

### BEN MOWAN SQUAD 2020/21 - Xmas Program

Body Weight Day			WEEK 9		WEEK 10		WEEK 11		WEEK 13	
Exercises	Timing	Tempo	SetsxReps	Weight Lifted	SetsxReps	Weight Lifted	SetsxReps	Weight Lifted	SetsxReps	Weight Lifted
Push Ups	Circuit		15		15		15		15	
Body Row	style		13		13		13		13	
SL Squats (Full)	session		4-5 es		4-5 es		4-5 es		4-5 es	
Lunges (hands on head)	2-4 times		12 es		12 es		12 es		12 es	
SL Hami Bridges	through		8-10 es		8-10 es		10-12 es		10-12 es	
Side Plank			60 sec		60 sec		60 sec		60 sec	
Side Plank Pulse			8 es		10 es		12 es		10 es	

Gym Day			WEEK 9		WEEK 10		WEEK 11		WEEK 13	
Exercises	Timing	Tempo	SetsxReps	Weight Lifted	SetsxReps	Weight Lifted	SetsxReps	Weight Lifted	SetsxReps	Weight Lifted
Bulgarian Squats (5-10 kg)	On 2 mins	Control	3x10		3x10		3x10		3x10	
DB Bench Press	On 2 mins	Control	3x10		3x10		3x10		3x10	
Ball Tucks	On 2 mins	Control	3x12-15		3x12-15		3x12-15		3x12-15	
Seated Row	On 2 mins	Control	3x10		3x12		3x10		3x12	
Front Bridge			3x90 sec		3x90 sec		3x90 sec		3x90 sec	

**NB:** Day 1 is a circuit, just record the time it takes you to get through all the exercises (you can split the reps up however you want to), then if you want to do more than once through take 3 mins recovery and complete again.

Day 2 is a very basic gym session, the idea is to keep the rest minimal, so as you start your set start the timer, then start then next set when it gets to 2 mins.