



# GEELONG

Physical Therapy Centre

PERFORMANCE • HEALTH • LONGEVITY

Squat	Lift	Jump	Push	Pull	Twist	Move	Core
Air Squat	KB Swing	Box Jump	Push Ups	Band Bent Over Rows	Russian Twists	Lunge	Crawl
1 1/2 Squat	Stiff Leg Deadlift	Depth Jump	Hands Elevated Push Ups	DB Bent Over Rows	Side Plank Rotations	Alternating Lunge	Lateral Crawl
Squat Pulses	DB Deadlift	Jump Squat	Feet Elevated Push Ups	Single Arm Rows	Pallof Press	Lateral Lunge	Reverse Crawl
Gorilla Squats	KB Deadlift	Jump Lunge	Twisting Push Ups	Body Rows	Band Chops	Reverse Lunge	Square Crawl
Toe Squat	Arabesque	Gorilla Jumps	Spiderman Push Ups	Archer Rows	Band Lifts	Step Ups	Low Plank
Sissy Squat	Band Deadlift	Pause Jumps	Ring Push Ups	Bicep Curls	Bent Arm DB Twists	Step Downs	High Plank
Split Squat	Back Extensions	Broad Jumps	Man Makers	Upright Rows	Landmine Twists	Shuttle Run	Low Side Plank
Lateral Squat	Hamstring Curls	Lateral Hopping	Shoulder Tap Push Ups	Alternating Upright Rows	Med Ball Throw	High Knees	High Side Plank
Single Leg Squat	Hamstring Slides	Square Hopping	Dive Bombers	Cuban Rows	Med Ball Twists	Heel Flicks	Side Arch Ups
Single Leg Sit to Stand	Glute Bridge	Single Leg Lateral Hopping	Hinge Push Ups	German Rows	Get Up Twists	Ankle Taps	Tuck Hold
Split Squat 1 1/2s	Hip Thrust	Single Leg Square Hopping	Bench Dips	Chin Ups	Get Ups	Crab Walk	Tuck Rocks
Split Squat Pulses	Single Leg Hip Thrust	Single Leg Broad Jumps	Archer Push Ups	Pull Ups	DB "Lawn mower" Cleans	Monster Walk	V-Ups

Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
<b>10 min EMOM</b>	<b>5 Rounds of 1 min per ex</b>	<b>20/18/16/14/12/10 reps of</b>	<b>3-5 Rounds of</b>	<b>Alternating 20min EMOM</b>	<b>20/18/16/14/12/10 reps of</b>
Any Squat or Lift x 20	Any Jump	Any Move	Run 200m	Min 1	Any Push
Any Push or Pull x 8	Any Pull	Any Lift	Any Push x duration of run	Any Push (hard) x 6	Any Pull
	Any Core	Any Squat	Run 200m	Any Jump up until 45secs	Any Core
Rest 3-5 mins	Any Squat		Any Core x duration of run	Min 2	
	Any Twist	Go for a run	Run 200m	Any Pull x 10	
<b>12/9/6/3 reps per side</b>			Any Twist x duration of run	Any Move up until 45secs	
Any Jump					
Twist or Core					