



THE GYM ACADEMY

PRESENTS

TGA LEAN BODY HOME TRAINING BEGINNERS VERSION WORKOUT A

WEEKS 1-4





LEGAL

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LEAN BODY HOME TRAINING BEGINNERS VERSION. WORKOUT A WEEKS 1-4

SCHEDULE

WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	WORKOUT 6
ANEREROR LOWER SQUAT	UPPER PUSH	POSTERIOR LOWER HINGE	UPPER PULL	ABS & CORE	CORRECTIVE

CHOESE AS MANY WORKOUTS AS YOU LIKE TO DO WITHIN ONE
SESSION DEPENDENT ON TIME

LEAN BODY HOME TRAINING BEGINNERS VERSION
 WORKOUT A WEEKS 1-4
 ANTERIOR LOWER SQUAT

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
A1 – Alternate single leg box squat	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – 1 ½ bottom VMO squat	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Jump squat	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNERS VERSION						
WORKOUT A WEEKS 1-4						
UPPER PUSH						
EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
A1 – Power push ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – Knee rotational push ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Knee cobra push ups	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HIOME TRAINING BEGINNERS VERSION
 WORKOUT A WEEKS 1-4
POSTERIOR LOWER HINGE

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
A1 – Alternate heel touch squat	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – Alternate sprinter lunge	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Sprint lunge jumps	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNERS VERSION						
WORKOUT A WEEKS 1-4						
UPPER PULL						
EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
A1 – Seated pull ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – BW sliding pull downs	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Inverted chin curls	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNERS VERSION
 WORKOUT A WEEKS 1-4
 CORE & ABS

EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
A1 – Reverse corkscrews	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – Black widow knee sliders	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Butterfly crunches	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HIOME TRAINING BEGINNERS VERSION						
WORKOUT A WEEKS 1-4						
CORRECTION						
EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
A – Angles & Devils	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	

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Containers/UBF8T346G9.Office/User
Content.localized/Templates.localized/Normal.dotm

Title:

Subject:

Author: chris birch

Keywords:

Comments:

Creation Date: 13/05/2020 14:38:00

Change Number: 21

Last Saved On: 13/05/2020 15:21:00

Last Saved By: chris birch

Total Editing Time: 30 Minutes

Last Printed On: 13/05/2020 18:52:00

As of Last Complete Printing

Number of Pages: 9

Number of Words: 816

Number of Characters: 3,496 (approx.)