

## S&C MT19 Programmes

### Session 1

| Exercise                                 | Notes  | Reps | Sets |
|--|--|------|------|
| Back squat                               | Keep back straight   | 6    | 4    |
| Forearm supported dumbbell row           | Keep perfect crawl position  | 5/5  | 4    |
| Hex bar deadlift                         | Start slow, with control accelerate through lift                   | 6    | 3    |
| Single arm half-kneel overhead press [x] | One knee on floor, glutes on, belly braced, opposite arm out       | 6/6  | 3    |
| V-sit ups                                | Straight arms and legs as possible                                 | 6    | 3    |
| Rotational barbell half-moon [x]         | Quarter squat shape, landmine, rotate through trunk, arms extended | 5/5  | 3    |

### Session 2

| Exercise                              | Notes                           | Reps | Sets |
|---------------------------------------|---------------------------------|------|------|
| Single leg Bulgarian squat            | n/a                             | 6    | 4    |
| Chin ups                              | Can do these assisted if needed | 8    | 4    |
| Russian deadlift                      | Keep back straight              | 6    | 3    |
| Single arm landmine barbell press [x] | n/a                             | 6/6  | 3    |
| Chest supported dumbbell row          | n/a                             | 6/6  | 3    |
| Reverse fly                           | n/a                             | 12   | 3    |