**FIT Tone Health and Fitness Studio**

Description: BlackBg.ai

**12 Stutt Avenue,**

**Doncaster 3108**

**PHONE : 0425 772 072 (Matt)**

***PRE-SEASON STRENGTH AND CONDITIONING***

* Alternate between workout A and workout B
* Aim for 3 sessions per week
* Alternate between exercises - no rest!

***WORKOUT A – UPPER BODY / BALANCE AND CO-ORDINATION***

**BARBELL BENCH PRESS** 4 X 4-6

**SINGLE LEG DEADLIFT** 3 X 15

**CHIN UPS** 4 X MAX

**STEP UPS W/ ONE DUMBELL** 3 X 15

**DUMBELL SHOULDER PRESS** 3 X 8-10

**SINGLE LEG BOTTOM CABLE ROW** 3 X 15

**BENT OVER ROW** 3 X 10

**1 LEG SQUAT ONTO BENCH** (ALTERNATE LEG) 3 X 20

**BARBELL PUSH PRESS** 3 X 12

**SIDE PLANK** 3 X MAX

**500M TIME TRIAL ON ROWER**

***WORKOUT B – LOWER BODY / CORE***

**BARBELL SQUATS** 4 X 4-6

**ROPE CRUNCHES** 3 X 20

**LEG EXTENSIONS** 3 X 8-10

**CABLE TWISTS (ROATATIONS)** 3 X 15 EACH SIDE

**LYING LEG CURL** 3 X 8-10

**ROMAN CHAIR** 3 X MAX

**CALF RAISES** 3 X 20

**BICYCLE CRUNCHES** 3 X 50

**TYRE FLIPS OR BATTLE ROPES** X3

**DUMBELL WALKING LUNGES** X3