



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

20 MINUTE EMOM

3 PUSH UPS

6 SIT UPS

9 GOBLET SQUATS

-

COACH SAYS

PUSH UPS CAN BE WEIGHTED OR ELEVATED.

SIT UPS CAN BE FEET HOOKED, BUTTERFLY SIT UPS OR V UPS.

GOBLET SQUATS CAN BE NON WEIGHTED.

YOU WANT TO TRY MAINTAIN 15 SECONDS MINIMUM REST EVERY ROUND. SCALE REPS ACCORDINGLY BUT AIM FOR CONSISTENCY IN NUMBERS EACH ROUND.



02

30 MINUTE AMRAP
RUN 400 M
15 V UPS

-

COACH SAYS
REST 1 MINUTE

RUN CAN BE 400M ROW/ 800 M BIKE ERG.

ALTERNATIVELY SKIP FOR 90 SECONDS.

GOT A STABLE PULL UP BAR? YOU CAN SWAP V UPS
FOR TOES TO BAR/ TUCKS.



03

5 X 400 M RUN / ROW **REST 1:1**

-

COACH SAYS

AIM FOR CONSISTENCY IN YOUR RUN REPEATS.

IF UNABLE TO BEAT OR MAINTAIN YOUR SPLIT TIMES THEN CUT THE DISTANCE DOWN AS LOW AS 200 OR YOU CAN INCREASE YOUR REST.

YOU CAN BUILD ON THIS EITHER BY AIMING FOR FASTER SPLIT TIMES, INCREASING THE AMOUNT OF INTERVALS, OR EVEN ADDING WEIGHTED LOAD SUCH AS A WEIGHT VEST.

IF YOU HAVE A BIKE-ERG SWAP IT FOR 800 M INTERVALS OR ANY OTHER BIKE GO FOR 2 MINS ON/ 2 MINS OFF X 5.



04

FOR TIME

100 BURPEES

200 AIR SQUATS

300 SKIPS

-

COACH SAYS

BURPEES CAN BE ELEVATED OR WITHOUT THE PUSH UP.

AIR SQUATS CAN BE TO A PLATFORM.

SKIPS CAN BE DOUBLE UNDERS, SINGLE UNDERS, PLATE HOPS OR JUMPING JACKS.

REP SCHEME CAN BE LOWERED TO 50/100/200.

THE AIM IS TO KEEP MOVING.

TIME CAP = **15 MINUTES**



05

5 ROUNDS FOR QUALITY

30 SECOND SIDE PLANK HOLD ES

15 - 30 SECOND L SIT HOLD

30 SECONDS ARCH HOLD

10 ROUNDS FOR QUALITY

10 WEIGHTED SQUATS

10 WEIGHTED REVERSE LUNGES

10 GOOD MORNINGS

-

COACH SAYS

SQUATS CAN BE WITH ANY OBJECT OR SIMPLY AIR SQUATS.

REVERSE LUNGES CAN BE WEIGHTED OR BODYWEIGHT.

GOOD MORNINGS CAN BE WEIGHTED OR BODYWEIGHT.

