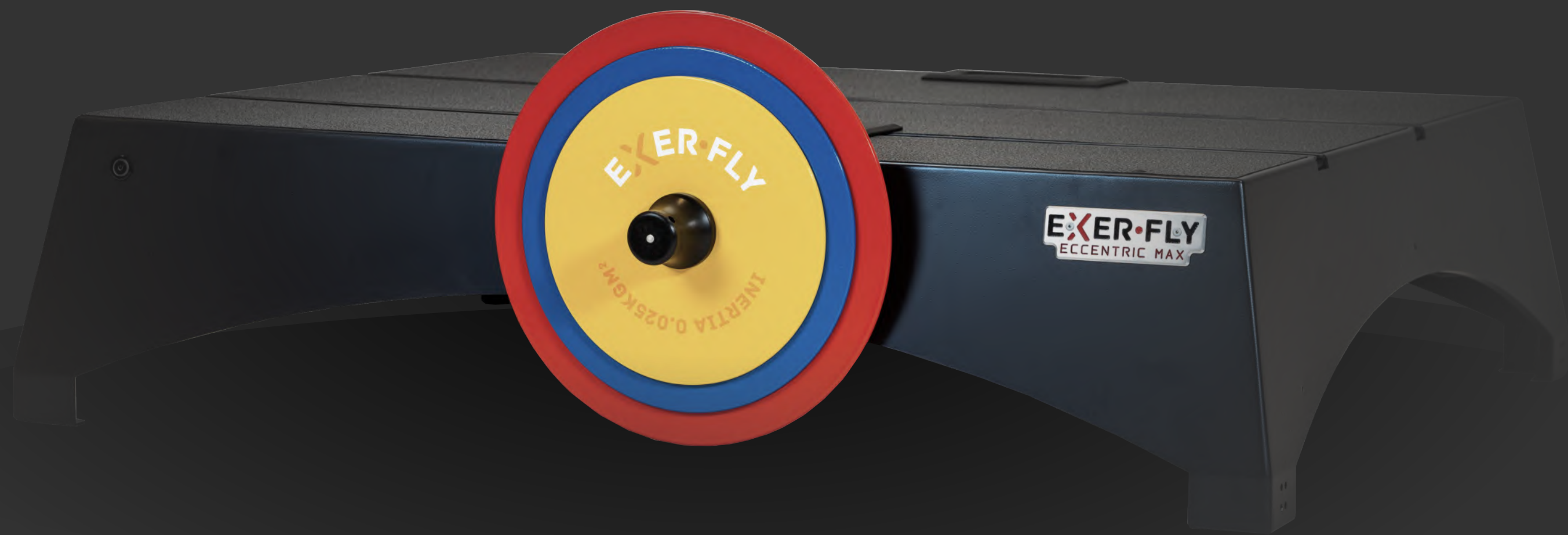


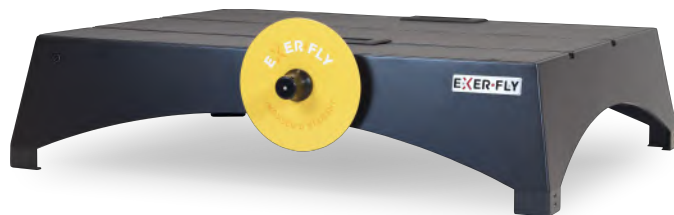
EXER•FLY



Platform

Workout

What you'll need:



Platform



Bench



Footblock

Introduction

We recommend you use a Red flywheel for Back and Leg Exercises. Blue for Upper body and Yellow for core exercises initially. This is only a recommendation and you should train to your own personal limits. If you are looking for more specific improvements, we recommend you use our specific programmes.

Below are specific programmes designed to target certain muscle groups. These programmes are intended to be used in 6-week blocks with each rep performed at maximum effort. This is to accentuate the eccentric overload phase and is proven to produce results.

Week

1+2

=

6 reps for 3 sets

Week

3+4

=

8 reps for 3 sets

Week

5+6

=

10 reps for 3 sets



General

This circuit is intended to be used for general physical wellbeing and improvement. Designed to be able to be used year-round to maintain pique physical fitness and conditioning, we recommend you start off with 6 reps for 3 sets increasing the reps by 2 every 2 weeks.

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Back Squat	Lunge	Deadlift
Military Press	Overhead Triceps Extension	Shrugs
Bicep Curl	Bench Chest Fly	Decline Bench Press
Bench Press	Seated Row	Single Leg Climber
Russian Twist	Leg Raises	Concentration Curls

Upper

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Military Press	Upright Row	Internal Rotation
Bench Press	Decline Bench Press	Incline Bench Press
Bicep Curl	Overhead Triceps Extensions	Hammer Curls
Standing Fly	Concentration Curls	Shrugs
Triceps Kickback	External Rotation	Triceps Kickbacks

Back

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Kettle Bell Swings	Chest Supported Row	Kettle Bell Wings
Deadlift	Single Arm Seated Row	Bent Over Row
Seated Row	Single Arm T-Bar Row	Shrugs
Bent Over Row	Good Mornings	Bent Over Fly
Bent Over Fly	Shrugs	Seated Row

Core

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Russian Twist	Leg Raises	Russian Twist
Lying Down Tuck	Single Leg Climber L	Lying Down Tuck
Suitcase Carry Lift LH	Single Leg Climber R	Leg Raises
Suitcase Carry Lift RH	Rotational Swing L	Suitcase Carry Lift LH
Bench Single Leg Flutter Kick L/R	Rotational Swing R	Suitcase Carry Lift RH

Legs

Monday x3 sets	Wednesday x3 sets	Friday x3 sets
Back Squat	Sumo Deadlift	Good Mornings
Lunge	Split Squat	Lunge
Romanian Deadlift	Lateral Lunge	Front Squat
Sumo Squat	Deadlift	Sumo Deadlift
Calf Raises	Hip Thrusts	Calf Raises

Exerfly Workout Catalogue

General	Upper	Back	Core	Legs
Back Squat	Military Press	Deadlift	Russian Twist	Back Squat
Lunge	Upright Row	Seated Row	Leg Raises	Front Squat
Military Press	Standing Fly	Bent Over Row	Lying Down Tuck	Lunges
Deadlift	Bench Press	Chest Supported Row	Rotational Swing RH	Romanian Deadlifts
Bicep Curl	Bench Chest Fly	Single Arm Row	Rotational Swing LH	Good Mornings
Overhead Triceps Extension	Decline Bench Press	T-Bar Row	Bench Flutter Kicks	Side Lunge
Bench Press	Bicep Curl	Good Mornings	Single Leg Climber	Calf Raises
Bench Chest Fly	Overhead Triceps Extension	Single T-Bar Row	Crunches	Hip Thrusts
Russian Twist	Concentration Curls	Renegade Row	Suitcase Carry Lift LH	Sumo Squat
Leg Raises	Triceps Kickback	Kettlebell Swings	Suitcase Carry Lift RH	Split Squat