -55 min

#### Advanced

Aim for -45 min



## Home Workout #1

Total ~ approx 45mins

(Note: where there is an '→' look for the image)

### Warm Up:

2 rounds (~7mins)

- 15x Shoulder protraction in 4pt kneel →
- 5x 'thread the needle' in 4pt kneel each side →
- 15x Glute bridges →
- 5x Squat-to-stand →



### Main meal: EMOM (every minute on the minute)

3 rounds with 1min rest after each round (~30mins)

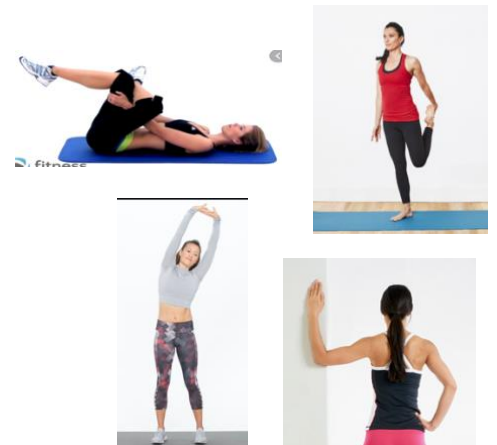
- 15x Goblet squat with dumbbell →
- 10x Inchworms →
- 5x Step ups onto chair each side (+/- dumbbell)
- 15x Push ups (option: on knees)
- 10x Sit ups (+/- dumbbell)
- 5m Walking lunges each way →
- 15x Triceps dips on chair →
- 10x Dumbbell chest press on floor →
- 5x Burpees



### Stretches:

Hold ~30sec each side (~5mins)

- Supine glut stretch →
- Seated hamstring stretch
- Standing quads stretch →
- Standing pec stretch against wall →
- Standing side stretch →



## Home Workout #2

Total ~ approx 40mins

(Note: where there is an '→' look for the image)

### Warm Up:

3 rounds (~8mins)

- 10x inchworms →
- 30s side plank each side →
- 10x squats
- 5x side stretch each side →



### Main meal: AMRAP (as many rounds as possible)

Time: 24mins including 30sec rest after each round

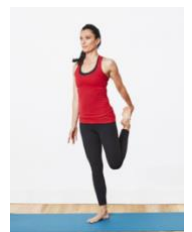
- 40x glute bridges →
- 35x star jumps
- 30s wall squat (90degree angle at knees)
- 25x tummy crunches →
- 20x side step ups on chair - 10x each side (+/- dumbbell) →
- 15x triceps push ups (option: on knees)
- 10x lunges pulses each side (+/- dumbbell)
- 5x squat jumps →



### Stretches:

Hold ~30sec each side (~8mins)

- Standing glut stretch →
- Standing hamstring stretch →
- Standing quads stretch →
- Triceps stretch →
- Supine twist →



## Home Workout #3

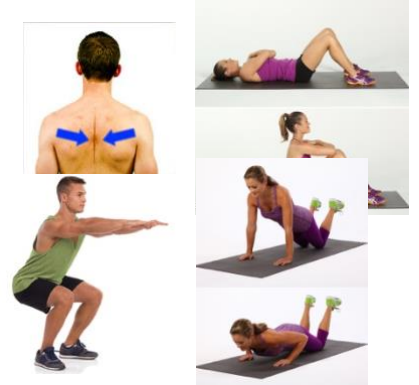
Total ~ approx 40mins

(Note: where there is an '→' look for the image)

### Warm Up:

2x rounds (~7mins)

- 8x shoulder retraction exercise (hold 3sec each) →
- 8x sit ups →
- 8x squats →
- 8x push ups (option: on knees) →



### Main meal: 5x sets

Time: stop at 25mins if you have not finished

1. 20x squat jumps →
2. 10x high plank to low plank (5x each side)
  - (Alternative: hold low plank 20s then high plank 20s) →
3. 20x Alternating lunge jumps (10x each side)
  - (Option: without jump) →
4. 10x high plank knee drives (each side) →
5. 20x power jacks →



1min rest → repeat

### Stretches:

Hold ~30sec each side (~8mins)

- Yoga Half pigeon glute stretch →
- Seated hamstring stretch →
- Standing quads stretch →
- Standing side stretch →
- Standing pec stretch →

