

S & C PROGRAM – 20.03 P1 & C1	REPS	INTENSITY	NOTES Focus is on strength to achieve Squad LT goals
Warm Up			
Skipping	3 minutes	Med/High	If not safe to skip then 3 x 30s of mountain climbers & 3 x 30s of jumping jacks with 15s rest between sets
Prone Walk out to Press Up	8	Low	Perfect form and at a steady pace
Step Backs / Reverse Lunges	20	Low	
Walk Out Burpees	12	Med	No need for chest to floor
Complete the above before moving on and repeat if not sufficiently warmed up			
Shoulder Tap with Arm Extension	20	Med	Keep body stable by locking out core & glutes and maintain a plank profile
High Knees	2 x 30 seconds	High	15s rest between sets
Rocking Dish	2 x 60 seconds	Med	Keep legs straight with arms extended, keep the rocking fluid and do not let feet touch the ground
High Knees	2 x 30 seconds	High	15s rest between sets
Negative Press	10	Med	Full press start position, body to maintain plank profile and slowly lower to floor, do not press back up
Plank Get Up	2 x 30 seconds	Med	Move from forearm plank to hand Poland with minimal rocking
Zombie Squats	2 x 20	Low/Med	Feet to stay planted on the floor and shoes turned slightly out, knees to drive out over feet
Negative Press Ups	10	Med	Full press start position, body to maintain plank profile and slowly lower to floor, do not press back up
High Knees	30 seconds	High	
Bug Crunch	2 x 30 seconds	Med	15s rest between sets
Zombie Squats	20	Low/Med	Feet to stay planted on the floor and shoes turned slightly out, knees to drive out over feet
Skipping Cool Down	2 x 60s	Low	Take it easy during the cool down
Complete the above program twice per week			

