

DESIGN YOUR OWN WORKOUT



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Introduction

This is a guide to help plan your workouts so you can get a good balance on the fundamental movements and an understanding of how to adjust the intensity of the workout. This is a workout design guide for someone with a basic knowledge of exercise. Follow these simple guidelines to give your workouts structure and balance, helping you create a workout based on your goals or to fit in with what you have done that week. Perfect if you are already doing classes or one to one and want to do another workout that week. There is an art to designing an exercise session that gives you the feeling of having worked out while also allowing you to progress overtime. By keeping things simple this guide will allow you to do just that, it's a great starting point!



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Picking Patterns

When picking the movements for your workout we recommend sticking to the system below for categories of exercises. For each of the fundamental movement patterns there are lots of variations to choose from. We recommend touching on each movement pattern 3 times a week minimum. You can do this in a combination of ways! Below are the Fundamental patterns.

SQUAT



BEND



LUNGE



UPPER PUSH



UPPER PULL



CORE



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Spice It Up

Each of these patterns have tonnes of variations and its important that we mix it up so that the workouts stay fun and you challenge your body in different ways. This allows you to be flexible with what equipment you have so you can workout anytime anyplace. Here are some examples;



Wall Sit

Bench Squat

1 1/4 Squat

Sissy Squat

Reverse Nordic Curl

Jumping Squat

Pistol Squat

Cyclist Squat

Kickstand Squat

Goblet Squat

Overhead Squat

BB Backsquat

BB Front Squat



Glute Bridge

Single Leg GB

Hip Thrust

Single Leg HT

Vertical Jump

Deadlift

Single Leg Deadlift

Swing

Good-morning

RDL

Snatch

Clean

DB Death March



Step up

Reverse Lunge

Forward Lunge

Side Lunge

Split Squat

RFE Split Squat

Overhead Lunge

BB Lunge

Walking Lunge

Cursey Lunge

Iso Lunge Hold

Upper
Push



Push-up (hand
release/ring/elevated/1
1/4/spiderman)

Dip

Handstand/Pike Pushup

DB/BB/KB Bench Press

Zpress

1/2 kneeling Press

Push Jerk/Press

Seated Arnold Press



Reverse Push-up

Prone Lift Off

Towel Row

Band Pull-a-part

One Arm Row

Pull-up Negatives

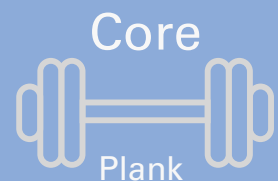
Pull-up

Chin-up

BB/DB Bent Over Row

Rope Climb

Renegade Row



Plank

Side Plank

Copenhagen Plank

Sit-up/V-up

Hollow Hold

ArchHold

Bear Crawl

Plank ups

Banded Chop

Palloff Press

Wall Facing Handstand

Lsit

T2B/K2E

Stronger Or Fitter? Or Both...

How you design your workout will be largely based on what you want to get out of the session. Simply put, either we want to focus on strength or conditioning. We can do these both in the same session as two separate pieces or if we want to do more workouts per week we can do them on different days.

Strength work(or resistance training) allows us to maintain joint range of motion, muscle mass, bone density and supports balance co-ordination and posture. These workouts need to be done at a level of effort which feels challenging, a 7 or 8 out of 10.

Conditioning(or aerobic work) allows us to maintain cardio respiratory and lung capacity, decreases resting heart rate, balance blood sugar levels and increases hdl cholesterol.

They are both important aspects of fitness and are developed in different ways. Below are some guidelines for both.

Strength

Can be 1-3 exercises performed in sets with fixed rest between (generally 30secs-2mins)

Sets generally 3-5sets where effort is above a 7/10

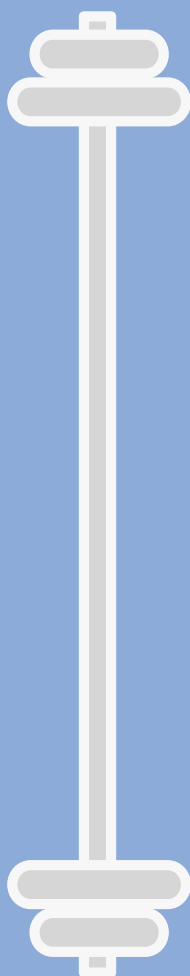
Normally 1-3 patterns per set

Reps 1-15reps per exercise

level of effort 7.5+/10

Main goal is to fatigue a pattern to the point where you have about 1-3reps left in the tank

eg. What is the most weight you can lift for 6 squats?



Fitness

Infinite number of exercises or patterns with varying rest

Sets vary based on ability

level of effort 4-8/10

Reps vary depending on goal and exercise, generally higher reps (taking into account total overall volume)

Main goal is to build capacity to do work for a fixed amount of time/sets

eg. How long can you run at a sustainable pace (maintain conversation)

So Where Do I Start?..

Follow These Steps

Focus

Strength

Aerobic

Strength + Aerobic

Patterns

Squat

Push

Bend

Pull

Lunge

Core

Format

Strength

Aerobic

Full Body

EMOM

Upper/Lower

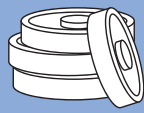
AMRAP

SQ/B/P/P Focus

For Time

Chipper

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Strength



Format

Full Body
Squat + Pull
Bend + Press
Lunge + Core
Upper/Lower
Squat + Bend
Pull + Press
Lunge + Bend
Press + Core
Single Focus
Squat Focus
Pull Focus
Bend Focus
Press Focus

#Exercises

1 Exercise
*normally when building strength & power with long rests and high loading**
2 Exercises
Most common, see format
3 Exercises
Less common, mostly when not much equipment or

#Reps

Motor Control
12-15reps
Muscle
Endurance
9-12reps
Strength
Endurance
6-9reps
Maximal
Contraction
1-5reps

#Sets

3-5sets
This is a good rule of thumb. Pick a challenging effort, do for 3 sets. If you can do a 4th or 5th go for it. If you can do a 6th you should probably take up the loading weight/pauses etc

Rest

In General
30secs - 2mins
Shorter build the endurance/size of the muscle, generally reps are higher here. Longer is needed when building maximal strength & power, lower reps and higher loading, moving



Aerobic



Format

EMOM
Every minute on the minute or 2/3/4min etc
AMRAP
As many round or reps as possible
Chipper
Do all reps on 1 exercise then move onto next exercise
For Time
Complete workout, record time

#Exercises

2 Exercises
Couplet
more intense/higher volume
3 Exercises
Triplet
Still intense volume high but less than 2
4+ Exercises
Ideal for managing intensity. More Variety = less intensity
Creates lower overall volume per exercise, better for newbies

#Reps

Depending on difficulty level of exercise. Generally an amount that allows you feels doable and challenging.
Watch for total reps over entire workout here, depending on experience, between 50-200. Depending on amount of exercises chosen.
eg. 5 rounds of 10 pushups 20 squats 50pushups+100sq

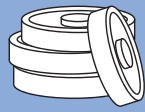
#Sets/Time

10-30mins
Base your workout around number of sets or time you want to work. The other acts as a way of tracking progress.
eg. 10min workout consisting of 200m run, 10 KBswings & 10 situps = 6ish sets
Or
6 sets of 20 Step ups, 15 burpees, 10 ring rows = 14ish minutes

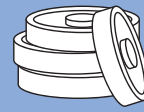
Rest

Whatever allows you to keep the workout sustainable, have a set amount of rest not just ad hoc.
Depending on experience and level you might not need rest OR some exercises like a sit up or farmers carry may act as a rest for the heart and lungs.
e.g 5RFT rest 30secs between sets or 5min amrap

This Is What It Looks Like



Strength



Day 1

Format

Full Body
Squat
+
Pull

Exercises

1 1/4 Squat
+
One Arm Row

Reps

6-8 reps
+
8-10reps e/s**

Sets

4 sets each
exercise

Rest

30secs b/t
exercises

60secs b/t Sets

Day 2

Format

Full Body
Bend
+
Push

Exercises

KB RDL
+
1/2 Kneeling
Press

Reps

10-12 reps
+
6-8 reps e/s**

Sets

4 sets each
exercise

Rest

30secs b/t
exercises

60secs b/t Sets

Day 3

Format

Full Body
Lunge
+
Core

Exercises

Split Squat
+
Side Plank

Reps

6-8 reps e/s
+
AMSAP***

Sets

4 sets each
exercise

Rest

15secs b/t legs

60secs b/t
exercises

This is an example of a 3 days strength split which would be done together with an aerobic workout (shown below) on the same day.

If you wanted to do only strength work you would add another piece after following the same format. Generally the tougher exercises are done at the start with lower reps (1-8), followed by less intense exercise variations in higher reps (12-15reps).

E.g Day 1 could be followed up with 3 sets of AMSAP Wall sit and 15 Band Pull-aparts resting as needed (between 0-30secs).

These workouts are great for developing tone and tension in joints and muscles and improve overall mobility. They also require more energy after the session to repair and recover so best to hydrate/fuel/sleep well especially after these.

Strength takes a long time to accumulate (unlike conditioning) so it is important we prioritise this 2-5times per week.

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Aerobic



Day 1

Format	Exercises	Total Reps	Time/Sets/Rest	
For Time Bend Push Pull Mono	Swing Push-up Rope Climb Run	100 (20) 50 (10) 10 (2) 1000m (200m)	5 sets time cap 20mins 1min Rest b/t Rounds	5RFT 20 Swings 10 Pushups 2 Rope Climbs 200m run

Day 2

Format	Exercises	Total Reps	Time/Sets/Rest	
EMOM Squat Core	Bodyweight Squat Sit up	100 (10) 80 (8)	10 sets 10mins rest whatever time remains	10 EMOM 10 Squats 8 Sit-ups

Day 3

Format	Exercises	Total Reps	Time/Sets/Rest	
AMRAP Lunge Core Push	Step-up Push-press Russian Twist	100 e/s (10e/s) 90 (9) 200 (20)	Total Time 15mins Looking for a round every 90secs	15min AMRAP 10 e/s step-up 9 pushpress 20 russian Twists

This is an example of a 3 days conditioning split which would be done after strength work on the same day or by itself on a different day or if you're finding it hard to get started and feeling cold, can be done before strength (once it stays sustainable, not going into the red zone).

These types of workouts are great for increasing daily activity and getting us moving, they're overall less stressful on the body and if done at a sustainable pace we tend to feel much better about ourselves after them. Unlike strength work where we feel like we are increasing tension these workouts get us into a flow state once our bodies have become accustomed to the volume of reps.

We can take up the intensity on these workouts, not being able to hold a conversation -- > very laboured breathing however this is best done when we have built up a tolerance to exercise and are in good health (managed sleep/diet/stress etc). These highly metabolic workouts can be very stressful on the body which will ultimately promote weight loss ONLY IF we have the other lifestyle factors balanced.

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Gradually Increase Intensity

If you find a particular exercise quite challenging then its a good idea to include it each week for a few weeks, this allows your body the oppourtunity to get stronger at that movement. Each week try upping the intensity by doing a few more reps, adding load, increasing the duration or difficulty of the exercise. After about 3-6weeks pick a new variation and start the process again. *working to failure has scientifically no benefit to leaving 1.5 reps/1minute left in the tank.

WK 1

Step up
8 reps e/s
Bodyweight

WK 2

Step up
10 reps e/s
Bodyweight

WK 3

Step up
6-8 reps e/s
Add Weight

WK 4

Lunge
6 reps e/s
Bodyweight

Progressing strength with the Lunge pattern over 4 weeks by increasing reps, adding load and finally a harder



WK 1

10mins
5 pushups
10 swings
15 squats
rest 30-45secs

WK 2

15mins
10 Burpees
20 squats
30 Hollow Rocks
rest. 1 minute

WK 3

8mins AMRAP
5 burpee
10 W Lunges
15 Sit-ups
rest 2mins
x2

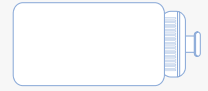
WK 4

Round Every
3mins x7
20 Stepups
15 KB Deadlifts
10 pushups
10 situps

Progressing cardio vascular fitness by increasing the time working (duration), varying the patterns and rest periods.



Pro Tips



Find a baseline by being conservative in your first few sessions, stop with some gas left in the tank!

Gradually build intensity week after week giving yourself a week of less intensity every couple weeks. Building intensity means more reps/weight/sets, added pauses/slower tempos, shorter rest, more training days or workouts per day, harder exercise variation or doing something with more speed or in less time.

Switch up the exercises/format every 3-6 weeks

Less Variety = More Intensity, too much of the same pattern will be very demanding on the body, especially ones with larger muscle groups i.e legs.

Some exercises are better suited for developing strength e.g weighted squats/pull-ups and some are better for getting a conditioning effect e.g burpees/swings/exercise bike

Control intensity with different formats e.g;

Less Intense ---> More Intense

For strength work; Full Body --> Upper/Lower --> Single Pattern Focus

For conditioning work; EMOM --> Chipper --> AMRAP/For Time

Control intensity with different Variety of Exercise e.g;

Less Intense ---> More Intense

Sit-up/Squat --> KB Swing/Push-up --> Burpee/Run

Control intensity with different Style of Exercise e.g;

Isolation/Static --> Compound/Full Range of Motion

**We don't recommend rest periods over 2minutes and single exercise strength work at this stage, we think this is something that would be better done with the guidance of a coach.*

*** Rep ranges keep the intended focus (muscle endurance/strength endurance etc) while giving us a good gauge to choose the loading e.g 6-8reps means if you can do the weight for 8 take it up, 6 stay the same and 7 keep it the same maybe go up on the following set or go up if you only have one set left*

**** Strength work can also be recorded in time instead of reps (not very common but often used for static exercises like core)*