



GEORGINA
GABRIEL

INTRO

USE THESE WORKOUTS FOR A BIT OF MOTIVATION. THEY MAY HELP YOU ON DAYS JUST WANT TO MOVE IF YOU DON'T KNOW WHERE TO START.

THIS IS THE WAY I LIKE TO TRAIN SO I WANT TO SHARE THIS PART OF MY MOVEMENT PRACTICE WITH YOU.

WARM UP THOROUGHLY BEFORE ANY SESSION. COOL DOWN AND STRETCH AFTERWARDS.


THIS IS NOT A PROGRESSIVE PROGRAM, HOWEVER YOU CAN REPEAT ANY OF THESE WORKOUTS. AIM TO ADD SOME FORM OF PROGRESSIVE OVERLOAD.

PROGRESSIVE OVERLOAD EXAMPLES

- CHALLENGE THE MOVEMENT VARIATION/ INTENSITY.
- INCREASE THE LOAD USED OR TIME UNDER TENSION.
- AIM TO BEAT THE SCORE/ ROUNDS COMPLETED BEFORE.
- INCREASE SETS OR REP RANGE.

APPROACH

LISTEN TO YOUR BODY AND ALWAYS PUT MOVEMENT QUALITY BEFORE MOVEMENT INTENSITY.

ALL MOVEMENTS ARE SAVED IN MY HIGHLIGHT REEL UNDER 'HOME WORKOUTS' ON MY INSTAGRAM PAGE. CLICK THE  LOGO AT THE BOTTOM OF EVERY PAGE TO LINK STRAIGHT THERE.

MOVEMENTS CAN BE ADAPTED WITH EXTERNAL LOAD OR DONE AT BODYWEIGHT IF YOU DO NOT HAVE ANY KIT.

IF YOU WISH TO BUY EQUIPMENT THEN FOLLOW [THIS LINK](#) AND ENTER **GG5** FOR DISCOUNT AT CHECKOUT.

RECORD/ REPEAT

RECORD YOUR SCORES. WHETHER THAT BE TIMES, ROUNDS, REPS OR LOAD USED. IF YOU REPEAT THEM IN THE FUTURE YOU WANT TO AIM FOR SOME FORM OF PROGRESSION. THAT COULD BE THE SCALE USED OR THE ROUNDS/ REPS COMPLETED.

DISCLAIMER

BY TAKING PART IN THIS PROGRAMME YOU ARE DOING SO AT YOUR OWN RISK, TAKING FULL RESPONSIBILITY FOR ANY INJURY THAT MAY OCCUR.

IF YOU CURRENTLY HAVE ANY INJURIES I ADVISE YOU TO NOT TAKE PART IN THIS PROGRAMME. YOU MUST CONSULT YOUR DOCTOR OR PHYSIOTHERAPIST FIRST.



GLOSSARY

EMOM

EVERY MINUTE ON THE MINUTE. COMPLETE THE WORK SET AT THE START OF EACH MINUTE. REST THE REMAINING TIME EACH MINUTE.

ALT EMOM

ALTERNATE THE MOVEMENTS SET EACH MINUTE FOR THE TIME SET. REST THE REMAINING TIME EACH MINUTE.

E2MOM

EVERY 2 MINUTES ON THE MINUTE. COMPLETE THE WORK SET EVERY 2 MINUTES. REST FOR THE REMAINING TIME OF EACH 2 MINUTE BLOCK.

AMRAP

AS MANY ROUNDS AS POSSIBLE, OR AS MANY REPS AS POSSIBLE IN THE TIME SET.

INCREMENTING AMRAP

THE AMRAP HAS AN INCREASING REP RANGE SUCH AS 1.2.3.4... THE AIM IS TO GET AS FAR UP THE LADDER IN THE TIME SET.

INTERVAL

WORK TO REST RATIOS. FOR EXAMPLE 30 SECONDS OF WORK FOLLOWED BY 30 SECONDS OF REST.

ROUNDS FOR TIME

COMPLETE THE WORKOUT AND TIME IT. YOU COULD AIM TO BEAT THIS TIME IN FUTURE.

ROUNDS FOR QUALITY

NO TIME PRESSURE, JUST MOVE AND REST WHERE NEEDED. GENERALLY STRENGTH BASED.



01

5 MINUTE EMOM

15 X GOBLET/ WEIGHTED SQUAT
PLANK HOLD FOR THE REMAINING TIME EACH MINUTE.

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COACH SAYS

GOBLET SQUATS CAN BE AIR SQUATS. REPS CAN BE DROPPED TO 10. PLANK CAN BE WEIGHTED OR NON-WEIGHTED / PLANK ON KNEES TO SIMPLIFY.

5 MINUTE EMOM:

10 X PUSH UPS
SKIP FOR THE REMAINING TIME EACH MINUTE.

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COACH SAYS

PUSH UPS CAN BE WEIGHTED, NON WEIGHTED OR WITH HANDS ELEVATED. REPS CAN BE DROPPED AS LOW AS 5. SKIPS CAN BE DOUBLE UNDERS, SINGLE UNDERS, PLATE HOPS OR JUMPING JACKS.

5 MINUTE EMOM:

5 X STRICT PULL UPS
REVERSE LUNGES FOR REMAINING TIME EACH MINUTE.

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COACH SAYS

PULL UPS CAN BE ANY OBJECT ROW. LUNGES CAN BE AT BODYWEIGHT OR HOLDING ANY WEIGHTED OBJECT AT CHEST HEIGHT.

REST 2 MINUTES BETWEEN EACH EMOM.

TIME - 19 MINUTES.



02

20 MINUTE AMRAP

10 BURPEES

20 KETTLEBELL SWINGS

30 AIR SQUATS

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COACH SAYS

BURPEES CAN BE DONE WITH OUT THE PUSH UP PORTION OR WITH YOUR HANDS ELEVATED.

KB SWINGS CAN BE ANY OBJECT SWING OR GOOD MORNINGS WITH ANY OBJECT.

AIR SQUATS CAN BE TO A PLATFORM SUCH AS A CHAIR/ SOFA IF YOU STRUGGLE WITH THE VOLUME / DEPTH.



03

3 ROUNDS

1 MIN WORK / 1 MINUTE REST EVERY ROUND.

- 1 MIN - SKIP/ CALS ANY KIT**
- 1 MIN - DUMBBELL THRUSTERS**
- 1 MIN - SIT UPS**

REST 1 MIN

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COACH SAYS

MINUTE 1 CAN BE ANY OF THE FOLLOWING:

RUNNING - SKIPPING - CALORIES ON
A ROWER/BIKE ETC. IF YOU HAVE NO KIT THEN DO
HIGH KNEES OR JUMPING JACKS.

THRUSTERS CAN BE WITH ANY OBJECT, SINGLE OR
DOUBLE ARM. THEY CAN BE SWAPPED FOR AIR
SQUATS.

SIT UPS CAN BE WITH FEET HOOKED, BUTERFLY SIT UPS
OR V UPS. YOU CAN ALTERNATIVELY SWAP THEM FOR
MOUNTAIN CLIMBERS.

TIME - 12 MINUTES.



04

9 ROUNDS FOR TIME:

5 DEADLIFTS

5 PUSH UPS

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COACH SAYS

THIS WORKOUT IS MORE STRENGTH FOCUSED. FOCUS ON THE QUALITY OF EACH MOVEMENT BEFORE SPEED.

DEADLIFTS CAN BE WITH ANY OBJECT. THIS REP SCHEME ALLOWS US TO GO HEAVY, BUT HEAVY IS RELATIVE TO YOU.

PUSH UPS CAN BE STRICT HANDSTAND PUSH UPS, STANDARD PUSH UPS ON THE FLOOR OR PUSH UPS WITH YOUR HANDS ELEVATED.

THE PUSH UP VARIANT WANTS TO BE A SCALE YOU CAN MAINTAIN 5 REPS UNBROKEN OR DROP IT TO 3.



05

3-5 ROUNDS FOR QUALITY

30-60 SECONDS PLANK HOLD

15-30 SECONDS SIDE PLANK HOLD EACH SIDE

30-60 SECONDS ARCH HOLD

5 X 8

PISTOL SQUATS EACH SIDE

WEIGHTED PUSH UPS

PULL UPS/ ROWS

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COACH SAYS

PISTOL SQUATS ARE CONSECUTIVE EACH LEG AND CAN BE TO A PLATFORM.

PUSH UPS CAN BE WEIGHTED, NON WEIGHTED OR ELEVATED.

PULL UPS CAN BE ANY OBJECT ROW.

