

1. TEMPO DEEP BACK SQUAT

AIM	<ul style="list-style-type: none">• To work on correct movement patterns• To improve hip and ankle mobility• To build strength in function
DETAILS	The squat is by far the most functional movement. A deep squat requires good ankle and hip mobility plus core stability. But don't mistake mobility for flexibility - the goal should be a deep squat that can be loaded safely.

2. SNATCH GRIP PUSH PRESS + OHS

AIM	<ul style="list-style-type: none">• To build upper-back strength, healthy shoulders, core stability and all over mobility.• To improve your overhead position
DETAILS	The overhead squat is by far the hardest movement you'll ever have to do. It requires a lot of mobility, not only in the ankle and hips but also in the shoulders. We will start with a level system and build from there each week.

3. GYMNASTIC STRENGTH

AIM	To build a really good base strength in the fundamental bodyweight movements like press ups, pull ups, dips, static holds. Tempo work will be used to create good awareness, stability and core strength.
DETAILS	To perform the advanced movements well (muscle ups, hspu's etc) you first need to master the basics. Without a good foundation you will never reach your full potential.

4. CONDITIONING – EMOMS

AIM	<ul style="list-style-type: none">• To help you move better under fatigue
DETAILS	Emoms are great for what I call 'controlled fitness'. They help with pacing, maintaining good movement under fatigue and building confidence.

5. UNILATERAL WORK

AIM	<ul style="list-style-type: none">• To prevent injury and correct imbalances
DETAILS	Single leg hinging and squatting and single arm pulling and

	<p>pressing is a must if you want to continue training for the long run. We will be using exercises like single leg rdl, seesaw press, pistols, rows, etc, to reduce your imbalances.</p>
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