

## LAND TRAINING CIRCUITS 1

(Only to be performed once a week)

The purpose of this work out is to perform repetitions for Capacity training, to embed technique, strength maintenance and develop core control. Focus on maintaining technique and practice good technique with repeats. 1-5 reps are not good for technique and providing a base.

### WARM UP [Competition Pre Pool](#)

### MAIN SET

- Perform 4 Rounds of exercise aiming to execute each exercise with good technique and core control.
- Click on the exercises for advice.
- Each Exercise has different levels of difficulty. Choose a level that allows you to perform the exercise well and not a level that makes you struggle.
- You can vary the levels in each exercise i.e. easy press up's, medium in squats. It is whichever level suits you.
- Perform each exercise for the advised time and rest for the advised time.

Station	Easy	Medium	Hard
1	<a href="#">Incline Press Up</a>	<a href="#">Normal Press Up</a>	<a href="#">Decline Press Up</a>
2	<a href="#">Body Weight Wall Squats</a>	Body Weight Full Squats	<a href="#">Squat Jumps</a>
3	<a href="#">Body Weight Row / TRX Pull Up's Suspension Trainer Rows</a>		
4	<a href="#">Plank hold</a>	<a href="#">Plank hold with Elbow Touches</a>	Plank Walk Backs
5	<a href="#">Sit Up's</a>	<a href="#">Alternating Leg Raises</a>	<a href="#">Leg Raises</a>

### Training & Rest Times

- |                          |                 |                 |                 |
|--------------------------|-----------------|-----------------|-----------------|
| • 21 <sup>st</sup> April | 30 seconds work | 30 seconds Rest | (Steady week)   |
| • 28 <sup>th</sup> April | 30 Seconds work | 20 seconds Rest | (Harder Week)   |
| • 5 <sup>th</sup> May    | 20 Seconds work | 30 seconds Rest | (Recovery week) |

Disclaimer: You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.