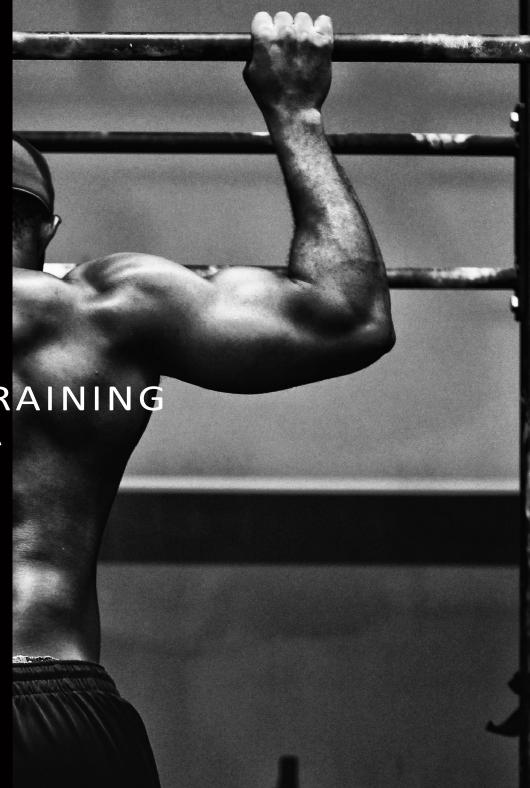


**PRESENTS** 

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



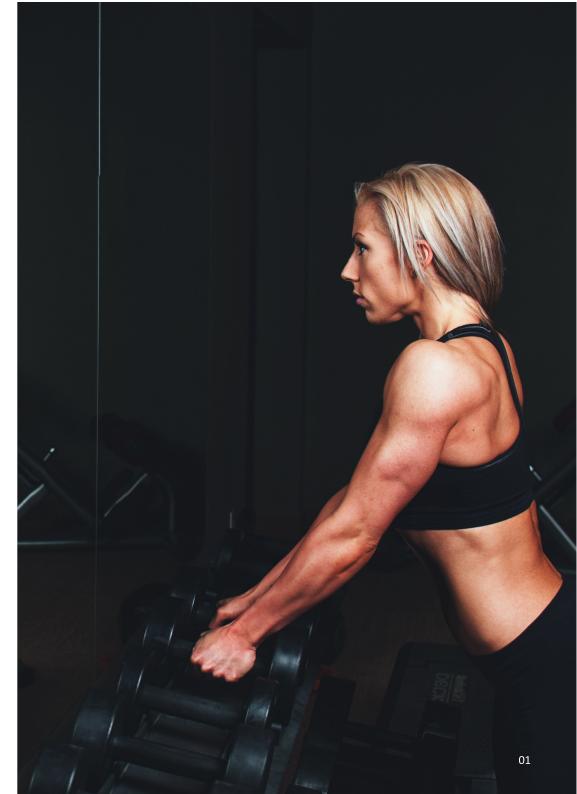


LEGAL

### **DISCLAIMER**

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of TGA, there are risks of injury or illness which can occur because of your use of the aforementioned information, and you expressly assume such risks and waive, relinquish and release any claim which you may have against TGA, or its affiliates, as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program. www.thegym.academy





LEAN BODY HIOME 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

02



# LEAN BODY HIOME TRAINING BEGINNERS VERSION WORKOUT A WEEKS 1-4 ANERIOR LOWER SQUAT

EXERCISES	WEEK	SETS	TIME	ТЕМРО	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 HIOME TRAINING BEGINNERS VERSION **WORKOUT A WEEKS 1-4 UPPER PUSH EXERCISES** WEEK SETS TIME **TEMPO** REST W/R A1 – Power push ways 35 sec 35 sec 45 sec 60 sec A2 – Knee rotational push ups 35 sec 35 sec 45 sec 60 sec A3 – Knee cobra push ups 35 sec 35 sec 45 sec 60 sec

www.thegym.academy



#### 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 35 sec 35 sec 45 sec 60 sec A2 – Alternate sprinter lunge 35 sec 35 sec 45 sec 60 sec A3 – Sprint lunge jumps 35 sec 35 sec

45 sec

60 sec



LEAN BODY HIOME TRAINING BEGINNERS VERSION  WORKOUT A WEEKS 1-4  UPPER PULL								
EXERCISES	WEEK	SETS	REPS	ТЕМРО	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			
www.thorgreen.co.domy	4	4	60 sec	4010	60			

www.thegym.academy



#### LEAN BODY HIOME TRAINING BEGINNERS VERSION **WORKOUT A WEEKS 1-4 CORE & ABS EXERCISES** WEEK SETS REPS **TEMPO** W/R REST A1 – Reverse corkscrews 35 sec 35 sec 45 sec 60 sec A2 – Black widow knee sliders 35 sec 35 sec 45 sec 60 sec A3 – Butterfly crunches 35 sec 35 sec 45 sec 60 sec



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			

Filename: TGA LEAN BODY BEGINNERS VERSION WORKOUT A.docx Directory: /Users/chrisbirch/Desktop/TGA TRAINING PROGRAMME

Template: /Users/chrisbirch/Library/Group

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.)