

REHEKŌ LET'S GO!



SCAN HERE FOR MORE TRAINING TIPS

WE RECOMMEND HAVING A REST DAY TWICE PER WEEK WHILE ON THIS PROGRAMME

	WARM UP	STRENGTH	
RĀ TUATAHI DAY ONE	60 Seconds Cardio	1 Set	Gradually warm up to working weight and then complete required reps. Rest 2 minutes between sets.
	10 x Air Squats	3 Sets	Backsquat 5 x 5 sets
	10 x Ground to Overhead (Dumbbell or Plate)	3 Sets	Romanian Deadlift 5 x 5 sets
	10 x Mountain Climbers	3 Sets	Push Ups 3 x 8 sets
			1 x set of max reps then complete 3 x sets of 50-60% of the first max rep set.

	WARM UP	STRENGTH	
RĀ TUARUA DAY TWO	60 Seconds Cardio	1 Set	Warm up to working weight and then complete required reps
	10 x Air Squats	3 Sets	Superset a. Barbell Strict Press b. Lat Pull Down 5 x 5 sets Rest 90 secs between supersets
	10 x Ground to Overhead (Dumbbell or Plate)	3 Sets	Superset a. Bench Press b. Seated Cable Row 4 x 8 sets Rest 90 secs between supersets
	10 x Mountain Climbers	3 Sets	Bicep Curls 3 x 8 sets

	WARM UP	STRENGTH	
RĀ TUATORU DAY THREE	60 Seconds Cardio	1 Set	Gradually warm up to working weight and then complete required reps. Rest 2 minutes between sets.
	10 x Air Squats	3 Sets	Deadlift 5 x 5 sets
	10 x Ground to Overhead (Dumbbell or Plate)	3 Sets	Front Squats 4 x 8 sets
	10 x Mountain Climbers	3 Sets	Push Ups 1 x set of max reps then complete 3 x sets of 50-60% of the first max rep set.

	WARM UP	STRENGTH	
RĀ TUAWHĀ DAY FOUR	60 Seconds Cardio	1 Set	Warm up to working weight and then complete required reps
	10 x Dumbbell Press	3 Sets	Superset a. Bench Press b. Seated Cable Row 5 x 5 sets Rest 90 secs between supersets
	10 x Burpees	3 Sets	Superset a. Barbell Strict Press b. Lat Pull Down 4 x 8 sets Rest 90 secs between supersets
	10 x Ring Row or Inverted Row	3 Sets	Bicep Curls 3 x 8 sets
	Finish 30-60 secs plank	3 Sets	