

ATCEMS Academy PT Prep Workouts

Body Weight Circuit – Lower Body and Core

3 Rounds of.....

- 12 chair hamstring curls
- 15 lunges each side
- 15 bodyweight good mornings
- 30 second plank
- 10 partner hamstring curls
- 30 second side plank (each side)
- 12 single leg deadlifts each side
- 6 air squats with 3 second pause at the bottom

Body Weight Circuit: Push-up Preparation Program

Week 1

- *Monday/Tuesday* – 3 rounds of 1 push-up → 2 push-ups → 3 push-ups
 - Break as long as needed between rounds
- *Wednesday* – Rest
- *Thursday/Friday* – 3 rounds of 1,2,3
- *Sat/Sun* – Rest

Week 2

- *Monday/Tuesday* – 3 rounds of 2, 3, 4
- *Wednesday* – rest
- *Thursday/Friday* – 3 rounds of 2, 3, 4
- *Saturday/Sun* – Rest

Week 3

- *Monday/Tuesday* – 3 rounds of 3, 4, 5
- *Wednesday* – Rest
- *Thursday/Friday* – 3 rounds of 3, 4, 5
- *Saturday/Sunday* – Rest

Week 4

- *Monday/Tuesday* – 3 rounds of 4, 5, 6
- *Wednesday* – Rest
- *Thursday/Friday* – 3 rounds of 4, 5, 6
- *Saturday/Sunday* – Rest

Bodyweight Circuit: Pull-up Preparation Program

Week 1 and 2

Monday – Workout A

Tuesday – Workout B

Wednesday – Rest

Thursday – Workout A

Friday – Workout B

Saturday/Sunday - Rest

Workout A

- 20s dead hang
- 3 x 5 inverted row
- 20s right side plank
- 20s front plank
- 20s left side plank
- 3 x 10 chair dips
- 3 x 10s static bicep curl (use any weighted object)
- 3 x 3 negative pull-ups

Workout B

- 20s dead hang
- 3 x 20 pull-a-parts
- 3 x 10 supermans
- 20s right side plank
- 20s front plank
- 20s left side plank
- 3 x 5 inverted row
- 3 x 3 negative pull-ups

Week 3 and 4

Monday – Workout A

Tuesday – Workout B

Wednesday – Rest

Thursday – Workout A

Friday – Workout B

Saturday/Sunday - Rest

Workout A

- 30s dead hang
- 3 x 7 inverted row
- 30s right side plank
- 30s front plank
- 30s left side plank
- 3 x 10 chair dips
- 3 x 10s static bicep curl
- 3 x 4 negative pull-ups

Workout B

- 30s dead hang
- 3 x 20 pull-a-parts
- 3 x 10 supermans
- 30s right side plank
- 30s front plank
- 30s left side plank
- 3 x 7 inverted row
- 3 x 4 negative pull-ups

Run Preparation Program

(5 min brisk walk as warm-up for every workout)

Week 1

Workout 1/2/3: 8 rounds of.....60s jogging → 90s walking

Week 2

Workout 1/2/3: 6 rounds of.....90s jogging → 90s walking

Week 3

Workout 1/2/3: 2 rounds of.....90s jogging → 90s walking → 3 mins jogging → 3 mins walking

Week 4

Workout 1/2/3: 3 mins jogging → 90s walking → 5 mins jogging → 2.5 mins walking → 3 mins jogging → 90s walking → 5 mins jogging

Exercise Demonstrations

Squat



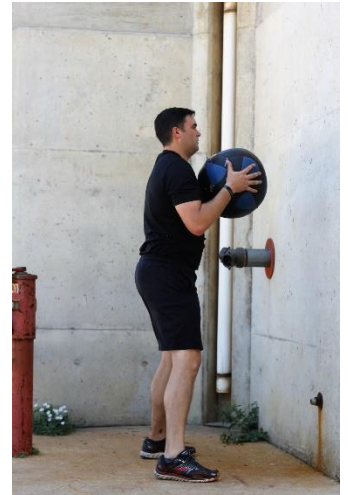
Push-up



Pull-up



Wall Ball



Burpee



Tire Drag

