



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

24 MIN ALT EMOM:

1- 6 X HALF KNEELING SINGLE ARM PRESS EACH SIDE

2- 8 X ROWS

3 - 10 X ALTERNATING SINGLE LEG SQUATS

-

COACH SAYS

SINGLE ARM PRESS CAN BE ANY OBJECT PRESS OVERHEAD.

ROWS CAN BE ANY OBJECT ROW OR INVERTED RING ROWS.

SINGLE LEG SQUATS CAN BE TO A PLATFORM OR SWAPPED FOR WEIGHTED/ GOBLET SQUATS.



02

15 MIN AMRAP:
30 AIR SQUATS
15 BURPEES

-

COACH SAYS
AIR SQUATS CAN BE TO A PLATFORM.

BURPEES CAN BE NO PUSH UP BURPEES.



03

30 SECONDS WORK/ 30 SECONDS REST FOR 6 ROUNDS.

30 SECONDS SPLIT SQUATS (L OR R)

30 SECONDS REST

30 SECONDS SPLIT SQUATS (R OR L)

30 SECONDS REST

30 SECONDS V UPS

30 SECONDS REST

30 SECONDS PULL-UPS

30 SECONDS REST

-

COACH SAYS

SPLIT SQUATS CAN BE BODYWEIGHT OR WEIGHTED OR ELEVATED VARIATIONS.

V UPS CAN BE SIT UPS.

PULL UPS CAN BE ANY OBJECT ROW.

TIME - 24 MINS



04

FOR TIME :

100 GOBLET SQUATS

75 KETTLEBELL SWINGS

50 PUSH UPS

75 KETTLEBELL SWINGS

100 GOBLET SQUATS

-

COACH SAYS

SQUATS CAN BE DONE TO A PLATFORM, THEY CAN ALSO BE BODYWEIGHT AIR SQUATS.

KB SWINGS CAN BE ANY OBJECT SWING OR GOOD MORNINGS.

PUSH UPS CAN BE DONE TO A PLATFORM BUT NOT NEGATIVES.

THE AIM HERE IS TO BE ABLE TO KEEP MOVING.

REPS CAN BE LOWERED TO 75-50-25-50-75.

TIME CAP - 18 MINUTES



05

5 ROUNDS FOR QUALITY

5 PULL UPS

5 DIPS

15 MINS FOR QUALITY

5-10 COMPRESSION SITS

10 SIDE PLANK RAISES ES

30 SECOND ARCH HOLD

-

COACH SAYS

PULL UPS CAN BE ANY OBJECT ROW.

DIPS CAN BE RING/ BENCH OR CHAIR DIPS.

COMPRESSION SITS CAN BE SINGLE OR DOUBLE LEG.
YOU CAN SIT WITH YOUR BACK AGAINST A WALL.

SIDE PLANK RAISES CAN BE FROM KNEES.

