



— THE
POWERPLAY
PLAY BOOK —

BUILD AN AEROBIC ENGINE

A 6-week program for you and your ergo (and not your ego)

PURPOSE

Welcome to PowerPLAY - let's make you fit.

PowerPLAY is the first concept of its kind, incorporating Heart Rate, and Power (watts) for Aerobic training with strength and functional movement. It is an individualised small group approach, providing evidence and experience-based training program, for all ages, and all levels of fitness.

PowerPLAY is a hybrid program; Classes are run every day both online and in-house. Anyone can join from the comfort of their garage or living room, saving travel time. Alternatively, attend our current Adelaide location.

For more information on how this works, please email; soren@powerplayfitness.com.au

Find us on Social Media:

Instagram - [@power_playfitness](#)

Facebook - [PowerPLAY Fitness](#)

Tik Tok - [powerplay_fitness](#)

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How to read this program?

PowerPLAY uses both Power and Heart rate as the main tools to individualise workouts. This Aerobic Builder program mainly uses HR and also RPE (Rate of Perceived Exertion), as not all ergo's will display Power. Power reading and Heart rate readings are more beneficial for accurate training outcomes.

The program is very simple, train for 4 days, venture outside, and move for 2-3 days. If you miss a day, catch up the next day or move on.

We use an HR tracker App called Motosumo but any tracker will suffice. The only real requirement is any form of an ergometer, such as a rower, bike or air bike.

POWERPLAY FITNESS

What does ... mean?

If you are unfamiliar with any terminology or language, I have created a most commonly asked questions section on our [website here](#).

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What now?

I assume you have been cleared to train by your medical professional so now there is only one thing to do. Start training!

Go to day 1 and follow the instructions. Read the aim of the session, click on the link to see the movement, read the notes, train, and make your own notes.

If you have any questions or want to try the 'live' online version; training with others to be a part of the PowerPLAY community, contact us on this [email](#) or follow [this link](#) for your trial.

Enjoy your Training!



WEEK 1

SESSION 1

AIM

You need a starting point to both understand where your fitness is and also to base your training from. It doesn't matter how good or unfit you are, you will note a change over these next weeks.

With these first few sessions, we are just getting into a routine, and getting you (back) on the ergo. If you are a regular, you can go a bit harder, aim for building HR up to 85-90% of max HR, but has it been a while, start easy. The experienced can use more weight on the floor/functional part, provided you can move safely.

WORK

Bloodflow

- 2 min Ergo, easy pace
- 3 sets;
 - 12 Air Squats (feel adductors)
 - 12 DB BOR (hold neutral spine and feel shoulder blades)
 - 12 Death Walk (feel hamstrings)
- 2 min Ergo, increase intensity to moderate effort

A: 6 min Ergo; Build the HR to 75-80% (of max) being as relaxed as possible

B: 2 sets;

- Goblet Squat; @40X1; 7-10 reps, rest 90
- DB/KB One Arm Row; 12-15 reps, rest 90

C: 6 min Ergo; done as 30/30; 30 sec faster, but still only moderate pace, 30 sec super easy. Keep HR below 85% max HR

D: 2 sets;

- DB Suitcase Deadlift; @40X1; 8-10 reps, rest 90
- DB Seated Press; @40X1; 8-10 reps, rest 90

E: 4 min Ergo, Nose Breathing only. Shut your mouth and slow down your movement in order to only use nose breathing.

WEEK 1

SESSION 2

AIM

Today we are taking a step further into your fitness development. We are doing our first proper interval and will explore our sprinting capacities. We are not going all out, but we are certainly testing how fast you can go.

The NP zone - Neuromuscular Power is not just for sprinters but anyone wanting to see significant improvements. I say it is part of our aerobic vocabulary so we need to utilize it once in a while as it provides significant benefits to our performance and metabolism.

This is also why HIIT training got so popular. At PowerPLAY, we understand that you can't do HIIT all day long and sooner or later it will become aerobic and not an-aerobic/NP response. There are still very good reasons to do both long and slow and short and fast.

WORK

Bloodflow

Start by getting into your squat position and do 2-3 min of Squat mobility. Then proceed to;

- 1 min of FLR T-Spine Drills (shoulder blades)
- 1 min of Prisoner Squat (Scapular + Adductor)
- 1 min FLR Toe Taps (shoulder blades)
- 1 min Good Morning (hamstring + lower back)

Proceed to 3 min Ergo, where you build intensity to get HR up to 80-85% - rest 1 min
5 x 10-sec Sprint, not all out but close, move easy 50 sec after each - rest 2 min

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A: 15-sec Sprint NP - 1:45 sec easy x 4 sets (yes, you need rest time to regenerate the nervous system).

B: Incline Chest Press/ Floor Press/ Press (shoulder blades) x 15 sec work/15 sec rest x 2 min

C: Weighted R-Lunge (gluteus) 15 sec/15 sec x 2 min

D: 10 sec Sprint NP - 1:50 sec easy x sets

E: Half Get Ups 30sec/30 sec x 2 min (30 sec each side)

F: DB One Arm Row (Scapular); 30 sec/30 sec x 2 min (30 sec each side)

G: 5 sec Sprint NP - 55sec easy x 4 min - shorter rest time with less stress.

H; DB RDL (hamstrings); 30 sec/30 sec x 2 min

I: RFESS; 15 sec / 15 sec x 2 min

NOTE

Your HR may not reach 100% but your CNS (Central Nervous System) will be tired after this effort. Expect to feel a bit flat during the next 2-6 hours, provided it is an all-out effort. Keep an eye on your max power peaks - the highest score you see.

WEEK 1

SESSION 3

AIM

We are mixing up the workload today, getting on and off the ergo to challenge our control of behaviour and increasing our mixed modalities aerobic training - meaning we can sustain power/energy/intensity continuously on and off the ergo.

WORK

We are starting straight away but the first 8 min is about getting blood flow and easing into it.

8 min Go Around;

- 45 sec Ergo
- 6-8 Lunges left Side + 6-8 DB Press right side
- 6-8 Lunges right Side + 6-8 DB Press left side

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A: 30 min Amrap

90 sec Ergo

Pick one of the three below and stick to it

- 10 Burpees
- 15 Swings
- 20 Plate/DB Ground to Overhead

You will repeat this one next week so it is imperative we keep it simple for monitoring. Record how many rounds you got through.

NOTE

Your HR may not reach 100% but your CNS (Central Nervous System) will be tired after this effort. Expect to feel a bit flat during the next 2-6 hours, provided it is an all-out effort. Keep an eye on your max power peaks - the highest score you see.



WEEK 1

SESSION 4

AIM

Today you are training the endurance system, aiming for 'long and slow'. This is often mainly a brain challenge so today you are allowed to use a distraction by watching a film/series.

The aim is also to build mitochondria - which very briefly can be described as energy cells. With more mitochondria, we can do more high-intensity session and gain 'more fitness'.

WORK

40 min at 65-75% max HR

Every 4 min get off and do one of these drills;

- 15 No Push Up Burpee (NPU Burpees)
- 15 Situps
- 15 Box Step up, step down
- 15 DB Push Press
- 15 Russian Twist



NOTE

You will see your HR slowly creeping up - this is normal but it should settle at one point or at least increase at a slower rate.

If you have a power reading try to maintain the same power output, which often means you need to start a bit more 'fresh/aggressive' than you feel like. A Long Slow Distance (LSD) workout is highly undervalued these days where everyone is looking for quick-fix HIIT but we have to be patient and value the development of the aerobic system with efforts like these.

WEEK 2

SESSION 5

AIM

We need a testing week to figure out where you are at so we can make accurate intervals that match your current level. If you have power reading on your console, note what your avg score is but we are mainly looking at HR today. We will use your max HR for your intervals.

WORK

Bloodflow

Accumulate 75-100 calories on your Momentum App in 10-12 min by doing this little circuit;

60 sec Ergo

- 8 x 1 Squat + 1 Squat Jump
- 8 x FLR One Arm Reach + 1 Push up/ Box Push Up/ Push up Negative
- 8 Deadlifts + 8 Deadlift Jumps (no weight)

90 sec Ergo

- 12 Situps
- 12 BackExt
- 12 N P U Burpee

A: 15 sec sprint - 90 sec easy x 4

B: 2 min hard effort, a 7 out of 10 RPE score, ride easy 2 min x 3

C: Tester 1 - Finding max HR

2:30 + 30 all-out sprint. You have to try and go as fast as possible for these 2:30 mins and see how high your HR will go. You will want to stop after 20 sec but you have to keep pushing yourself as hard as possible. IMPORTANT - when you get to 2:30 min, find the last bit of juice and push another 30 sec. Keep monitoring your HR and if still climbing when you get to 3 min, TRY to hold for another 15-20 sec.

Rest 5 - 10 min

D: 10 min Max distance/Avg. Watts - if you don't have distance or watts measurement on your ergo, use max calories from your Momentum App (make sure you reset and start a new session. Make sure you have adjusted your potential new max HR from the above test. You have to go out hard and hold on for as long as you can.

NOTE

You may not get a true Max HR as some will find this very challenging to do. You can only try and do the best effort possible. By the end of the week, we will have a good idea about your HR.

Remember this is not a matter of good or bad reading, but trying to find what your current level is. The 10 min test is to see how your HR responds over time but also a mental challenge. Remember to adjust you Max HR in Momentum.

WEEK 2

SESSION 6

AIM

We challenged our nervous system with the 2:30 min all-out test yesterday so today is an easier day - getting some movements in and not stressing ourselves too much.

WORK

A: 12 min keeping your HR below 75% of your new Max HR;
60 sec Ergo - then alternate between the below drills; Ergo + line 1,
Ergo + line 2 ...

- 1: 30 sec Lunges + 30 sec Push Up/ Box Push Up
- 2: or 30 sec Squat + 30 sec DB Bent Over Row
- 3: or 30 sec Step up + 30 sec Glute Bridge Walk Out
- 4: or 30 sec Alt. Toe Tap+ 30 sec KB Swing

B: 12 min Keeping your HR between 75-85%
Every min starts with 10 sec accelerations. In-between try to sit as relaxed as possible and feel who/which part of your body is doing the work.

C: 12 min Keeping your HR between 65-85%
60 sec Ergo then alternate between below drills;
- 60 sec Parachute Hold
- or 60 sec Tucked Hollow Hold
- or 60 sec Glute Bridge
- or 60 sec Russian Twist

NOTE

We are keeping the HR around the Endurance / Tempo zone, which means it should feel comfortable but you are certainly working still.

With the drills, look for feedback from the muscles and always honour good form.

WEEK 2

SESSION 7

AIM

There are many layers of our aerobic system, and we need to touch them on a regular basis. The misconception is every session should be a HIIT - High-Intensity Interval Training session, but today we will look at your shorter end capacities. If you have any measurement other than HR, we will use that, such as power or km/h. If you have an ergo with gearing, it is important you note what gearing you are using for comparison.

WORK

Bloodflow;

1 min each station x 8 min

- Ergo
- Cyclist Squat
- FLR Knee to Elbow
- V-Up
- Ergo
- Push Up/Box Push Up
- Deadlift jump
- R-Leg Lifts

A: 20 sec all out, 1:40 sec easy x 8 min. Note what your peak power/speed is and also note how high your HR gets and how quickly it drops after the 8th minute, get off and walk around for 2-3 min

B: 10 sec all out, 50 sec easy x 4 min - try to increase your avg speed as it is shorter. Walk around 2-3 min after the last interval

C: Finish with the initial bloodflow workout as you started with x 16 min, keeping your HR between 65-75%

NOTE

If you don't have any other measurement than HR, then don't worry too much about it. Although most of your potential numbers very likely will drop, it is the intention of going as hard as possible that counts.



WEEK 2

SESSION 8

AIM

The second part of the testing is to see what your HR does over a sustained period of time. For this, we do a longer workout and monitor the HR, and record what our average was for the work done. Before you start the 30 min, start a new Momentum App session so you only record the 30 min.

It does require you to move as fast as you can, try not to let your emotions get to you when it gets hard, and aim for as 'all-out' effort as possible.

WORK

Bloodflow

8 min Ergo; every 2 min you increase the pace.

A: 30 min Amrap (as many rounds as possible)

- 90 sec Ergo

- Pick one;

- 10 Burpees

- 15 KB Swings

- 20 Plate Ground to Overhead

Stick to the same floor drill all the way through and try to get as many rounds and calories done on your Momentum App.

You will do a re-test at the end of the period.

NOTE

It can be very hard to push yourself to any level of 'pain' but I don't view it as pain. Think of it more as information from your brain/body and it is trying to protect you from doing any harm. However, you need to ignore this, to build more fitness/resilience and learn to calm yourself down.

After the session, have a look at your HR tracking and how it evolves. What you want to see is a rapid incline then leveling out but still slightly increasing, as time goes on. What you don't want to see, is a drop, then you are either sick, tired, or - obviously slowing down.

WEEK 3

SESSION 9

AIM

Today we start working on bettering your fitness/resilience by incorporating the first of many intervals. Because HR is a bit slower to respond than Power, don't be disheartened if you feel like you are not quite reaching the zone. We are targeting the HR VO2 zone, which is around 90-100% + of your max HR. Also, don't fear it, we will bring it up at a steady pace. When you don't have a power number you are just trying to go hard and monitor your HR.

WORK

Bloodflow

- 10-12 Glute Bridge Walkouts
- 10-12 R-Snow Angle
- 10-12 FLR Knee To Elbow

DB Complex; 5 Deadlift, 5 Bicep curls, 5 Press, 5 Front Rack Squat rest 30 sec and repeat all of them.

-

A: 10 min, aiming to get to your HR to 90-95% over time

-40 sec HARD effort

-20 sec Recovery

Let the HR climb to 90-95%

Go out harder than you would like to but trust

the process and calm your mind... "it is okay, I know what I am doing".

Rest 3-4 min

B: 10 min, aiming to get to HR Threshold 95%

- 40 sec HARD effort

- 20 sec Recovery

Let the HR climb to 95%

Don't worry. You will find it easier to get HR up this time as you are pre-fatigued.

It might even be that the HR will go above 100% but that is also okay.

You just potentially need to adjust your Max HR later on your

Momentum App.

Rest 3-4 min

C: Recovery, stability work

- 90 sec Walking Plank (shoulder blades/Triceps)

- 75 sec Long GB hold (Hamstrings)

- 60 sec Side Bridge hold e/s

- Repeat

WEEK 3

SESSION 10

AIM

This is an Endurance day, keeping control of your nervous system and HR by not allowing it too much stress. You want to control it around 70-77% and focus on nose breathing today. Try to keep your mouth closed and slowly build the pace breathing only through your nose.

WORK

Bloodflow

- 2-3 min Squat mobility
- 1 min DB Hamstring Curl
- 1 min Half Get Up
- 1 min T,Y,W mobility
-

A: 20 min

Ergo at Endurance pace (65-75%)

Every 2 min jump of and do one of these

- 10 Burpees, or
- 15 Shallow Squat Jumps, or
- 20 DB Clean and Press, or
- 25 Situps

B: 20 min

Ergo at Endurance pace (65-75%)

Every 2 min jump of and do one of these

- 10 Curtsy Squat, or
- 10 TGU, or
- 20 Sumo Deadlift, or
- 25 Back Extension

NOTE

Try to ignore how slow it may feel and instead focus on keeping yourself moving. The challenge will be keeping your mouth closed and using the nose predominantly.

This can be called active recovery but I will encourage you to keep HR up around 75% to increase endurance.



WEEK 3

SESSION 11

AIM

Mixed modality Interval day - it refers to the on and off ergo training and learning to control our response no matter what we are doing. The aim here is to build a bit of uncomfortableness on the ergo, then jump off and 'recover' by keep moving on the floor. This is a direct link to real life, even though we are highly stressed, we still need to function and be calm within ourselves. These kinds of workouts are often a favourite at PowerPLAY because of the variety and different challenge they bring.

WORK

Bloodflow

3 min Ergo, easy

3 rounds;

- 30 sec Fast Ergo

- 30 sec Burpees

3 min Ergo easy

3 rounds

- 30 sec ergo FAST

- 30 sec Death Walk

3 min Ergo easy

-

A: 6 min Effort

- 1 min Ergo HARD, get HR up to 85%

Then 4 min go around of:

- 15 Squats

- 15 Swings

- 15 NPU Burpees

Finish with 1 min HARD Ergo, get HR back up to 85%+

B: 6 min Effort

2 min Ergo - get HR up to 88-92%

2 min go around of;

- 6 DB Alt Snatches e/s

- 6 R-Lunge e/s

2 min Threshold HR - get HR back up to 92-95%

C: 6 min Effort

90 sec Threshold HR - get HR up to 90-95%

2 min go around of;

- 6 DB Thruster

- 6 Step Up e/s

2 min Threshold HR - get HR back up to 88-92%

D: 6 min Effort

6 min 80-88% Ergo build it up and then settle in

NOTE

Your HR will drop after the ergo, that is also okay and part of the plan, so be aware of that when you feel the uncomfortableness on the ergo. The talk to the mind should be accepting the feeling - this is what it is supposed to feel like, so it is perfect.

WEEK 3

SESSION 12

AIM

A classic PowerPLAY Interval, dealing with feeling uncomfortable for a shorter period of time. Don't fear it, embrace it and learn from the experience.

2-3 min is not the end of the world but enough time for you to feel uncomfortable. You will have plenty of rest time and will recover enough to be able to back it up, so trust this and try your best.

WORK

Bloodflow

- 2 min Ergo, easy pace
- 3 sets;
 - 12 Squats (feel adductors)
 - 12 DB Bent Over Alternating Row (hold neutral spine and feel shoulder blades)
 - 12 Death Walk (feel hamstrings)
- 2 min Ergo, increase intensity to moderate effort

A: 3 sets Ergo

- 90 sec HARD, get the HR up to 88-92%
- 30 sec easy
- 90 sec HARD, get the HR up to 90-93%
- Rest 2-3 min

B: 2 set

- 60 sec Thruster
- 60 sec rest
- 60 sec DB Suitcase Deadlift
- 60 sec rest

C: 3 sets Ergo

- 60 sec, build to 88-92%
- 30 sec easy
- 60 sec, build to 90-93%
- 30 sec easy
- 60 sec build to 92-95%
- 30 sec easy
- 60 sec build to 95%+
- 2-3 min rest



WEEK 4

SESSION 13

AIM

We kick this week off with solid intervals. You are 3 weeks in now and have a good understanding of your limits. Today you are digging a bit deeper for a bit longer but as always, stay calm and deal with the signals, understand what it is and get on with it.

WORK

Bloodflow

1 min each station x 8 min

- Ergo
- Cyclist Squat
- FLR Toe tap
- V-Up
- Ergo
- Push Up/ Box Push Up
- PB OH Squat with a 1/4 turn
- R-Leg Lifts

A: 20 sec all out, 1:40 sec easy x 12 min. Note what your peak power/speed is and also note how high your HR gets and how quickly it drops after the 8th minute, get off and walk around for 2-3 min

B: 10 sec all out, 50 sec easy x 6 min - try to increase your avg speed as it is shorter.
Walk around 2-3 min after the last interval

C: Finish with the initial bloodflow workout as you started with x 16 min, keeping your HR between 65-75%

NOTE

Compare all relevant numbers to the last time we did this effort. You should see a lower Avg. HR but also increased Power/Speed if you are measuring these factors.

This is part of the original studies done around HIIT training and its effectiveness. You can also see why a HIIT class does not mean you are doing HIIT for 45 min - is not that simple to stay truly an-aerobic.



WEEK 4

SESSION 14

AIM

We are throwing in a longer interval today - this will be all ergo but with optional rest time activities. There are times where you just want to rest in your rest time but if you are feeling pretty confident, you can add in these static holds. I like the static holds as they also build strength and it gives you time to listen to what part of the body is working. Just remember the main focus is the ergo and getting the most out of the intervals.

STATIC HOLDS

45-60 sec of either all or some of them;

- Squat Flow (mobility in hips, ankle)
- Box Hip Thrust (Gluteus)
- Tucked Hollow hold (hip flexor/stomach)
- Superman hold (hamstring, lower back)

WORK

Bloodflow

- 6 min Ergo; 1 min easy, 1 min moderate, 1 min hard x 2
- 30 Alt Toe Tap
- 30 FLR One Arm Reach
- 30 Plate Situp
- 4 min Ergo; 1 min hard, 1 min easy x 2

A: Get your HR up to 90-92% then hold it there x 6 min

You want to get it up as quick as possible as I am looking for 6 min at that 90-92%. The easiest way is to start a lot faster than you would want to and within 2 min you should be at that right level.

Don't spend more than 9 min on this interval

Rest 4-5 min - either rest or pick some of the static hold drill

B: Hold HR at 90-94% x 5 min. Same thing as before, work hard to get the HR up quickly, then settle in and potentially slow down a bit.

NOTE

6 min at 90-92% is tough but again, you can do this. Calm your mind, keep your shoulders down and feel the legs/arms working. Don't walk away from a good challenge and you will feel amazingly confident from winning yet another battle on the ergo.

Break down the minutes, so you only do 30 sec at a time, just get through the next 30 sec, then another 30 sec, and so forth. This is mental resilience. Should it be too much, you are not feeling it, still get the time in but lower the HR to 75-85% and try again another time.

WEEK 4

SESSION 15

AIM

The Hour of Power (HoP) was something I originally did on the rower and was a challenge to stay on the ergo for a full hour. The aim was both mental and physical (which really is one and the same) and you wanted to get as far as possible. With the PowerPLAY HoP I have changed it around to get a bit more activity and challenges. It is still you, the ergo and an hour. There is a huge aerobic benefit but the mental benefit is quite significant.

WORK

0-10 min - Aerobic - 70-75% HR

10-20 min - 1 min Fast / 1 min easy

20-30 min - Every 2 min get off and do 15 Squat Jumps

30-40 min - Every 60 sec do 10 sec sprint

40-50 min - 2 min build to 90-92% then jump off and do

either 5 burpees or 10 Tucked V-Up

50-60 min - 1 min Moderate pace, RPE 5-6
- 1 min HARD RPE 8-9

NOTE

It is a challenge, so expect some struggle but you will be fine! One stroke at a time and don't look too far ahead.

What works for many, is feeling and thinking about what body part is actually working in that moment. You can also try to find other parts - let's say you are on a rowing ergometer, pointing your feet out slightly would help feel your adductors more. If we can find other muscle parts, we can save the major ones and 'spread the burden'.

You will be fine and you will feel very proud afterwards. Trust me.



WEEK 4

SESSION 16

AIM

A mixed modality day where you can either cruise through it or try your hardest to get as far as possible.

There is an invite from me to push yourself but you only take it if you feel good. The challenge will be to get as far as possible and for that to happen, you really have to push the ergo and have none to minimal rest in between. You are always 'on'.

If you are in cruise mode, just take your time on both ergo and floor. No big deal.

WORK

In 40 min, get as far as possible;
Every XX cal you get off and do one of the below drills

1. 20 Burpees
2. 20 DB Thrusters
3. 20 DB Alt Snatch
4. 20 DB Front Rack R-Lunge
5. 20 Ring Rows/ Bent Over Row
6. 20 Half Get ups
7. 20 DB Staggered RDL
8. 20 American Swings (All the way up overhead)
9. 20 Plate Situps
10. 20 DB Staggered Squats e/s
11. 20 DB Push Press
12. 20 DB Front Rack Squat
13. 20 DB Walking Lunge
14. 20 Push Ups or DB Floor Press
15. 20 DB Split squat

XX calories - if you are on a rower or airbike; 15cal (female) / 20 cal (males). Aim for 75-90 sec of work and whatever calories you have reached in that time frame after the first 2 rounds is your target

NOTE

This is a great workout piece to do on your own or invite a friend in for a partner workout. Having someone who can push you and engage you is beneficial for both parties and although training alone may be your thing, having a partner once in a while makes a significant difference.

WEEK 5

SESSION 17

AIM

Adding a bit more time to the intervals and a little less rest time. Don't fear it but back yourself in. You will be fine and can handle it. You have been going at it for 4 weeks now and your fitness/resilience has significantly improved.

These sets are allowing for a great build-up of lactate, or rather lactate waste products. People talk about lactate acid but imagine that in your bloodstream - doesn't sound all that smart of the body. There is a point where your body can't get enough O₂ into the mitochondria and then we can't clear the accumulation of waste products, such as hydrogen molecules. It is in fact that accumulation that causes that sensation people associate with lactate, as lactate is also a waste product and becomes another potential fuel source. The sets today, are teaching the body to use this lactate as fuel, so you will feel rather uncomfortable. Again, if your brain knows what it is doing, it can easier accept the reality.



WORK

Bloodflow

6 min Ergo, every 45 sec get off and do one of these:

- 3 Burpees
- 9 Squats
- 12 Plate Ground to OH

-

A: 10 min, aiming to get to 90-95% of max HR

- 50 sec HARD effort
- 10 sec Recovery

Let the HR climb to 95%

Rest 3-4 min

Try to hold a consistent hard pace. Use any gauge of output; watts, km/h or RPMs.

B: 15 min, aiming to get to HR to 90-95%

- 30 sec HARD effort
- 30 sec Recovery

Let the HR climb to 95+%

A little shorter but try to increase the effort on the first 30 sec, so we really push the HR and within 3-4 min you are at 95%.

Rest 3-4 min+

C: Recovery, stability work

- 120 sec FLR
- 90 sec R-plank
- 60 sec Glute Bridge Walk Out
- Repeat

WEEK 5

SESSION 18

AIM

Another good session today, working on the threshold level and being able to still move. Today you are on minute intervals until we get the HR in the SweetSpot zone, which is a place where it is uncomfortable but sustainable. Once you get there, hold on for another 5 min. Over these last weeks, you have built up a very strong level of resilience, so once again, calm your mind and remind yourself of how far you have come. The 'suffering' you may feel is normal and part of being a human. We need some level of uncomfortableness every day but with exercise, it disappears as soon as you stop. Don't fear, embrace it.

WORK

Bloodflow

8 min Walking plank - every time you rest = 45 sec ergo

A: SweetSpot Training - the aim is to get HR up to 88-92% and once you get there hold it for 5 min

To get the HR up, start with 1 min hard, 30 sec easy, until you reach the target HR. Then hold it below 92% but above 88% for 6 min within that zone.

Rest 4 min

B: 2 sets

- 12-15 Sumo Deadlift (12 male/15 female), rest 60-90sec
- 12-15 DB Alt Bent Over Row, rest 60-90 sec

C: SweetSpot Training - Aim is to hold HR at 88-92% for a total of 5 min. Start by doing 45 sec hard, 15 sec easy until HR is up in the right zone, then hold it steady by maintaining the same pace x 5 min

Rest 4 min

D: 2 sets

- 16-20 Box Glute Bridge, rest 60-90 sec
- 16-20 KB Single Arm Single Leg RDL , rest 60-90 sec

E: SweetSpot Training - Aim is to hold 88-92% for a total of 5 min. This time start by doing 30 sec Hard, 15 sec easy until you reach the target zone, once you reach the HR Zone, you hold it there for 5 min.

rest 4 min

F: 2 sets

- 20-25 No-Bounce Step up, rest 60-90
- 20-25 Floor Dips, rest 60-90

WEEK 5

SESSION 19

AIM

The aim of the day is aerobic development through a mixed modality setup. There are both ergo and floor drills mixed, and again, increase the intensity factor on the ergo whilst recovering on the floor drill.

WORK

Bloodflow;

Give yourself 8 min, to try and complete the list - after each drill is complete you do 30 sec fast ergo.

- 50 Lunges
- 40 Situps
- 30 Plate G2OH
- 20 Half Get Ups
- 10 Angle Jumps e/s

-

A: 7-8 sets

- 2 min Hard ergo
- Jump off and do one of these floor drills for 2 min
 - 1: DB Devils Press Full Version
 - 2: DB OH Squat
 - 3: DB One Arm Thruster - change arm halfway
 - 4: KB Swing
 - 5: DB Seated Press
- Rest 2 min after each round

B: 3 rounds

- 15 sec Sprint
- 90 sec FLR Hold or
- 90 sec R-Leg Lifts or
- 90 sec Alt. Toe Touches
- Rest 2 min

NOTE

8 sets seem like a lot but before you know it you will be at 4 rounds. If you feel like you left something on the table - as in you could have gone harder, feel free to add 2-3 more rounds and explore that possibility!

WEEK 5

SESSION 20

AIM

Today is revisiting some true High-Intensity Intervals - no more than 30 sec but those 30 sec can be plenty of 'fun'.

WORK

Bloodflow

Every 45 sec do 10 reps of one of these:

- NPU Burpees
 - Walking Lunge e/s
 - FLR Knee to Elbow e/s
 - Squat jump + Mountain Climber e/s
- + 4 min ergo, increase the pace every 30 sec

A: 5 min

- 30 sec HARD, as hard as you can
- 30 sec easy

Rest 5 min

Repeat for a total of 3 sets

B: 8 min

30 sec Floor Drill (rotate through the floor drills)

30 sec easy

Floor Drill;

- Goblet Squat
- DB Bent Over Row
- DB Suitcase Deadlift
- DB One Arm Chest Press

Repeat for a total of 3 sets

NOTE

The 30/30 is very doable as you should recover relatively quickly but this only means you need to push a bit harder. Go out hard and hold on, before you know it, the 30 sec are done.



WEEK 6

SESSION 21

AIM

You are on the last week of this cycle and it is time to see how well you have done - how much progress you have made. You should enter this week with confidence and embrace the challenge. You will repeat some of the key challenges so you can witness your improvements.

WORK

Bloodflow

- 1 min Ergo, bring HR up to 65%
 - 20 Prisoner squats
 - 20 FLR Toe Taps
 - 20 Box Hip Thrust
- 2 min Ergo, increase HR to 75%
 - 20 Alternating Toe Touches
 - 20 Push Up / 10 Box Push Up
 - 20 R-Lunge
- 3 min Ergo, increase HR to 85%

20 sec all out, 2:40 easy spin in between each x 3 sets

-

A: 10 min Max distance

If you don't have distance on your Ergo, use any other measure including max calories measured on your Momentum App. Compare to the previous score.

B: Flow session - move the waste products out of your legs - 10 min go around

90 sec Ergo

- 2 rounds
 - 10 DB Ground to Overhead
 - 15 Squats
 - 20 Sumo Deadlift

Go forth and back for 10 min but keep your HR below 85%

NOTE

What I would expect to see, is you can cover a further distance or hold a higher avg. power. The calories measured by Momentum App could be increased and decreased - in theory as we get fitter, our max HR reduces, as the body becomes more efficient. However, this may take quite a bit of time. It could also be you have found a 'new level' of your ability to dig really deep and 'suffer' which then brings the HR up and hence more calories.

WEEK 6

SESSION 22

AIM

An easier session today where we focus on a lower HR than the last session but still with great benefit to your aerobic building.

The longer slower sessions may look easy on paper but they are not to be underestimated.

WORK

10 min building HR to 80%, increase every min and then hold it until you reach 10 min.

Then:

- 3 min at 80-85% HR
- 2 min dropping it to 60-65%
- 3 min at 82-88% HR
- 2 min dropping it to 65-70%
- 3 min at 85-90% HR
- 2 min dropping
- Rest 3 min

40sec work / 20 sec rest x 5 min

- Cyclist Front Rack Squats
- Ring Row / Powerband Seated row / DB BOR
- Cyclist Front Rack Squats
- Ring Row / Powerband Seated row / DB BOR
- DB Thruster

Rest 2 min and repeat



WEEK 6

SESSION 23

AIM

This is a repeat tester of your longer threshold capacity. With this I want to see you can now do a few more rounds and also produce more calories/distanced measured on the ergo.

WORK

Bloodflow

8 min Ergo; every 2 min you increase the pace.

-

A: LTHR

30 min Amrap (as many rounds as possible)

- 90 sec Ergo
- Pick one;
- 10 Burpees
- 15 KB Swings
- 20 Plate Ground to Overhead

Stick to the same floor drill all the way through and try to get as many calories done on your ergo. Go after it and don't hold back. Compare to your two previous efforts.

WEEK 6

SESSION 24

AIM

The last session of this block is a mixture of everything we have done so far. There is ergo time and floor time; high intensity and easier sets, lots of aerobic and muscle endurance work, and a good flow to this session.

Try to adhere to the intervals as good as you can for optimal outcome. You need to accelerate each time on the ergo to get your HR up to where it belongs and maintain it there.

WORK

40 min - NON-STOP! Hold on!

4 min Ergo, Build to 70% HR

- 12 TGU

- 30 Floor dip + 15 DB One Arm Chest press

4 min Effort - Build to 80-85% HR

- 30 DB Seated Press

- 30 Single Leg Glute Bridge LEFT

- 30 Single Leg Glute Bridge RIGHT

4 min Effort - Build to 88-95% HR

- 30 Step Up 15 e/s

- 10 Lateral Squats e/s

4 min Effort- Build to 88-95% HR

- 20 One Arm Row, other arm contracted (stays up under tension)

- 30 Angle Jumps

4 min Effort - Build to 80-85% HR

- 25 DB Push Press

- 30 Box Glute Bridge

4 min Effort- Build to 80-85% HR

- 30 Alt DB Snatch

- 30 FLR Knee to Elbow

4 min 20/20 Hard/Easy

NOTE

This marks the last session - I do hope you had some in-depth lessons learned and can see the benefit of smart training. No doubt you had days where it felt easy - that is good, not every day should be a tough day.

You also had days where you were wondering how you would get through all of it, but hopefully, you did. If there is a will to succeed, there is also a way forward.

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