

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

| | | | |
|----------------|---------------|------------------|--|
| Name: | | Assessment date: | |
| Age: | | Age: | |
| HEIGHT (ins): | BMR: | Waist (ins): | |
| FAT 14-24%: | WATER 50-65%: | BMI18-24%: | |
| MUSCLE 45-65%: | Email: | | |

Day 1 of 3

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



Elliptical or Rowing Machine

Zone 2 intensity
Time: 8–10 minutes

1. FARMERS'S WALK



Progressive Overload Plan

Rest 90 seconds to 2 minutes between sets.


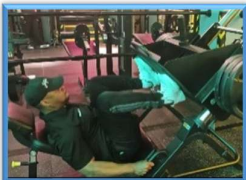
| 10-meter lengths | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|---------------------|--------------------------------|---------------------------------|------------------------------|-------------------------------|--------------------------------|---------------------------------|
| Male (20kg barbell) | 8 lengths 12.5kgs p/hand | 10 lengths 12.5kgs p/hand | 6 lengths 15kgs p/hand | 8 lengths 15kgs p/hand | 10 lengths 15kgs p/hand | 6 lengths 17.5kgs p/hand |
| Female (dumbbells) | 8 lengths 8 kgs p/hand | 10 lengths 8 kgs p/hand | 8 lengths 10kgs p/hand | 10 lengths 10kgs p/hand | 8 lengths 12.5kgs p/hand | 10 lengths 12.5kgs p/hand |

2. THRUSTERS



| 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|------------------------|---|---|--|---|---|--|
| Male (20kg barbell) | 6 reps 20kg barbell 0 weights | 8 reps 20kg barbell 0 weights | 10 reps 20kg barbell 0 weights | 6 reps 20kg barbell +10 kg weight | 8 reps 20kg barbell +10 kg weight | 10 reps 20kg barbell +10 kg weight |
| Female (20kg barbells) | 6 reps 15kg barbell 0 weights | 8 reps 15kg barbell 0 weights | 10 reps 15kg barbell 0 weights | 6 reps 15kg barbell +5kgs weights | 8 reps 15kg barbell +5kgs weights | 10 reps 15kg barbell +5kgs weights |

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

| | | | | | | | |
|---|--------------|--|--|--|---|---|---|
| 3.DUMBBELL BICEP CURLS  | 3 x10 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 6 reps 3-4kgs p/hand | 8 reps 3-4kgs p/hand | 10 reps 3-4kgs p/hand | 6 reps 5-7kgs p/hand | 8 reps 5-7kgs p/hand | 10 reps 5-7kgs p/hand |
| | Male | 8 reps 5-7kgs p/hand | 10 reps 5-7kgs p/hand | 8 reps 8-10kgs p/hand | 10 reps 8-10kgs p/hand | 9 reps 12kgs p/hand | 10 reps 12kgs p/hand |
| 4. CABLE MACHINE WOODCHOPPERS  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 8 reps p/side 12-15kgs | 10 reps p/side 12-15 kgs | 12 reps p/side 15-18 kgs | 8 reps p/side 15-18 kgs | 10 reps p/side 18-20 kgs | 12 reps p/side 18-20 kgs |
| | Male | 8 reps p/side 18-20 kgs | 10 reps p/side 18-20 kgs | 12 reps p/side 8-10 kgs | 8 reps p/side 10-12 kgs | 10 reps p/side 10-12 kgs | 12 reps p/side 10-12 kgs |
| 5. REVERSE GRIP LAT PULLDOWN  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 8 reps 26-30kgs | 10 reps 26-30kgs | 8 reps 30-34kgs | 10 reps 30-34kgs | 8 reps 34-38kgs | 10 reps 34-38kgs |
| | Male | 8 reps 30-34kgs | 10 reps 30-34kgs | 8 reps 34-38kgs | 10 reps 34-38kgs | 8 reps 38-42kgs | 10 reps 38-42kgs |
| 6.LEG PRESS  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 6 reps 40kgs | 8 reps 40kgs | 10 reps 40kgs | 6 reps 60kgs | 8 reps 60kgs | 10 reps 60kgs |
| | Male | 6 reps 60kgs | 8 reps 60kgs | 10 reps 60kgs | 6 reps 80kgs | 8 reps 80kgs | 10 reps 80kgs |
| BATTLE ROPE DOUBLE WAVES  | 1:1 interval | 8 x 10 sec waves - 10 sec rest intervals | 8 x 15 sec waves - 15 sec rest intervals | 8 x 20 sec waves - 20 sec rest intervals | 10 x 10 sec waves - 10 sec rest intervals | 10 x 15 sec waves - 15 sec rest intervals | 10 x 20 sec waves - 20 sec rest intervals |

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

Cool Down Stretches Hold & pulse each 30-60 sec

GOOD MORNING STRETCH

DISCIPLINE FOCUS CONSISTENCY RESULTS

FORM CUES

- 1. NEUTRAL NECK**
Keep your neck in a neutral position with your gaze down.
- 2. CHEST PROUD**
Lift your chest and keep your back flat.
- 3. PUSH HIPS BACK**
Hinge from your hips by pushing them back while maintaining a flat back.
- 4. FEEL THE STRETCH**
Feel a stretch in your hamstrings while keeping a slight bend in your knees.

KEY POINTS

- Hinge from the hips
- Keep your back flat
- Core tight
- Weight through mid-foot and heels
- Stop when you lose spinal neutrality

TO STAND

- Drive hips forward
- Squeeze glutes at the top
- Stand tall without overextending your lower back

WORLD'S GREATEST STRETCH

DISCIPLINE FOCUS CONSISTENCY RESULTS

FORM CUES

- 1. REACH UP**
Reach your arm toward the ceiling and follow your hand with your eyes.
- 2. OPEN YOUR CHEST**
Rotate your torso and open up your chest toward the sky.
- 3. EXTEND YOUR HIPS**
Keep your back leg straight and actively push your heel back.
- 4. DEEP LUNGE**
Step your foot outside your hand and sink into a deep lunge.
- 5. HAND TO THE GROUND**
Place your hand inside your foot to create a stable base.

KEY POINTS

- Move with control
- Keep your core engaged
- Breathe and flow
- Feel the stretch in your hips, groin, and thoracic spine
- Switch sides and repeat

TO STAND

- Press through your front heel
- Bring your back foot forward
- Stand tall and reset
- Repeat on the other side

CAT COW

MOBILITY & SPINAL FLEXIBILITY

1. CAT
Round your back toward the ceiling as you tuck your chin to your chest.

2. COW
Drop your belly toward the floor, lift your chest and tailbone toward the ceiling, and look slightly up.

ROUND YOUR BACK
Push the tail away and round your spine.

TUCK YOUR CHIN
Look toward your nose.

KEY POINTS

- Move with control
- Breathe and flow
- Focus on spinal movement
- Engage your core
- Feel the stretch and release tension

HOW TO PERFORM

1. Start on your hands and knees in a neutral position.
2. Inhale as you drop into Cow.
3. Exhale as you round into Cat.
4. Repeat for 5-10 slow, controlled breaths.

WHY IT MATTERS: Improves spinal mobility, relieves tension in the back and neck, and helps with posture and movement efficiency.

CHILD'S POSE

STRETCH & RELAX

EXTEND YOUR ARMS
Reach your arms forward and place your hands on the floor.

ROUND YOUR BACK
Bend toward your spine and relax your back.

SIT YOUR HIPS BACK
Sit your hips back toward your heels.

RELAX YOUR HEAD
Rest your forehead on the floor and ease your neck.

KEY BENEFITS

- Releases tension in your back, shoulders and neck
- Improves flexibility and mobility
- Promotes relaxation and stress relief
- Supports recovery and mental well-being

HOW TO PERFORM

1. Start on your hands and knees.
2. Sit your hips back toward your heels.
3. Extend your arms forward and lower your chest.
4. Rest your forehead on the floor.
5. Breathe deeply and relax.

QUICK TIPS

- Breathe deeply and relax.
- Get up of tension with reach outfalls.
- Stay in the stretch for 30-60 seconds or longer.

REMEMBER: This is your time to reset. Breathe, relax, and let your body recover.

Day 2 of 3

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



Elliptical or Rowing Machine

Zone 2 intensity
Time: 8–10 minutes

1. UNWEIGHTED HIP THRUSTS



2. GOBLET SQUATS



3. SEATED CHEST PRESS



4. SEATED CABLE ROWS





Progressive Overload Plan

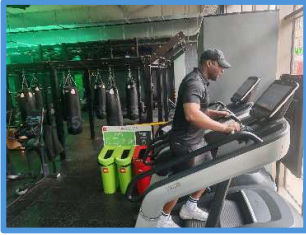
Rest 90 seconds to 2 minutes between sets.

| 3 x 10 Reps | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|-----------------|----------------------|-----------------------------|------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|
| Male/ Female | 10 reps 0 weights | 8 reps 18-20kg dumb-bell | 10 reps 18-20kg dumb-bell | 6 reps 1- legged 0 weights | 8 reps 1- legged 0 weights | 10 reps 1- legged 0 weights |
| 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| Female | 6 reps 8 kgs | 8 reps 8 kgs | 10reps 8 kgs | 6 reps 9 kgs | 8 reps 9 kgs | 10 reps 9 kgs |
| Male | 6 reps 10 kgs | 8 reps 10 kgs | 10reps 10 kgs | 6 reps 12 kgs | 8 reps 12 kgs | 10 reps 12 kgs |
| 3 x 10 Reps | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| Female | 8-10 kgs | 10-12 kgs | 12-14 kgs | 14-16 kgs | 16-18 kgs | 18-20 kgs |
| Male | 18-20 kgs | 20-22 kgs | 22-24 kgs | 24-26 kgs | 26-28 kgs | 28-30 kgs |
| 3 x 10 Reps | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| Female | 20-24 kgs | 24-26 kgs | 26-28 kgs | 28-30 kgs | 30-32 kgs | 32-34 kgs |
| Male | 30-32 kgs | 32-34 kgs | 34-36 kgs | 36-38 kgs | 38-40 kgs | 42-44 kgs |

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

| | | | | | | | |
|---|--------|----------------------------------|----------------------------------|-----------------------------------|---------------------------------------|---------------------------------------|--|
| <p>5.DUMBBELL or KB CLEAN & PRESS</p>  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 8 reps 5kgs p/hand | 10 reps 5kgs p/hand | 8 reps 6kgs p/hand | 10 reps 6kgs p/hand | 8 reps 7kgs p/hand | 10 reps 7kgs p/hand |
| | Male | 8 reps 8 kgs p/hand | 10 reps 8 kgs p/hand | 8 reps 9 kgs p/hand | 10 reps 9 kgs p/hand | 8 reps 10kgs p/hand | 10 reps 10kgs p/hand |
| <p>6. LAT PULLDOWN</p>  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 8 reps 20- 25kg | 10 reps 20- 25kgs | 8 reps 25- 30kgs | 10 reps 25- 30kgs | 8 reps 25- 30kgs | 10 reps 25- 30kgs |
| | Male | 8 reps 35- 30kgs | 10 reps 35- 30kgs | 8 reps 30- 35kgs | 10 reps 30- 35kgs | 8 reps 35- 40kgs | 10 reps 35- 40kgs |
| <p>7.ASSISTED TRICEPS DIPS</p>  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 5 Assisted weight | 6 Assisted weight | 7 Assisted weight | 8 Assisted weight | 5 unassisted | 6 unassisted |
| | Male | 8 Assisted weight | 9 Assisted weight | 10 Assisted weight | 8 Unassisted | 9 unassisted | 10 unassisted |
| <p>8.WEIGHTED DEAD BUGS</p>  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 8 reps p/limb 0 weights | 9 reps p/limb 0 weights | 10 reps p/limb 0 weights | 8 reps p/limb 1-2kgs weights | 9 reps p/limb 1-2kgs weights | 10 reps p/limb 1-2kgs weights |
| | Male | 8 reps p/limb 0 weights | 9 reps p/limb 0 weights | 10 reps p/limb 0 weights | 8 reps p/limb 2-3kgs weights | 9 reps p/limb 2-3kgs weights | 10 reps p/limb 2-3kgs weights |

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

| StairMaster 15 min |  | Pace | Pace | Pace | Pace | Pace | Pace |
|--------------------|---|----------------|----------------|----------------|----------------|----------------|----------------|
| | | 15 gradient 18 | 15 gradient 20 | 15 gradient 22 | 17 gradient 18 | 17 gradient 20 | 17 gradient 22 |

Cool Down Stretches Hold & pulse each 30-60 sec

GOOD MORNING STRETCH

DISCIPLINE FOCUS CONSISTENCY RESULTS

FORM CUES

- 1. NEUTRAL NECK**
Keep your neck in a neutral position with your gaze down.
- 2. CHEST PROUD**
Lift your chest and keep your back flat.
- 3. PUSH HIPS BACK**
Hinge from your hips by pushing them back while maintaining a flat back.
- 4. FEEL THE STRETCH**
Feel a stretch in your hamstrings while keeping a slight bend in your knees.

KEY POINTS

- Hinge from the hips
- Keep your back flat
- Core tight
- Weight through mid-foot and heels
- Stop when you lose spinal neutrality

TO STAND

- Drive hips forward
- Squeeze glutes at the top
- Stand tall without overextending your lower back



WORLD'S GREATEST STRETCH

DISCIPLINE FOCUS CONSISTENCY RESULTS

FORM CUES

- 1. REACH UP**
Reach your arm toward the ceiling and follow your hand with your eyes.
- 2. OPEN YOUR CHEST**
Rotate your torso and open up your chest toward the sky.
- 3. EXTEND YOUR HIPS**
Keep your back leg straight and actively push your heel back.
- 4. DEEP LUNGE**
Step your foot outside your hand and sink into a deep lunge.
- 5. HAND TO THE GROUND**
Place your hand inside your foot to create a stable base.

KEY POINTS

- Move with control
- Keep your core engaged
- Breathe and flow
- Feel the stretch in your hips, groin, and thoracic spine
- Switch sides and repeat

TO STAND

- Press through your front heel
- Bring your back foot forward
- Stand tall and reset
- Repeat on the other side



COUCH STRETCH

— HIP FLEXOR MOBILITY —

1. **TALL CHEST**
Keep your chest up and shoulders back.

2. **TUCK PELVIS**
Slightly tuck your pelvis by squeezing your glutes.

3. **DRIVE HIPS FORWARD**
Gently push your hips forward until you feel a stretch in the front of your hip.

4. **KNEE POSITION**
Keep your knee flat on the ground and your shin along the couch.

KEY BENEFITS

- Improves hip flexor mobility
- Reduces lower back and hip tightness
- Enhances posture
- Improves athletic performance
- Helps prevent injuries

HOW TO PERFORM

- Kneel on the floor with your back knee against a couch, bench, or elevated surface.
- Place the top of your back foot on the couch.
- Step your front foot forward to a 90-degree knee angle.
- Tuck your pelvis slightly and squeeze your glutes.
- Drive your hips forward until you feel a stretch in the front of your hip.
- Hold, then switch sides.

MUSCLES TARGETED

- Hip Flexors (Psoas & Rectus)
- Quadriceps
- Rectus Femoris
- TFL

QUICK TIPS

- Keep your core engaged
- Don't round your lower back
- Breathe steadily and relax
- Hold for 30-60 seconds per side

REMEMBER: Consistency is key! Add the couch stretch to your routine to move and feel better every day.



CHILD'S POSE

STRETCH & RELAX

1. **ROUND YOUR BACK**
Gently round your spine and relax your back.

2. **SIT YOUR HIPS BACK**
Sit your hips back toward your heels.

3. **EXTEND YOUR ARMS**
Reach your arms forward and place your hands on the floor.

4. **RELAX YOUR HEAD**
Rest your forehead on the floor and relax your neck.

KEY BENEFITS

- Relaxes tension in your back, shoulders, and neck
- Improves flexibility and mobility
- Promotes relaxation and stress relief
- Supports recovery and overall well-being

HOW TO PERFORM

- Start on your hands and knees.
- Sit your hips back toward your heels.
- Extend your arms forward and lower your chest.
- Rest your forehead on the floor.
- Breathe deeply and relax.

QUICK TIPS

- Let go of tension with each breath.
- Stay in the stretch for 30-60 seconds or longer.

REMEMBER: This is your time to rest. Breathe, relax, and let your body recover.



Day 3 of 3

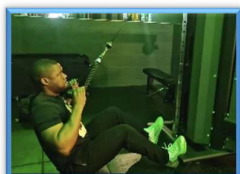
- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



Elliptical or Rowing Machine

Zone 2 intensity
Time: 8–10 minutes

1. SEATED FACE PULLS



Progressive Overload Plan

Rest 90 seconds to 2 minutes between sets.

| 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|--------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Female | 10 reps 38-42kg | 12 reps 38-42kg | 10 reps 38-42kg | 12 reps 38-42kg | 10 reps 42-46kg | 12 reps 42-46kg |
| Male | 10 reps 42-46kg | 12 reps 42-46kg | 10 reps 46-50kg | 12 reps 46-50kg | 10 reps 50-54kg | 12 reps 50-54kg |

2. HIGH MOUNTED TRICEPS EXTENSIONS



| 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|--------|-------------------|--------------------|-------------------|--------------------|--------------------|--------------------|
| Female | 8 reps 12-14kg | 10 reps 12-14kg | 8 reps 14-16kg | 10 reps 14-16kg | 8 reps 16-18kg | 10 reps 16-18kg |
| Male | 8 reps 16-18kg | 10 reps 16-18kg | 8 reps 18-20kg | 12 reps 18-20kg | 10 reps 20-22kg | 12 reps 20-22kg |

3. STEP UPS




| 3 SETS p/leg | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|--------------|--------------------------|--------------------------|--------------------------|--------------------------|------------------------|-------------------------|
| Female | 8 reps 6-7 kgs p/hand | 9 reps 6-7 kgs p/hand | 10reps 7-8 kgs p/hand | 8 reps 7-8 kgs p/hand | 9 reps 8-9kg p/hand | 10reps 8-9kgs p/hand |
| Male | 8 reps 10 kgs p/hand | 10 rep 10 kgs p/hand | 12 rep 12 kgs p/hand | 8 reps 12 kgs p/hand | 10 rep 12kg p/hand | 12 rep 12kg p/hand |

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

| | | | | | | | |
|---|--------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 4. WEIGHTED CALF RAISES  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 10 reps 8kgs p/hand | 12 reps 8kgs p/hand | 10 reps 10kgs p/hand | 12 reps 10kgs p/hand | 10 reps 12kgs p/hand | 12 reps 12kgs p/hand |
| | Male | 10 reps 10kgs p/hand | 12 reps 10kgs p/hand | 10 reps 12kgs p/hand | 12 reps 12kgs p/hand | 10 reps 14kgs p/hand | 12 reps 14kgs p/hand |
| 5. HIP ADDUCTORS  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 8 reps 10-15kgs | 10 reps 10-15kgs | 8 reps 15-20kgs | 10 reps 15-20kgs | 8 reps 20-25kgs | 10 reps 20-25kgs |
| | Male | 8 reps 15-20kgs | 10 reps 15-20kgs | 8 reps 20-25kgs | 10 reps 20-25kgs | 8 reps 25-30kgs | 10 reps 25-30kgs |
| 6. HIP ABDUCTORS  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 12 reps 30-34kgs | 14 reps 30-34kgs | 12 reps 34-38kgs | 14 reps 34-38kgs | 12 reps 38-42kgs | 14 reps 38-42kgs |
| | Male | 12 reps 38-42kgs | 14 reps 38-42kgs | 12 reps 42-46kgs | 14 reps 42-46kgs | 12 reps 42-46kgs | 14 reps 42-46kgs |
| 7. HIP THRUSTS  | 3 SETS | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| | Female | 6 reps 20kg | 8 reps 20kg | 10 reps 20kgs | 6 reps 40kgs | 8 reps 40kgs | 10 reps 40kgs |
| | Male | 6 reps 40kgs | 8 reps 40kgs | 10 reps 40kgs | 6 reps 80kgs | 8 reps 80kgs | 10 reps 48kgs |

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

| | | | | | | | |
|---|---|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| FINISHER 15 Min Incline Treadmill walk |  | Pace | Pace | Pace | Pace | Pace | Pace |
| | | 5-7 gradient | 5-7 gradient | 5-7 gradient | 5-7 gradient | 5-7 gradient | 5-7 gradient |
| | | 3.5 | 4 | 4.5 | 5 | 5.5 | 6 |

| | |
|----------------------------|---------------------|
| Cool Down Stretches | Hold each 30-60 sec |
|----------------------------|---------------------|

BUTTERFLY STRETCH

OPEN HIPS & IMPROVE FLEXIBILITY

A simple and effective stretch to open your hips, improve mobility, and reduce lower body tension.



- SIT TALL**
Sit up tall with a slight tuck and open chest.
- KNEES OUT**
Let your knees fall out to the sides. Keep your elbows to gently press them toward the floor.
- HOLD YOUR FEET**
Grab your feet or ankles and keep your heels close to your body.
- LEAN FORWARD**
Hinge at your hips and lean forward slightly while keeping your back straight. Stop when you feel a gentle stretch.

KEY BENEFITS

- Opens hip, groin, and inner thighs
- Improves hip mobility and flexibility
- Reduces lower back tension
- Enhances posture and length of stride
- Supports recovery and relaxation

HOW TO PERFORM

- All on the floor with the soles of your feet together.
- Hold your feet or ankles with your hands.
- Sit up tall and lengthen your spine.
- Gently press your knees toward the floor with your arms.
- Drop or pull your feet toward the floor safely.
- Hold for 30-60 seconds or longer.

QUICK TIPS

- Keep your back straight.
- Don't force your knees down.
- Breathe slowly and deeply.
- Hold for 30-60 seconds or longer.

REMEMBER: Consistency is key. A few deep breaths can make a big difference in how you feel.

FROG STRETCH

OPEN HIPS & IMPROVE MOBILITY

A great stretch to improve hip mobility, groin flexibility, and lower body recovery.



- WIDE KNEES**
Place your knees wide apart, wider than hip-width.
- TIES OUT**
Turn your toes out slightly and keep your feet in line with your knees.
- SINK YOUR HIPS**
Gently lower your hips toward the floor.
- CHEST DOWN**
Walk your hands forward and lower your chest toward the ground.
- RELAX & BREATHE**
Relax into the stretch and take slow, deep breaths.

KEY BENEFITS

- Improves hip and groin mobility
- Relieves tightness at the lower thighs
- Enhances lower body flexibility
- Supports squat depth and athletic performance

HOW TO PERFORM

- Start on your hands and knees.
- Spread your knees wide and turn your toes out.
- Slowly lower your hips toward the floor.
- Walk your hands forward and lower your chest.
- Hold the stretch and breathe deeply.

QUICK TIPS

- Go only as deep as comfortable.
- Keep your core relaxed.
- Breathe deeply and hold for 30-60 seconds or longer.

DOWNWARD DOG

STRETCH & LENGTHEN

A full-body stretch that lengthens your spine, opens your shoulders and hips, and improves mobility.



- HANDS SHOULDER WIDTH APART**
Spread your fingers wide and press through your palms.
- LENGTHEN YOUR SPINE**
Push the floor away and create a straight line from your wrists to your feet.
- HIPS HIGH**
Lift your hips up and back toward the ceiling.
- LEGS STRAIGHT (SOFT KNEES)**
Knees a slight bend in your knees if needed.
- HEELS TOWARD THE FLOOR**
Relax your heels down toward the floor.
- RELAX YOUR HEAD**
Let your head hang between your arms and breathe.

KEY BENEFITS

- Stretches hamstring, calves, shoulders and back
- Improves spinal decompression
- Enhances mobility and flexibility
- Improves circulation and reduces tension
- Supports recovery and stress relief

HOW TO PERFORM

- Start on your hands and knees.
- Push your nose and lift your hips up and back.
- Press through your hands and lengthen your spine.
- Slightly tuck your legs (soften your knees) if needed and drop your heels toward the floor.
- Relax your head and neck.
- Hold and breathe deeply.

QUICK TIPS

- Focus on long, deep breaths.
- Keep your core engaged.
- Send your knees if your hamstrings are tight.
- Allow your hands or feet to feel what feels best.

CHILD'S POSE

STRETCH & RELAX

A great stretch to improve hip mobility, groin flexibility, and lower body recovery.



- EXTEND YOUR ARMS**
Reach your arms forward and place your hands on the floor.
- ROUND YOUR BACK**
Gently round your spine and relax your back.
- SIT YOUR HIPS BACK**
Sit your hips back toward your heels.
- RELAX YOUR HEAD**
Rest your forehead on the floor and relax your neck.

KEY BENEFITS

- Relaxes tension in your back, shoulders, and neck
- Improves flexibility and mobility
- Promotes relaxation and stress relief
- Supports recovery and mental well-being

HOW TO PERFORM

- Start on your hands and knees.
- Sit your hips back toward your heels.
- Extend your arms forward and lower your chest.
- Rest your forehead on the floor.
- Breathe deeply and relax.

QUICK TIPS

- Breathe deeply and relax.
- Let go of tension with each exhale.
- Stay in the stretch for 30-60 seconds or longer.

REMEMBER: This is your time to reset. Breathe, relax, and let your body recover.

RECOMMENDED SUPPLEMENTS

| | | |
|-------------------------------------|--------------------------------------|-----------------------------|
| Whey Protein | Omega 3 | Pre Workout |
| Casein Protein | Creatine Monohydrate | Glucosamine |
| Apple Cider Vinegar | Magnesium Glycinate | L-Arginine |
| BCAA | NAD | NAC |

One-Rep Max

| Exercise | 1-RM | HPT | Exercise | 1-RM | HPT | Exercise | 1-RM | HPT |
|----------------|------|-----|---------------|------|-----|----------------|------|-----|
| Deadlift | | | Incline Bench | | | Leg Press | | |
| Shoulder Press | | | Bent Over Row | | | Lat Pull Down | | |
| Bench Press | | | Back Squat | | | Preacher Curls | | |

7th Week Review

| | | | |
|--------------|--------|------------------|--|
| Review Date: | | Assessment date: | |
| Weight: | | | |
| Waist (ins): | BMR: | BMI: | |
| FAT %: | WATER: | BONE: | |
| MUSCLE: | | | |

Workout Plan Disclaimer

By downloading, accessing, or using this workout plan, you acknowledge and agree to the following:

This workout plan is provided for general educational and informational purposes only and is not intended to constitute medical advice, diagnosis, or treatment. It is not a substitute for consultation with a qualified healthcare professional.

Before beginning any exercise programme, you should consult your doctor or another appropriately qualified healthcare provider, particularly if you have any pre-existing medical conditions, injuries, illnesses, are pregnant, have recently undergone surgery, or have any concerns about your health or ability to exercise safely.

Participation in any exercise programme involves inherent risks, including but not limited to muscle strains, sprains, injury, illness, or, in rare cases, serious health complications. You voluntarily participate in these activities and assume full responsibility for any risks, injuries, or damages arising from your participation.

You should stop exercising immediately and seek appropriate medical advice if you experience pain, dizziness, shortness of breath, chest pain, or any other unusual symptoms.

3-Day Whole Body SPLIT – PHASE 2 [Weeks 1-6 Male/Female]

This generic workout plan has not been individually designed or adapted to your personal fitness level, medical history, goals, or physical limitations. Results will vary between individuals, and no guarantees are made regarding specific outcomes or performance improvements.

To the fullest extent permitted by applicable law, the author, trainer, and associated business accept no liability for any injury, loss, damage, or claim arising directly or indirectly from the use or misuse of this workout plan or the information contained within it.

By using this workout plan, you confirm that you have read, understood, and accepted this disclaimer and that you participate entirely at your own risk.

Copyright Notice

© 2026 Jonathan Crawford of Sports Intelligence UK LTD. All rights reserved.

This workout plan and all associated materials, including but not limited to text, programming, exercise selection, layout, graphics, logos, photographs, and digital content, are protected by copyright and other applicable intellectual property laws.

This material is provided for the personal, non-commercial use of the original purchaser or authorised recipient only. No part of this publication may be copied, reproduced, republished, uploaded, posted, transmitted, distributed, modified, sold, licensed, or otherwise exploited in any form or by any means without the prior written permission of Sports Intelligence UK LTD.

Unauthorised sharing, resale, redistribution, or reproduction of this material, whether in whole or in part, is strictly prohibited and may result in legal action.

Permission requests should be directed to jaycicoach@gmail.com.

Nothing in this notice transfers or grants any ownership rights or licence to use the content beyond its intended personal use.