CoE Program 2020 - Isolation with Bar Bell and Dumb Bells

NAME:

Warm Up: Foam Roller Program / 2 minute jog/moving / Active Exercises	**Week 1**						**Week 2**						**Week 3**					
	Date		Date		Date		Date		Date		Date		Date		Date		Date	
	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG
Dumb Bell - Squat-toe-shrug	12		12		12		12		12		12		12		12		12	
- Pause between each one	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
Push up - Slow & Controlled	12		12		12		12		12		12		12		12		12	
- Wide hands	12		12		12		12		12		12		12		12		12	
- Chin & hips to ground	12		12		12		12		12		12		12		12		12	
- 2 seconds down and up	12		12		12		12		12		12		12		12		12	
Bar Bell - RDLs	12		12		12		12		12		12		12		12		12	
- The hamstring one	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
Dumb Bell - 1 arm row	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
- Kneel on couch	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
Bar Bell Alternate lunge	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	
Bar or Dumb Bell step Press	16		16		16		16		16		16		16		16		16	
- Small step forward	16		16		16		16		16		16		16		16		16	
- weight on front foot	16		16		16		16		16		16		16		16		16	
	16		16		16		16		16		16		16		16		16	
1 leg shadow squat	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
- 1 leg just off the ground	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
Prone, alternate knee to elbow	20		20		20		20		20		20		20		20		20	
- Small step forward	20		20		20		20		20		20		20		20		20	
- weight on front foot	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	

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NAME:

Warm Up: Foam Roller Program 2 minute jog/moving Active Exercises	**Week 4**						**Week 5**						**Week 6**					
	Date		Date		Date		Date		Date		Date		Date		Date		Date	
	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG	Reps	KG
Dumb Bell - Squat-toe-shrug	12		12		12		12		12		12		12		12		12	
- Pause between each one	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
Push up - Slow & Controlled	12		12		12		12		12		12		12		12		12	
- Wide hands	12		12		12		12		12		12		12		12		12	
- Chin & hips to ground	12		12		12		12		12		12		12		12		12	
- 2 seconds down and up	12		12		12		12		12		12		12		12		12	
Bar Bell - RDLs	12		12		12		12		12		12		12		12		12	
- The hamstring one	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
	12		12		12		12		12		12		12		12		12	
Dumb Bell - 1 arm row	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
- Kneel on couch	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
	2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12		2x12	
Bar Bell Alternate lunge	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	
Bar or Dumb Bell step Press	16		16		16		16		16		16		16		16		16	
- Small step forward	16		16		16		16		16		16		16		16		16	
- weight on front foot	16		16		16		16		16		16		16		16		16	
	16		16		16		16		16		16		16		16		16	
1 leg shadow squat	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
- 1 leg just off the ground	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
	2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10		2x10	
Prone, alternate knee to elbow	20		20		20		20		20		20		20		20		20	
- Small step forward	20		20		20		20		20		20		20		20		20	
- weight on front foot	20		20		20		20		20		20		20		20		20	
	20		20		20		20		20		20		20		20		20	