



6 Week Training Programme

Equipment required throughout this programme:

- 1x weight (if you have multiple weights available, different weights can be used for different exercises).
- 1x chair (or something similar) to be used for split squats, hip thrusts and tricep dips.

The following training plan is a progressive 6-week programme. The programme is split into 3 phases, with each phase being a progression from the previous. Follow the coaching points given to ensure you get the most from each exercise, no matter how great or small the weight is that you have available to use. Please note that if you are unable to complete the reps suggested for any exercise, just do as many as you are capable of that is closest to the number detailed in the plan.

The programme is split into two sessions, an upper body, and a lower body session. If you wish to increase the frequency of your training but still follow this programme you can do so by repeating sessions twice in one week e.g., 2x upper body session/2x lower body session, in the same week. I would advise having 48 hours rest before repeating the same session for a second time.

Please ensure that before each session you are completing a thorough warm-up, mobilising all the necessary joints and muscle groups, to limit any chance of injury and ensuring your body is ready to perform the exercises detailed. It is advised that you have a bottle of water with you throughout your session to remain hydrated, and please make sure you are exercising in a safe space.

If you are unsure on how to complete any of the exercises, please contact a member of the fitness team by following this hyperlink; [Connect with our Fitness Instructors \(office.com\)](#), and one of our instructors can assist you.

Key:

- **AMRAP** = As many reps as possible.
- **Superset** = A superset is two exercises completed back-to-back for a specified number of reps before resting.
- **Eccentric** = The eccentric phase of an exercise is when you lengthen the muscle e.g., sitting into a squat (lengthens the quadriceps) or straightening the arm in a bicep curl.
- **Concentric** = The concentric phase of an exercise is the shortening/contraction of a muscle e.g., standing up out of a squat (shortens/contracts the quadriceps) or flexing the arm in a bicep curl.

6 Week Training Programme



University of
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Phase 1: Week 1&2: For all exercises, take 1-2 minute rest between sets.

Upper Body Workout		
Exercise	Sets x Reps	Notes/Coaching Points
Push ups	3x20	Push hands into floor and towards each other (without them leaving the ground/moving) as if trying to scrunch up the ground between your hands. This will provide more pectoral muscle engagement. If any push ups are completed on knees, ensure hips move towards the ground together with upper body.
Weighted floor press	3x15	Lie on the floor with legs bent and feet on floor. Press the weight upwards, away from the chest like a bench press. Push hands into the weight as hard as possible to increase pectoral muscle engagement.
Standing shoulder press	4x15	Ensure you maintain a strong and braced core throughout, limiting any arching in your lower back. If reps become difficult to complete, change exercise to a 'push-press' where you can use assistance from the legs to help with the lift.
Bent over single-arm row	3x12	3x12 on each arm. 3 second eccentric. Ensure you hinge at the hip to go into bent over position, maintaining a flat back and a braced core. Pull elbow backwards toward the hip, keeping arm tucked in close to your body. If difficult to maintain a safe/strong position free-standing, place your free hand on a chair/table etc., to do a supported bent over row.
Pull-over	3x8	2 second eccentric & 2 second concentric. Lie on the floor with legs bent and feet on floor. Hold onto your weight, starting with it resting on your navel. Maintaining bent arms, lift the weight from your navel, over your head towards the floor and then back towards your navel. Your reps should not touch the floor or your navel.
Back extension with arm press	3x8	Lie flat on the floor, face down, with your arms in the bottom position of how you would do a shoulder press. Using your lower back muscles, lift your chest away from the ground whilst ensuring your feet and hips stay in contact with the floor. Once your chest is lifted as much as possible, extend your arms past your head in a shoulder press like motion. Then bring arms back to start position and return chest to ground, that is one rep. *if you wish to add weight to this exercise, you will only need LIGHT household items such as tins, bottles of water etc*
Superset: Tricep dips/bicep curls	3x20/20	When completing tricep dips, place your hands/grip either side of your body. This allows your wrists to be in a more neutral position, which will place less stress through the joint (than if you have your fingers facing forwards with your hands on the end of your chair). Ensure you initiate the tricep dip movement by flexing at the elbow and not rotating the shoulder, aiming to reach a right-angle position before extending the arms back to your start position. Your hips should travel in a straight line towards and away from the ground, with your bum remaining as close as possible to the edge of your chair.

6 Week Training Programme



University of
Nottingham Sport

Lower Body & Core Workout		
Exercise	Sets x Reps	Notes/Coaching Points
Back elevated hip thrust	4x15	3 second eccentric. Elevate your back with shoulder blades resting on something e.g., edge of sofa/chair, with your knees bent and feet flat on the floor. Place your weight on your hips and lightly hold it in place. Allow hips to move towards the ground, then pushing through your heels thrust your hips towards the ceiling. Only move until the maximum point of contraction in your glutes, do not hyperextend/arch the lower back.
Goblet squat	3x15	3 second eccentric. Ensure your weight is evenly spread through your feet. Initiate your squat by moving from the hips (not by bending the knees) and sitting down into a squat position. Focus on pushing your feet into the floor, both on the way down and up, to maximise tension through your muscles.
RDL	4x12	3 second eccentric. Start in a standing position with a slight bend in your knees and holding onto your weight. Brace your core tightly and push your hips backwards whilst maintaining a flat back, allowing your weight to travel in a straight line towards the floor. Your legs should remain in a fixed position (not squatting or bending at the knee). Once your chest is parallel with the floor, or you feel a stretching sensation in the hamstring, return to the start position.
Rear foot elevated split squats	3x10	3x10 per leg. 3 second eccentric. Raise one leg behind you by placing your foot onto a chair, or something similar. Before using your weight, test you are in the right position by taking the knee of your raised leg down to the floor into the bottom of a split squat. If you are set up correctly, your front leg should now be roughly at a right angle, or the knee may be slightly further forward than your toes. Completing a rep with your weight, focus on pushing your standing foot into the ground on the way down and up to maximise tension through your muscles.
Step back lunges	3x20	20 reps in total, 10 per leg, alternating reps. When stepping back into lunges ensure that your feet remain roughly hip width apart, as if your feet are on train tracks. If your feet are too narrow, this will affect balance and make you feel unstable as you lunge.
Dead bugs	3x5	3x5 reps per side. Lie on your back with legs bent and feet flat on floor. Eliminate lower back arch by tilting pelvis backwards and contracting abdominals. From this position, lift legs off the ground at a right-angle and point arms towards the ceiling. Maintain tight bracing of core (like you're pushing stomach out against a belt around your waist) and extend opposite arm and leg in straight lines, moving them as close as possible to the floor without touching it. Hold extended position for 3 seconds , then return to centre and do opposite side.
Side planks	3x30	3x 30 second hold on each side.
Leg raises	2x1	2x 1 minute AMRAP (as many reps as possible)



6 Week Training Programme

Phase 2: Week 3&4: For all exercises, take 1-2 minute rest between sets.

Upper Body Workout		
Exercise	Sets x Reps	Notes/Coaching Points
Push ups	3xAMRAP	3 second eccentric on each rep. Push hands into floor and towards each other (without them leaving the ground/moving) as if trying to scrunch up the ground between your hands. This will provide more pectoral muscle engagement. If any push ups are completed on knees, ensure hips move towards the ground together with upper body.
Weighted floor press	3x12	4 second eccentric. Lie on the floor with legs bent and feet on floor. Press the weight upwards, away from the chest like a bench press. Push hands into the weight as hard as possible to increase pectoral muscle engagement.
Standing shoulder press	3x15	3 second eccentric. Ensure you maintain a strong and braced core throughout, limiting any arching in your lower back. If reps become difficult to complete, change exercise to a 'push-press' where you can use assistance from the legs to help with the lift.
Bent over single-arm row	3x10	3 second eccentric + 2 second pause on concentric. Ensure you hinge at the hip to go into bent over position, maintaining a flat back and a braced core. Pull elbow backwards toward the hip, keeping arm tucked in close to your body. If difficult to maintain a safe/strong position free-standing, place your free hand on a chair/table etc., to do a supported bent over row.
Pull-over	3x10	3 second eccentric & 2 second concentric. Lie on the floor with legs bent and feet on floor. Hold onto your weight, starting with it resting on your navel. Maintaining bent arms, lift the weight from your navel, over your head towards the floor and then back towards your navel. Your reps should not touch the floor or your navel.
Back extension with arm press	3x12	Lie flat on the floor, face down, with your arms in the bottom position of how you would do a shoulder press. Using your lower back muscles, lift your chest away from the ground whilst ensuring your feet and hips stay in contact with the floor. Once your chest is lifted as much as possible, extend your arms past your head in a shoulder press like motion. Then bring arms back to start position and return chest to ground, that is one rep. *if you wish to add weight to this exercise, you will only need LIGHT household items such as tins, bottles of water etc*
Superset: Tricep dips/bicep curls	3x25/25	When completing tricep dips, place your hands/grip either side of your body. This allows your wrists to be in a more neutral position, which will place less stress through the joint (than if you have your fingers facing forwards with your hands on the end of your chair). Ensure you initiate the tricep dip movement by flexing at the elbow and not rotating the shoulder, aiming to reach a right-angle position before extending the arms back to your start position. Your hips should travel in a straight line towards and away from the ground, with your bum remaining as close as possible to the edge of your chair.

6 Week Training Programme



University of
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Lower Body & Core Workout		
Exercise	Sets x Reps	Notes/Coaching Points
Back elevated hip thrust	4x15	3 second eccentric + 2 second pause on each rep. Elevate your back with shoulder blades resting on something e.g., edge of sofa/chair, with your knees bent and feet flat on the floor. Place your weight on your hips and lightly hold it in place. Allow hips to move towards the ground, then pushing through your heels thrust your hips towards the ceiling. Only move until the maximum point of contraction in your glutes, do not hyperextend/arch the lower back.
Goblet squat	3x15	3 second eccentric + 2 second pause at bottom of each squat. Ensure your weight is evenly spread through your feet. Initiate your squat by moving from the hips (not by bending the knees) and sitting down into a squat position. Focus on pushing your feet into the floor, both on the way down and up, to maximise tension through your muscles.
RDL	4x12	5 second eccentric + 2 second pause before coming back up. Start in a standing position with a slight bend in your knees and holding onto your weight. Brace your core tightly and push your hips backwards whilst maintaining a flat back, allowing your weight to travel in a straight line towards the floor. Your legs should remain in a fixed position (not squatting or bending at the knee). Once your chest is parallel with the floor, or you feel a stretching sensation in the hamstring, return to the start position.
Rear foot elevated split squats	3x12	4 second eccentric. Raise one leg behind you by placing your foot onto a chair, or something similar. Before using your weight, test you are in the right position by taking the knee of your raised leg down to the floor into the bottom of a split squat. If you are set up correctly, your front leg should now be roughly at a right angle, or the knee may be slightly further forward than your toes. Completing a rep with your weight, focus on pushing your standing foot into the ground on the way down and up to maximise tension through your muscles.
Step back lunges	3x24	24 reps in total, 12 per leg, alternating reps. When stepping back into lunges ensure that your feet remain roughly hip width apart, as if your feet are on train tracks. If your feet are too narrow, this will affect balance and make you feel unstable as you lunge.
Dead bugs	3x5	3x5 reps per side. Lie on your back with legs bent and feet flat on floor. Eliminate lower back arch by tilting pelvis backwards and contracting abdominals. From this position, lift legs off the ground at a right-angle and point arms towards the ceiling. Maintain tight bracing of core (like you're pushing stomach out against a belt around your waist) and extend opposite arm and leg in straight lines, moving them as close as possible to the floor without touching it. Hold extended position for 3 seconds , then return to centre and do opposite side.
Side planks	3x40	3x 40 second holds on each side.
Leg raises	3x1	2x 1 minute AMRAP (as many reps as possible)



6 Week Training Programme

Phase 3: Week 5&6: For all exercises, take 1-2 minute rest between sets.

Upper Body Workout		
Exercise	Sets x Reps	Notes/Coaching Points
Push ups	3xAMRAP	2 second eccentric + 2 second pause at the bottom of each rep. Push hands into floor and towards each other (without them leaving the ground/moving) as if trying to scrunch up the ground between your hands. This will provide more pectoral muscle engagement. If any push ups are completed on knees, ensure hips move towards the ground together with upper body.
Superset: Push up hold/weighted floor press	3x12	Hold at the bottom of a push up for as long as possible. 4 second eccentric on floor press reps. Lie on the floor with legs bent and feet on floor. Press the weight upwards, away from the chest like a bench press. Push hands into the weight as hard as possible to increase pectoral muscle engagement.
Superset: Pike push up AMRAP/standing shoulder press	3x12	Complete AMRAP of pike push ups. Immediately after complete reps of standing shoulder press. 3 second eccentric. Pike push up - start in a normal push up position, then move your hips back/up into a pike (downward dog) position. Complete a press up-like motion, flexing at the arms, taking the head towards to the ground. Ensure you maintain a strong and braced core throughout, limiting any arching in your lower back. If reps become difficult to complete, change exercise to a 'push-press' where you can use assistance from the legs to help with the lift.
Bent over single-arm row	3x12	3 second eccentric + 2 second pause on concentric. Ensure you hinge at the hip to go into bent over position, maintaining a flat back and a braced core. Pull elbow backwards toward the hip, keeping arm tucked in close to your body. If difficult to maintain a safe/strong position free-standing, place your free hand on a chair/table etc., to do a supported bent over row.
Pull-over	3x12	3 second eccentric & 2 second concentric. Lie on the floor with legs bent and feet on floor. Hold onto your weight, starting with it resting on your navel. Maintaining bent arms, lift the weight from your navel, over your head towards the floor and then back towards your navel. Your reps should not touch the floor or your navel.
Back extension with arm press	3x15	Lie flat on the floor, face down, with your arms in the bottom position of how you would do a shoulder press. Using your lower back muscles, lift your chest away from the ground whilst ensuring your feet and hips stay in contact with the floor. Once your chest is lifted as much as possible, extend your arms past your head in a shoulder press like motion. Then bring arms back to start position and return chest to ground, that is one rep. *to add weight to this exercise, you will only need LIGHT household items such as tins, bottles of water etc*



6 Week Training Programme

Superset: Tricep dips/bicep curls	4x20/20	<p>Complete all sets/ reps back-to-back with no (or limited) rest.</p> <p>When completing tricep dips, place your hands/grip either side of your body. This allows your wrists to be in a more neutral position, which will place less stress through the joint (than if you have your fingers facing forwards with your hands on the end of your chair). Ensure you initiate the tricep dip movement by flexing at the elbow and not rotating the shoulder, aiming to reach a right-angle position before extending the arms back to your start position. Your hips should travel in a straight line towards and away from the ground, with your bum remaining as close as possible to the edge of your chair.</p>
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Lower Body & Core Workout		
Exercise	Sets x Reps	Notes/Coaching Points
Back elevated hip thrust	4x10	<p>3 second eccentric + 4 second pause on each rep. At the end of your final set complete a 90 AMRAP of bodyweight reps (no timings or pauses). Elevate your back with shoulder blades resting on something e.g., edge of sofa/chair, with your knees bent and feet flat on the floor. Place your weight on your hips and lightly hold it in place. Allow hips to move towards the ground, then pushing through your heels thrust your hips towards the ceiling. Only move until the maximum point of contraction in your glutes, do not hyperextend/arch the lower back.</p>
Goblet squat	3x10	<p>4 second eccentric + 4 second pause at bottom of each squat. Hold final rep of each set for 10 seconds.</p> <p>Ensure your weight is evenly spread through your feet. Initiate your squat by moving from the hips (not by bending the knees) and sitting down into a squat position. Focus on pushing your feet into the floor, both on the way down and up, to maximise tension through your muscles.</p>
RDL: 1 & ¼ reps	4x12	<p>1 and ¼ rep = come down to bottom of eccentric, then come back up only ¼ of the way, then go back down to bottom and then return to start position. 3 second eccentric + 2 second pause at bottom and on ¼ rep before coming back up.</p> <p>Start in a standing position with a slight bend in your knees and holding onto your weight. Brace your core tightly and push your hips backwards whilst maintaining a flat back, allowing your weight to travel in a straight line towards the floor. Your legs should remain in a fixed position (not squatting or bending at the knee). Once your chest is parallel with the floor, or you feel a stretching sensation in the hamstring, return to the start position.</p>
Rear foot elevated split squats	3x10	<p>4 second eccentric + 2 second pause at the bottom of each rep. Raise one leg behind you by placing your foot onto a chair, or something similar. Before using your weight, test you are in the right position by taking the knee of your raised leg down to the floor into the bottom of a split squat. If you are set up correctly, your front leg should now be roughly at a right angle, or the knee may be slightly</p>



6 Week Training Programme

		further forward than your toes. Completing a rep with your weight, focus on pushing your standing foot into the ground on the way down and up to maximise tension through your muscles.
Step back, step forward lunges	3x40	1 set = 10x step back lunge per leg, then 10x step forward lunge per leg. When lunging ensure that your feet remain roughly hip width apart, as if your feet are on train tracks. If your feet are too narrow, this will affect balance and make you feel unstable as you lunge.
Dead bugs	3x5	3x5 reps per side. Lie on your back with legs bent and feet flat on floor. Eliminate lower back arch by tilting pelvis backwards and contracting abdominals. From this position, lift legs off the ground at a right-angle and point arms towards the ceiling. Maintain tight bracing of core (like you're pushing stomach out against a belt around your waist) and extend opposite arm and leg in straight lines, moving them as close as possible to the floor without touching it. Hold extended position for 3 seconds , then return to centre and do opposite side.
Side planks	3x40	3x 40 second holds on each side.
Flutter kicks	3x1	2x 1 minute AMRAP (as many reps as possible)