

Bodyweight S&C Program v3.

This session will be suitable and challenging for anyone that has attended S&C coach led sessions @ Trinity College Gym and for the majority of gym users

Please ensure you read the notes and suggestions for each sections before starting. If you uncertain about this programs suitability for you please contact trinity@camsportsperformance.com

Complete the 4 sections below in order.

1. Mobilise

Complete 1 x 8p/s of each

Spinal Mobility Series [Video Demo](#)

½ Kneeling Rotations [Video Demo](#)

Alternating Straight Leg Raises [Video Demo](#)

2. Activate

Complete 1 x 8 SLOW reps (p/s) of each

Deadbug [Video Demo](#)

Reverse Lunge [Video Demo](#)

Squat Holds (5 seconds) [Video Demo](#)

Plank and Leg Lift [Video Demo](#)

3. Strength Endurance

Challenge Strength Endurance, the body's ability to exert moderate force repetitively. Using Strength Endurance training will maintain muscle mass (in the right situations increase muscle mass), help to maintain maximum strength and decrease body fat levels. Due to the higher heart rates achieved cardiovascular fitness is also challenged.

Complete x 3 / 4 sets of 8-15 (p/s) reps of each drill

Rest for 30 seconds - 1 minute between sets

Complete section A before moving to section B

Notes and Suggestions

*Don't rush reps or rest

*We suggest you use the lower sets and reps on the first session, then progress up through the set and reps session by session.

*If movements are very easy be inventive with loading, e.g. Use a back pack stuffed with books.

A1. Reverse Lunge w/ Pulse to Airplane [Video Demo](#)

A2. Plank and Hip Touch [Video Demo](#)

B1. Split Squat w/ Pulse & OH Reach [Video Demo](#)

B2. Deadbug [Video Demo](#)

4. Aerobic AMRAPs

These are designed to elevate heart rate and breathing rate thus challenging your cardiovascular system. They are not meant to severely fatigue any one particular set of muscles. Go fast but be controlled and mindful in your movements. AMRAPs 1 to 3 progress in level of difficulty.

Each AMRAP is performed for 3 minutes

Rest for 1.5 minutes between each.

Notes and Suggestions:

Aim to complete 2-5 AMRAPs total, raised heart and breathing rates are the aim not total self-destruction

Important: AMRAPs 1 to 3 progress in level of difficulty. Always complete AMRAP 1 first but you can then self-select which AMRAPs make up the rest of your session.

Go fast but be controlled and mindful in your movements.

AMRAP 1.

Star Jump x12

Mountain Climber x6p/s

Reverse Lunge x3p/s

[Video Demo of AMRAP](#)

AMRAP 2.

Squat Jump x4

Squat to Walk Out Press Up x2

Alternating Forward Lunge x2p/s

[Video Demo of AMRAP](#)

AMRAP 3.

Burpee x3

Squat x3

Press Up x3

Lateral Leap x3p/s

[Video Demo of AMRAP](#)

Notes and suggestions:

At the end of each 3 minute AMRAP make a note of rounds completed this gives you a target to beat or maintain each session.

AMRAP's theoretically could be done for up to 5-6mins.

If you would like more options email

trinity@camsportsperformance.com

Train hard, train smart and enjoy.