

BEGINNER

Choose your weights carefully. You need to focus on the movement and using the correct muscles so you can progress safely and without injury.

Always warm up for a good 5-10 minutes, the SkiErg is a great choice otherwise mimic movements within the actual workout to prepare muscles, joints and tendons and avoid injury.

REST: 60-90 seconds between each set.

UPPER BODY	SET 1	KG	SET 2	KG	SET 3	KG
Shoulder Press	10 reps		10 reps		10 reps	
Reverse Shoulder Press	10 reps		10 reps		10 reps	
Seated Row	10 reps		10 reps		10 reps	
Chest Press	10 reps		10 reps		10 reps	
Pec Fly	10 reps		10 reps		10 reps	

LOWER BODY	SET 1	KG	SET 2	KG	SET 3	KG
Leg Extension	15 reps		15 reps		15 reps	
Leg Press	20 reps		20 reps		20 reps	
Leg Curl	8 reps		8 reps		8 reps	
SQUATS	10 reps		10 reps		10 reps	
LUNGES	20 steps		20 steps		20 steps	

FULL BODY	SET 1	KG	SET 2	KG	SET 3	KG
Lunges	20 steps		20 steps		20 steps	
Seated Row	15 reps		15 reps		15 reps	
Back Extension	8 reps		8 reps		8 reps	
Leg Press	15 reps		15 reps		15 reps	
Shoulder Press	12 reps		12 reps		12 reps	

CARDIO

SKIERG

ROWER

3 ROUNDS

500M STEADY 250M SLOW

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