



GEORGINA  
GABRIEL

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# INTRO

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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

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## **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

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## 5 ROUNDS

1 WALL FACING HANDSTAND HOLD  
REST 2 MINUTES

## 25 MIN ALT EMOM

1 - 30 SECONDS WEIGHTED PLANK HOLD  
2 - 10-20 KB RUSSIAN TWISTS  
3 - 20 KB SIDE BENDS (10 ES)  
4 - 10 COMPRESSION SITS  
5 - 30 SECONDS ARCH HOLD

### COACH SAYS

FOR THE WALL CLIMB, WALK BACK UP THE WALL KEEPING FULL BODY TENSION. YOU DONT HAVE TO BE ABLE TO GET ALL THE WAY TO THE TOP. AIM TO HOLD THIS EACH ROUND FOCUSED ON QUALITY AND STABILITY ANYWHERE FROM 5-60 SECONDS. REST 2 MINUTES OR AS NEEDED.

PLANK CAN BE PERFORMED AT BODYWEIGHT, OTHERWISE USE A PLATE ON YOUR LOWER BACK.  
TUCK YOUR BUM UNDER, DRAW IN THE LOWER RIBS AND PRESS THE GROUND AWAY, SPREADING YOUR SHOULDER BLADES.

RUSSIAN TWISTS CAN BE DONE WITH JUST YOUR BODYWEIGHT. FOCUS ON QUALITY, REPS CAN BE LOWERED.

KB SIDE BENDS ARE 10 EACH SIDE. USE ANY OBJECT. REPS CAN BE LOWERED FOR QUALITY.

COMPRESSION SITS CAN BE ELEVATED OR WITH YOUR BACK AGAINST A WALL. REPS CAN BE LOWERED TO 5. AIM FOR A PAUSE AT THE TOP OF EACH REP.

ARCH HOLDS CAN BE ELEVATED ON A BENCH. YOU CAN MOVE IN AND OUT OF THE RANGE OR LOWER THE TIME HELD TO 15 SECONDS.



# 02

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**10 MINUTE AMRAP**  
**10** GOBLET SQUATS  
**10** SIT UPS

**REST 5 MINUTES**

**10 MINUTE AMRAP**  
**INCREMENTING BURPEES 1-2-3-4....**  
**DOUBLE UNDERS 10-20-30-40....**

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**COACH SAYS**

GOBLET SQUATS CAN BE AIR SQUATS AND CAN BE TO A PLATFORM.

SIT UPS CAN BE AB MAT SIT UPS, FEET HOOKED OR COMPRESSION SITS.

BURPEES SHOULD BE A VARIATION YOU CAN KEEP MOVING ON, THEREFORE THEY CAN BE PERFORMED WITH NO PUSH UP OR WITH HANDS ELEVATED.

DOUBLE UNDERS CAN BE PLATE JUMPS OR JUMPING JACKS.



# 03

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## **EVERY 3 MINUTES X 6**

**200M RUN**

**15 PUSH UPS**

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### **COACH SAYS**

IF YOU ARE CONDITIONED TO A SUB 1 MINUTE 200 M AND PUSH UPS ARE COMFORTABLE AND CONSISTENTLY UNBROKEN FOR THIS KIND OF VOLUME THEN A WEIGHT VEST IF POSSIBLE.

RUNNING CAN BE SWAPPED FOR 200 M ROW/ 1 MINUTE SKIPS/ 1 MINUTE HIGH KNEES OR JUMPING JACKS. IF RUNNING 200M TAKES OVER A MINUTE GENERALLY THEN DROP THE DISTANCE TO 150/100M. THIS SHOULD BE A HARD EFFORT.

PUSH UPS CAN BE ELEVATED BUT SHOULD BE COMPLETED UNBROKEN. REPS CAN BE LOWERED TO 10.

AIM FOR 1:30 / MINIMUM OF 1 MINUTE REST EACH ROUND.

SCORE YOUR SPLITS AIMING TO BEAT YOUR SCORE OR MAINTAIN CONSISTENCY THROUGHOUT.



# 04

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## **10 ROUNDS FOR TIME**

**4** HANDSTAND PUSH UPS

**8** V UPS

**12** GOBLET COSSACKS

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### COACH SAYS

HANDSTAND PUSH UPS CAN BE FEET ELEVATED OR PIKE PUSH UPS. ALTERNATIVELY SWAP THESE FOR AN OVERHEAD PRESS SUCH AS Z PRESS OR SINGLE ARM PRESS EACH SIDE.

V UPS CAN BE HANGING LEG RAISES/ TUCKS IF YOU HAVE A PULL UP BAR OR SWAPPED FOR FEET ANCHORED SIT UPS.

GOBLET COSSACKS CAN BE WEIGHTED OR AT BODYWEIGHT. THESE SHOULD FEEL HEAVY BUT REMAIN UNBROKEN.



# 05

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## **3 ROUNDS FOR QUALITY**

**15 X GOOD MORNINGS**

**15 X SPLIT SQUATS EL**

**15 X OVERHEAD SQUATS**

## **5 ROUNDS FOR QUALITY**

**15-30 SEC SIDE PLANK ABDUCTION ES**

**5 ADDUCTOR RAISES EL**

**10 BALL / SLIDER PIKE UPS**

**10 SINGLE LEG HIP THRUST ES**

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### COACH SAYS

GOODMORNINGS CAN BE WITH FEET UNDER HIPS, OR YOU CAN MIX IT UP WITH SINGLE LEG OR WIDE LEGGED PANCAKE STANCE. USE A PLATE/ WEIGHT HELD AT YOUR CHEST OR A BARBELL IN THE BACK RACK.

SPLIT SQUATS ARE IN PLACE LUNGES. DO THESE WITH A BARBELL/ DUMBBELLS/ KBS OR AT BODYWEIGHT.

OVERHEAD SQUATS CAN BE SWAPPED FOR GOBLET SQUATS OR AIR SQUATS.

THE ACCESSORY WORK IS FOR QUALITY THEREFORE DROP IT TO 3 ROUNDS IF NEED BE. REPS ARE A GUIDE SO ADAPT THESE TO WORK FOR YOU AND OVER TIME, REPEAT THIS CIRCUIT AIMING TO ADD PROGRESSIVE OVERLOAD.

SIDE PLANKS CAN BE FOREARM OR ON YOUR HANDS. RAISE YOUR TOP LEG WHERE POSSIBLE. YOU CAN LOWER THE BOTTOM KNEE WHERE NEEDED.

ADDUCTOR RAISES SHOULD BE DONE SLOW AND CONTROLLED WITH PAUSES AT THE TOP OF EACH REP FOR 3-5 SECONDS.

PIKE UPS CAN BE DONE FROM A PLANK POSITION WITH SLIDERS / STABILITY BALL OR WITH SOCKS ON, ON A SLIPPY FLOOR. IF YOU ARE UNABLE TO DO THESE THEN SWAP THEM FOR V UPS OR COMPRESSION SITS.

SINGLE LEG HIP THRUSTS CAN BE SWAPPED FOR BOTH LEGS ON THE GROUND. YOU CAN ALSO ADD WEIGHT TO THESE. DRIVE THROUGH THE HEELS ENSURING YOU TUCK YOUR BUM UNDER AND DONT FORCE THE MOVEMENT IN TO THE LOWER BACK.

