



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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**10 MINUTE ALT EMOM**  
MIN 1 - 10 BURPEES  
MIN 2 - 20 AIR SQUATS

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## COACH SAYS

REPS CAN BE LOWERED SO YOU CAN FOCUS ON MAINTAINING CONSISTENCY EACH MINUTE.

THE QUICKER YOU COMPLETE EACH MOVEMENT THE MORE REST YOU GET!

AIM FOR A MINIMUM OF 15 SECONDS REST EACH ROUND.

LEVEL THIS UP BY WEARING A WEIGHTED VEST.



# 02

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**7 MINUTE AMRAP**

**5 THRUSTERS**

**5 PUSH UPS**

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**COACH SAYS**

THRUSTERS CAN BE WITH ANY OBJECT OR SWAPPED FOR ANY SQUAT VARIATION.

PUSH UPS CAN BE ELEVATED.



# 03

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**10 ROUNDS/ 1 MIN REST EVERY ROUND**

**30 SEC KETTLEBELL SWINGS**

**30 SEC SHOULDER TO OVERHEAD**

**1 MINUTE REST**

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**COACH SAYS**

KB SWINGS CAN BE WITH ANY OBJECT OR GOODMORNINGS.

SHOULDER TO OVERHEAD CAN BE WITH ANY OBJECT OR SWAP FOR PIKE OR HIROZONTAL PUSH UPS.

WORK AS HARD AS YOU CAN WITHOUT REST IN THAT FIRST FULL MINUTE, THEN TAKE A MINUTE OFF.

COUNT REPS AND AIM TO MAINTAIN OR BEAT YOUR SCORE EACH ROUND.



# 04

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**30-20-10-20-30**  
GOBLET SQUAT  
BENT OVER ROW  
PUSH UP

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COACH SAYS  
GOBLET SQUATS CAN BE AIR SQUATS.

BENT OVER ROW CAN BE WEIGHTED WITH  
ANY OBJECT.

PUSH UPS CAN BE ELEVATED.

TIME CAP = **25 MINUTES**



# 05

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## **30 MINUTES ROUNDS FOR QUALITY**

**5** PULL UPS

**10** PUSH UPS

**15** WEIGHTED SQUATS

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### COACH SAYS

PULL UPS CAN BE WEIGHTED, BODYWEIGHT OR ANY OBJECT ROW.

PUSH UPS CAN BE WEIGHTED, FLOOR OR HANDS ELEVATED.

SQUATS CAN BE WEIGHTED OR AT BODYWEIGHT.

REST AS NEEDED TO MAINTAIN QUALITY.

