

WLC10 FITNESS ROUTINES

Our WLC10 Challengers will work up to 5 days/week of exercise consisting of strength and cardio-based workouts. Routines will progress with new exercises and areas of focused are based on the progression of each individual.

CURRENT STRENGTH PROGRAM

STRENGTH CIRCUIT #1:

- Complete each exercise in sequence taking minimal rest between exercises.
 - Aim to complete 15-20 reps per exercise using weights that are challenging for the last few reps while maintaining good form. Two options are provided (Level 1/Level 2) based on ability and progression.
1. Squat Press OR Squat Press with Knee Drive
 2. Bent Over Row OR in Single Leg Position
 3. Reverse Fly Or in Single Leg Position
 4. Stiff Legged Deadlift OR in Single Leg Position
 5. Kneeling Push-up Plank OR From Feet
 6. Alternating Low Back Extension OR Regular Back Extension

REPEAT 2-3x

Modifications:

- As Nadia has recently fractured her ankle she will not be doing any exercises that involve the single leg position OR Push up Plank from the feet. Instead she is doing the alternate (Level 1) option as well as ankle rehab exercises.