



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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## **18 MINUTE ALT EMOM**

**1- 6** STRICT PULL UPS / OBJECT ROW

**2- 6** STRICT DIPS / BENCH DIPS

**3- 12** OBJECT SQUATS

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### COACH SAYS

PULL UPS CAN BE WEIGHTED. THEY CAN ALSO BE ANY OBJECT ROW.

STRICT DIPS CAN BE WEIGHTED, RING, P-BAR, BENCH OR CHAIR DIPS.

SQUATS CAN BE WEIGHTED OR NON-WEIGHTED.



# 02

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## 9 MINUTE INCREMENTING AMRAP

3-6-9-12....

PUSH UPS

GOBLET SQUATS

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### COACH SAYS

PUSH UPS CAN BE WEIGHTED, BODYWEIGHT OR TO A PLATFORM.

GOBLET SQUATS CAN BE WEIGHTED WITH ANY OBJECT OR PERFORMED TO A PLATFORM. ALTERNATIVELY THEY CAN BE AIR SQUATS.



# 03

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**TABATA - 20 SEC WORK / 10 SEC REST X 8 = 4 MINUTES.**

**TABATA 1**  
SQUATS & LUNGES  
REST 1 MIN

**TABATA 2**  
BURPEES & PLANK  
REST 1 MIN

**TABATA 3**  
SKIP & SIT UPS

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**COACH SAYS**  
ALTERNATE THE TWO MOVEMENTS EACH INTERVAL FOR THE 4 MINUTES.

SQUATS AND LUNGES CAN BE BODYWEIGHT OR JUMPING.

BURPEES CAN BE WITH NO PUSH UP.

PLANK CAN BE FROM KNEES.

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

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



# 04

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## **FOR TIME**

**50-40-30-20-10**

**KETTLEBELL SWING**

**BURPEES**

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## **COACH SAYS**

KB SWINGS WANT TO BE PERFORMED AT A WEIGHT YOU CAN HOLD ON TO WITH LITTLE TO NO BREAKS.

BURPEES CAN BE NO PUSH UP BURPEES OR PERFORMED TO A PLATFORM.

IF UNABLE TO PERFORM KBS THEN DO GOOD MORNINGS OR SWAP FOR AIR SQUATS.



# 05

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## **10 ROUNDS FOR QUALITY**

**5** HANDSTAND PUSH UPS

**10** ALTERNATING GOBLET COSSACK SQUATS

**30** SECONDS WEIGHTED PLANK

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### COACH SAYS

HANDSTAND PUSH UPS CAN BE PIKE HSPU OR SWAP FOR PUSH UPS.

COSSACK SQUATS CAN BE WEIGHTED OR BODYWEIGHT.

PLANK CAN BE WEIGHT, BODYWEIGHT, ON KNEES OR ELEVATED.

