



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

21 MIN ALT EMOM

MIN 1 - **20** GOBLET LUNGES

MIN 2 - **10** PULL UP / ROWS

MIN 3 - **5** DIPS

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COACH SAYS

ALTERNATE MOVEMENTS EACH MINUTE.

LUNGE REPS CAN BE LOWERED OR COMPLETED AT BODYWEIGHT.

PULL UPS CAN BE ANY OBJECT ROW.

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



02

25 MINUTE AMRAP

30 DU'S

20 KB SWINGS

10 HSPU

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COACH SAYS

DOUBLE UNDERS CAN BE 60 SINGLE SKIPS OR SWAPPED FOR PLATE HOPS/ JUMPING JACKS.

KB SWINGS CAN BE ANY OBJECT OR GOOD MORNINGS.

HSPU CAN BE BOX ELEVATED, PIKE OR SWAP FOR SHOULDER TO OVERHEAD.



03

3 ROUNDS

1 MINUTE BURPEES

1 MINUTE REST

3 ROUNDS

1 MINUTE CALS

1 MINUTE REST

3 ROUNDS

1 MINUTE WALKING LUNGES

1 MINUTE REST

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COACH SAYS

BURPEES CAN BE ELEVATED.

CALS CAN BE JUMPING JACKS, SKIPS, RUNNING, ROW, BIKE ETC.

WALKING LUNGES CAN BE IN PLACE LUNGES.

AFTER ALL 3 ROUNDS ARE COMPLETE ON ONE MOVEMENT, MOVE STRAIGHT TO THE NEXT.

TIME CAP = 18 MINUTES



04

10 ROUNDS FOR TIME

3 STRICT PULL UPS

6 DEADLIFTS

9 PUSH UPS

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COACH SAYS

PULL UPS CAN BE WEIGHTED, BODYWEIGHT OR ANY OBJECT ROW. IF SO IT SHOULD BE A HEAVY OBJECT.

DEADLIFTS CAN BE BARBELL, DOUBLE KB, DUMBBELL, ANY OBJECT LIFT. AIM FOR A MEDIUM TO HEAVY LOAD.

THE DEADLIFT WEIGHT SHOULD BE ACHIEVEABLE TO PERFORM UNBROKEN FOR THE FIRST FEW ROUNDS.

PUSH UPS CAN BE WEIGHTED, BODYWEIGHT OR ELEVATED. THE VOLUME IS HIGH HERE SO PICK A VARIATION/SCALE THAT YOU CAN GO UNBROKEN.



05

5 ROUNDS FOR QUALITY

5 STRICT HANDSTAND PUSH UPS

5 STRICT PULL UPS

5 ROUNDS

20 GOBLET SQUATS

20 V UPS

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COACH SAYS

HANDSTAND PUSH UPS CAN BE NEGATIVES, ELEVATED OR PIKE PUSH UPS. YOU CAN SWAP THESE FOR AN OVERHEAD PRESS.

PULL UPS CAN BE WEIGHTED, STRICT, BANDED, NEGATIVES, OR ANY OBJECT ROW. REPS CAN BE DROPPED TO A NUMBER YOU CAN MAINTAIN. WHEN AD IF REPEATING THIS AIM FOR PROGRESSIVE OVERLOAD.

GOBLET SQUATS CAN BE ANY OBJECT SQUAT OR ELEVATED.

V UPS CAN BE TUCKED OR SWAPPED FOR SIT UPS/ COMPRESSION SITS.

