Monday Pre- Exercise: Dynamic Movements Move your body through the required ranges. This will begin to prepare your muscles and joints for the specific exercises you'll be completing. - Straight leg swings - Back of shoulder touch arm swings - Cross body arm swings - Internal rotation kicks Every day's training begins with - Knees to wall to toe point specific dynamic movements. Straight leg swings Back of shoulder touch arm swings (b) Cross body arm swings Pop-up demo videos. (b) Internal rotation kicks (E) Knees to wall to toe point View exercise history Learn about Range of Motion Individualised Programming at B Pre- Exercise: Mobilisation rangeofmotion.net.au/romip Complete a minimum of one (up to four) of the following drills to release any tight structures that might limit your movement quality. This will ensure you're not limited by tightness and that you'll be able to get in to healthy and efficient - Backward reach shoulder PNF Pre- exercise mobilisation, - Shoulder lateral wall PNF specific to the movements in that - Calf floss band day's training. - Elbow flexion gapping Also complete any other specific pre- exercise mobility drills that may have been prescribed for you. (solo) Backward reach shoulder PNF (solo) Shoulder lateral wall PNF (solo) Expanded pop-up video. WALL PNF (SOLO) SHOULDER LATE rangeofmotion (D) Calf floss band Pop-up demo videos. Elbow flexion gapping Pre- Exercise: Activation Complete a minimum of one (up to four) of the following drills to activate the muscles you're about to use. This will ensure that your commonly underactive muscles are 'turned on' to create strong and safe movement. - Dip support pelvic tilts Pre- exercise activation, specific - Arch holds with focus on knee lock to the movements in that day's - Hanging shoulder blade squeezes - Wall facing banded squats Don't go to fatigue, just do enough to turn the muscles on. Also complete any other specific pre- exercise activation drills that may have been prescribed for you. Dip support pelvic tilts Arch holds with focus on knee lock Pop-up demo videos. (b) Hanging shoulder blade squeezes Wall facing banded squats View exercise history Pre- Exercise: Build Increase your heart rate and blood flow so you're ready to go. This allows you to practice the techniques and progress the difficulty and intensity for the exact exercises you'll be doing. View exercise history E PM: Trainable weakness (962) - At 0 mins: Every 30 seconds for 10 rounds: 2x jumping high bar back squats at 65% max (or 40% max bar weight + 25% band tension at the top). Goal and weakness specific - At 7 mins: Complete five tempo front foot elevated (20cm with foam for knee) accessory work. back rack lunges every two minutes for eight rounds. Alternate legs each round. Five second lower, no pause at the bottom, fast recovery, one breath at the top (50X2). At least 40% max back squat. - At 25 mins: 3 minute continuous backward walking sled drag. As heavy as possible without stopping. Pop-up demo videos. Banded jumping high bar back squats Tempo front foot elevated front rack lunges Expanded pop-up video. FRONT RACK LUNGES CTEMPO FRONT FOOT ELEVÂTEOJ rangeofmotion View exercise history F PM: Work Capacity End of Cycle Testing Progress as far as possible in 12 minutes: 1, 2, 3... reps of: Pre- and Post- cycle testing and - Airbike Cals performance reports. - Burpees - Amercian KB Swings Air bike Pop-up demo videos. Burpee (b) Kettlebell swing Training log for performance View exercise history tracking. G EIP: Strict Chest to Bar Pull-Up Stamina Max unbroken strict chest to bar pull-ups (60s cap). Rest 60s. Three rounds. Skill development and practice Strict chest to bar pull up Strict chest to bar pull up band scaled View exercise history Post- Exercise: Stabilisation Complete a minimum of one (up to four) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by weakness, underactivity, instability or a lack of motor control. This will create a long-term improvement in your movement quality and the health of your musculo-Post- exercise stabilisation, skeletal system. specific to the movements in that - Shoulder blade push-ups - Back lying to hollow hold day's training. - Banded straight arm pull-downs - Broomstick set-up with bar bend Do enough weight/reps to fatigue the muscles. Also complete any other specific post- exercise stability drills that may have been prescribed for you. Shoulder blade push ups Back lying to hollow hold Pop-up demo videos. Banded straight arm pull downs D Broomstick set up with bar bend View exercise history Post- Exercise: Mobilisation Complete a minimum of one (up to five) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by tightness or overactivity. This will create a long-term improvement in your movement quality and the health of your musculo-skeletal system. - Same side 45 degree neck PNF Post- exercise stabilisation, - Gluteal PNF specific to the movements in that - Front of hip ball release - Lower back ball/roller/peanut release day's training. - Knee flexion gapping Also complete any other specific post- exercise mobility drills that may have been prescribed for you. D Same side 45 degree neck PNF (solo) (Solo) Gluteal PNF (solo) Pop-up demo videos. (b) Front of hip ball release D Lower back ball/roller/peanut release (b) Knee flexion gapping View exercise history **Tuesday** A Pre- Exercise: Dynamic Movements Move your body through the required ranges. This will begin to prepare your rangeofmotion muscles and joints for the specific exercises you'll be completing. - Cross body leg swings - High knee / heel flick leg swings - Forward/backward arm swings - Shoulder rotation swings - Clasped finger wrist movement Cross body leg swings High knee heel flick leg swings Forward/backward arm swings Shoulder rotation swings Clasped finger wrist movement View exercise history Pre- Exercise: Mobilisation Complete a minimum of one (up to four) of the following drills to release any tight structures that might limit your movement quality. This will ensure you're not limited by tightness and that you'll be able to get in to healthy and efficient positions. - Broomstick shoulder rotation PNF - Prayer stretch PNF Chest ball release - Tricep bar release Learn about Range of Motion Also complete any other specific pre- exercise mobility drills that may have been Individualised Programming at prescribed for you. rangeofmotion.net.au/romip Broomstick shoulder rotation PNF (solo) Prayer stretch PNF (solo) Chest ball release Tricep bar release View exercise history Pre- Exercise: Activation Complete a minimum of one (up to four) of the following drills to activate the muscles you're about to use. This will ensure that your commonly underactive muscles are 'turned on' to create strong and safe movement. - Banded standing knee locks with toes back - Shoulder blade dips with bar bend - Overhead/handstand pelvic tilts - Front rack barbell shrugs Don't go to fatigue, just do enough to turn the muscles on. Also complete any other specific pre- exercise activation drills that may have been prescribed for you. Banded standing knee locks with toes back (b) Shoulder blade dips with bar bend D Overhead/handstand pelvic tilts (b) Front rack barbell shrugs View exercise history Pre- Exercise: Build Increase your heart rate and blood flow so you're ready to go. This allows you to practice the techniques and progress the difficulty and intensity for the exact Comprehensive session notes exercises you'll be doing. covering: View exercise history Programming science. Health and body E PM: Absolute Strength (496) composition benefits. READ THE SESSION NOTES HERE: https://rangeofmotion.net.au/session-notes-Performance benefits. 496/ Strategy. How the session should A) Every 30 seconds for five minutes: 2x jumping high bar back squats at 65% max feel. (or 40% max bar weight + 25% band tension at the top). Scaling guidelines. B) One set every 2 mins for 5 rounds. Increase weight from last time completed Common mistakes. this rep scheme, all sets same weight, final set for max reps. Rest an extra minute before final set. - Odd rounds: 4x deadlift (sumo) (pause and reset each rep). (increase weight from session 144) - Even rounds: 2x push press (pause and reset each rep). (increase weight from session 143) Banded jumping high bar back squats **BANDED JUMPING HIGH BAR BACK SQUATS** rangeofmotion Sumo deadlift Push press View exercise history PM: Relative Stamina (790) Complete one parallette push-up in the first minute, two in the second, three in the third etc until failure to complete. Then, immediately, repeat for bar row. All unbroken. Choose difficulty where you will reach approximately 10 mins of Parallette push up Bar row View exercise history G EIP: Pistol Stamina Every minute for five rounds complete 'x' pistols. Choose a number that will challenge you. Pistol Band assisted pistols View exercise history Post- Exercise: Stabilisation Complete a minimum of one (up to four) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by weakness, underactivity, instability or a lack of motor control. This will create a long-term improvement in your movement quality and the health of your musculoskeletal system. - Straight leg raises - Band pull aparts with elbows back - Push-up position with shoulder blades back and down and hands screwing into ground - Front lying reverse flyes Do enough weight/reps to fatigue the muscles. Also complete any other specific post- exercise stability drills that may have been prescribed for you. Straight leg raises Band pull aparts with elbows back Push up position with hands screwing (B) Front lying reverse flyes View exercise history Post- Exercise: Mobilisation Complete a minimum of one (up to five) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by tightness or overactivity. This will create a long-term improvement in your movement quality and the health of your musculo-skeletal system. - Hamstring PNF - Front of hip PNF - Upper thigh floss band - Glute roller/ball release - Upper back ball/peanut release Also complete any other specific post- exercise mobility drills that may have been prescribed for you. (Solo) Hamstring PNF (solo) (Solo) Front of hip PNF (solo) FRONT OF HIP PNF (SOLO) rangeofmotion (b) Upper thigh floss band (b) Glute roller/ball release D Upper back ball/peanut release Wednesday A Pre- Exercise: Dynamic Movements Move your body through the required ranges. 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D Overhead shoulder PNF (solo) (Solo) Groin squat PNF (solo) **GROIN SQUAT PNF (SOLO)** Front of shoulder barbell release Upper trap bar release Pre- Exercise: Activation Complete a minimum of one (up to four) of the following drills to activate the muscles you're about to use. This will ensure that your commonly underactive muscles are 'turned on' to create strong and safe movement. - Ring row pelvic tilts, emphasising glute squeeze - Back lying to hollow hold - Front lying upper back extensions - Hip thrusts with knee band Don't go to fatigue, just do enough to turn the muscles on. Also complete any Learn about Range of Motion other specific pre- exercise activation drills that may have been prescribed for you. Individualised Programming at Ring row pelvic tilts rangeofmotion.net.au/romip Back lying to hollow hold Front lying upper back extensions (b) Hip thrusts with knee band View exercise history Pre- Exercise: Build Increase your heart rate and blood flow so you're ready to go. This allows you to practice the techniques and progress the difficulty and intensity for the exact exercises you'll be doing. View exercise history E PM: Relative Strength (881) Take 15 minutes to find a four rep max strict underhand pull-up and a five rep max deficit strict HSPU (for max depth). Cycle exercises as desired. (b) Underhand pull up Deficit strict handstand push-up View exercise history PM: Heavy Barbell Conditioning (902) Two rounds of 9 back squats, 6 front squats, 3 overhead squats at 90% max overhead squat. Then two rounds of 9 deadlifts, 6 power clean, 3 power snatch at 90% max power Then two rounds of 9 split jerk, 6 push jerk, 3 push press at 90% max push press. High bar back squat (b) Front squat Overhead squat Deadlift D Power clean Power snatch Split jerk SPLIT JERK rangeofmotion D Push jerk Push press EIP: Strict Chest to Bar Pull-Up Stamina 'x' strict chest to bar pull-ups every 15 seconds for five minutes. Choose a number that will challenge you. (b) Strict chest to bar pull up Strict chest to bar pull up band scaled View exercise history H Extra Credit Plyo, Agility, Sprint. Six attempts to establish a depth jump into max height vertical leap, resting between each attempt as required. Extra credit plyometric, agility and sprint training. 6 x Pro Agility Shuttles (alternate directions), resting between each as required. 3 x25m sprint, rest as required. 2 x50m sprint, rest as required. 1 x100m sprint. Depth jump into max vertical leap View exercise history Post- Exercise: Stabilisation Complete a minimum of one (up to four) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by weakness, underactivity, instability or a lack of motor control. This will create a long-term improvement in your movement quality and the health of your musculoskeletal system. - Shoulder blade ring rows - Banded standing knee locks - Front lying overhead broomstick arm lifts - Seated pelvic tilt into hover and stand Do enough weight/reps to fatigue the muscles. Also complete any other specific post- exercise stability drills that may have been prescribed for you. Shoulder blade ring rows Banded standing knee locks Front lying overhead broomstick arm lifts D Seated pelvic tilt into hover and stand View exercise history Post- Exercise: Mobilisation Complete a minimum of one (up to five) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by tightness or overactivity. This will create a long-term improvement in your movement quality and the health of your musculo-skeletal system. - Knee to wall soleus PNF - Reach up back PNF - Hamstring floss band - Groin ball release - Upper back extension on peanut/roller Also complete any other specific post- exercise mobility drills that may have been prescribed for you. (Solo) Knee to wall soleus PNF (solo) Reach up back PNF (solo) (b) Hamstring floss band (b) Groin ball release Upper back extension on peanut/roller View exercise history **Thursday** Pre- Exercise: Dynamic Movements Move your body through the required ranges. This will begin to prepare your rangeofmotion muscles and joints for the specific exercises you'll be completing. - Cross body leg swings - High knee / heel flick leg swings Forward/backward arm swings - Shoulder rotation swings - Clasped finger wrist movement (b) Cross body leg swings (b) High knee heel flick leg swings Forward/backward arm swings Shoulder rotation swings Clasped finger wrist movement View exercise history Pre- Exercise: Mobilisation Complete a minimum of one (up to four) of the following drills to release any tight structures that might limit your movement quality. This will ensure you're not limited by tightness and that you'll be able to get in to healthy and efficient positions. - Broomstick shoulder rotation PNF - Prayer stretch PNF Chest ball release - Tricep bar release Also complete any other specific pre- exercise mobility drills that may have been prescribed for you. Broomstick shoulder rotation PNF (solo) Prayer stretch PNF (solo) ( ) Chest ball release Tricep bar release View exercise history Pre- Exercise: Activation Complete a minimum of one (up to four) of the following drills to activate the Learn about Range of Motion muscles you're about to use. This will ensure that your commonly underactive Individualised Programming at muscles are 'turned on' to create strong and safe movement. rangeofmotion.net.au/romip - Banded standing knee locks with toes back - Shoulder blade dips with bar bend - Overhead/handstand pelvic tilts Front rack barbell shrugs Don't go to fatigue, just do enough to turn the muscles on. Also complete any other specific pre- exercise activation drills that may have been prescribed for you. (b) Banded standing knee locks with toes back Shoulder blade dips with bar bend Overhead/handstand pelvic tilts (b) Front rack barbell shrugs View exercise history Pre- Exercise: Build Increase your heart rate and blood flow so you're ready to go. This allows you to practice the techniques and progress the difficulty and intensity for the exact exercises you'll be doing. View exercise history E AM: Olympic Lifting (584) READ THE SESSION NOTES: https://rangeofmotion.net.au/session-notes-584/ A) Warm up with: 3x 3 posn snatch pull, 3x 3 posn power snatch, 4x 3 posn snatch. 3x 3 posn clean pull, 3x 3 posn power clean, 4x 3 posn clean. 3x jerk dip+jerk+tall jerk+jerk. B) Complete the following ladders with one lift every two minutes. If you miss a lift, repeat that percentage in the next lift. 9 x 1 snatch (full squat) @ 75%, 80%, 85%, 80%, 85%, 90%, 85%, 90%, 95%. 9 x 1 power clean and jerk @ 75%, 80%, 85%, 80%, 85%, 90%, 85%, 90%, 95%. (Solympic lifting warm up (snatch) **OLYMPIC LIFTING WARM-UP: SNATCH** rangeofmotion (clean) Olympic lifting warm up (clean) Olympic lifting warm up (jerk) Snatch De Power clean and split jerk AM: Multi-Modal (567) Complete as many rounds as possible in ten minutes. If you have a weighted vest, 12 Double kettlebell push jerk (40% max) 6 Deadball shoulder and squat (50% max) 9 Toes to bar D Two arm kettlebell jerk (D) Toes to bar View exercise history EIP: Rope Climb Stamina One rope climb every 'x' seconds. Choose a number of seconds that will be very challenging to complete for five minutes. If repeating this session, reduce the number of seconds from last time it was completed successfully. View exercise history Extra Credit Swimming 100m freestyle, 10s rest. 100m freestyle kick, 15s rest. 100m freestyle pull (feet stable), 20s rest. 2x50 freestyle swim, resting 10s. 2x50m freestyle kick, resting 15. 2x50m freestyle pull, resting 20s. 4x25 freestyle swim, resting 10s. 4x25m Extra credit swimming sessions. freestyle kick, resting 15. 4x25m freestyle pull, resting 20s. View exercise history Post- Exercise: Stabilisation Complete a minimum of one (up to four) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by weakness, underactivity, instability or a lack of motor control. This will create a long-term improvement in your movement quality and the health of your musculoskeletal system. Straight leg raises - Band pull aparts with elbows back Push-up position with shoulder blades back and down and hands screwing into ground Front lying reverse flyes Do enough weight/reps to fatigue the muscles. Also complete any other specific post- exercise stability drills that may have been prescribed for you. Straight leg raises Band pull aparts with elbows back Push up position pelvic tilts Front lying reverse flyes View exercise history Post- Exercise: Mobilisation Complete a minimum of one (up to five) of the following drills to address any issues and imbalances that were diagnosed by your training that are caused by tightness or overactivity. This will create a long-term improvement in your movement quality and the health of your musculo-skeletal system. - Hamstring PNF - Front of hip PNF - Upper thigh floss band - Glute roller/ball release - Upper back ball/peanut release Also complete any other specific post- exercise mobility drills that may have been prescribed for you. (Solo) Hamstring PNF (solo) HAMSTRING PNF (SOLO) (Solo) Front of hip PNF (solo) Upper thigh floss band Glute roller/ball release Dupper back ball/peanut release