

# SPORT: ULTIMATE ATHLETE

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	PROGRAMME EXERCISE	Press ups			3x 10 Reps	
		Left leg step ups		Followed by right leg	3x 20 Reps (both legs)	
		Right leg step ups				
		Front squat		Holding medicine ball to chest	3x 20 Reps	3kg ball
		Shoulder press		Alternate arms	2x 10 Reps	10kg dumbbell
		Chest press		Alternate arms	2x 10 Reps	10kg dumbbell
		Barbell row			2x 10 Reps	20kg

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	PROGRAMME EXERCISE	Ball press ups		Hands on ball	2x 10 Reps	
		Left leg step ups		Alternate after set is finished	3x 10 Reps	8kg ball
		Right leg step ups			3x 10 Reps	8kg ball
		Front squat		Holding ball to chest	3x 10 Reps	5kg ball
		Standing dumbbell press		Alternate arms between reps	2x 10 Reps	12kg
		Dumbbell chest press		Alternate arms	2x 10 Reps	12kg
		Barbell row			2x 10 Reps	25kg

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	PROGRAMME EXERCISE	Bosu press ups		Feet on bosu	3x 10 Reps	
		Alternate sit ups		Left/right leg after each step	3x10 per leg	10kg
		Alternate dumbbell press			2x 10 Reps	12kg
		Alternate dumbbell chest press			2x 10 Reps	12kg
		Front squat		Holding ball to chest	3x 10 Reps	6kg
		Barbell row			3x 10 Reps	25kg