



# T.O.D Coaching

Scotland's Premier Personal Training Company  
If you fail we fail


## TON UP (100)

This programme is designed for the all over body workout using only your body weight, and can be done anywhere Complete the circuit as per directed

Complete 10 reps per exercise with no rest while completing the circuit. Only 30 seconds rest in between circuits. 10 x 10 = 100

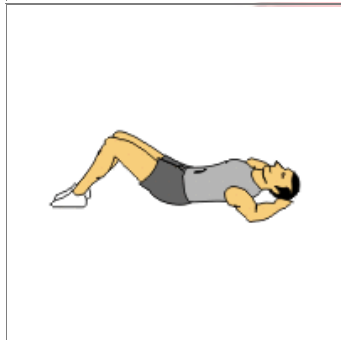
Week 1, 1 set 10 reps, week 2, 2 sets 10 reps, week 3, 3 sets 10 reps.

Week 4 1 set 20 Week 5 2 sets 20 week 6 3 sets 20

| Exercise  |      |        |                   |       |      | Manual-Notes (if any)   |
|---|------|--------|-------------------|-------|------|---|
|   | Sets | Reps   | Weight/Resistance | Tempo | Time |   |
| <p>Warm Up</p> <p><b><u>Jump Rope (alternating foot)</u></b></p> <p>Start with the jump rope in each hand.</p> <p>Jump off the ground and start swinging the jump rope under your feet.</p> <p>Continue jumping up and down alternating your feet touching the ground as you bring the jump rope under your feet.</p> <p>Continue for the prescribed number of jumps or time.</p> <p><b>Trainer's comments:</b> Try Double leg jumps for a harder workout</p> | 1    | 3 mins |                   |       |      | <p>Targets: CV system, Glutes, hamstrings, Quads, Calf muscles,</p> |
|   |      |        |                   |       |      |   |
|  <p><b><u>Dive Bomber Pushup</u></b></p> <p>1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the</p>  | 1    | 10     |                   |       |      | <p>Targets: All over body exercise</p>                              |
|   |      |        |                   |       |      |   |

nipple line.  
 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.  
 3) Start position: Extend the elbows and raise the body off the floor.  
 4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor starting with the head first and follow with the shoulders and waist. It should look like you are diving down towards the ground.  
 5) Return to the start position by extending at the elbows and pushing the body up.  
 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

**Trainer's comments:** If the full press up is too hard try the same press up on your knees lift your bum slightly higher to get the same effect.



**Crunch**

1. Start position: Lie back onto floor with knees bent and hands at the side of your head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest. Place your tongue into the roof your mouth,  
 2. Contract the abdominal muscles and raise your shoulders off floor.  
 3. Return to start position.

**Trainer's comments:** Only allow the shoulder blades to touch the ground on the return.

| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

Targets; Core, Abdominals



| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

Targets: Glutes, hamstrings, quads.

**Mountain Climbers**

1. Start by getting on your hands and feet in a prone position.
2. Keeping your body parallel to ground drive your knees up towards your chest alternating back and forth. Two movements (legs) count as one.
3. Repeat this movement for the required amount of reps.

**Trainers Comments:** For an advanced workout do double leg squat thrusts.




| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

Targets: Triceps,

**Bench Dip**

- 1) Sit upright between two benches and place hands hip width apart with fingers pointing forward. Place feet flat on opposite bench with legs straight.
- 2) Start position: Slide glutes off chair with elbows slightly bent.
- 3) Lower body by bending at elbows until elbows are at 90 degree angle.
- 4) Return to start position.

**Trainer's comments:** Alternatively place your feet on the floor with your knees bent and your back as close as possible to the chair complete the remainder of the exercise as described.




| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

**Targets:** Obliques, Core

**Elbow Stabilization**

1. Form a plank position with your elbows and your feet keeping your body parallel to the floor.
2. Keeping your trunk tight and parallel lift up one elbow and rotate your trunk and shoulders.
3. Hold for a count of 2 and then return to the starting position and repeat with the other arm.
4. Repeat for the prescribed number of repetitions.

**Trainer's comments:** Alternatively try a side plank if this exercise is too difficult. Or cross over crunches.



| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

**Targets:** Quads, Glutes, Hamstrings, Core

**Burpees**

1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.
2. Kick your feet back. For a moment you will be in a push up position and then bring both knees at the same time towards your elbows, then jump back up again as fast as possible.
3. Repeat for the required repetitions

**Trainer's comments:** Advanced workout try a BASTARDO start the exercise as described when in the press up position complete one press up before bringing the knees towards the elbows and jumping straight up.



**Toblerone**

- 1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Take your nose to the floor and back up again to the start position.

**Trainer's comments:** Ensure the bum stays high throughout the exercise

| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

Targets: Deltoids, Rhomboids,



**Alternating Toe**

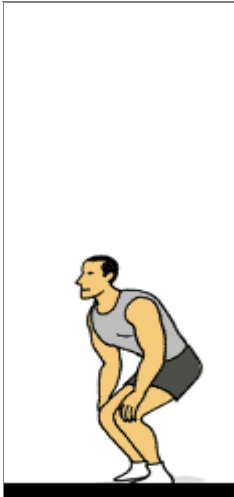
**Touch**

1. Start position: Lie back onto floor or bench with feet up into the air. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend one arm and reach for the opposite foot. Return to start position and repeat with other hand. Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. To increase resistance, hold medicine ball in hands. To decrease resistance, position hand closer towards body

**Trainer's comments:** If required place the legs against a wall or have a partner hold them

| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

Targets: Abdominals, Core



**Squat Jump**

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the "ready" position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to floor.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.
- 6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

**Trainer's comments:** Alternatively squats, ensure the thighs are parallel to the ground and you push down through your heels keeping them in contact with the ground

| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

Targets: Quads, Calf, Hamstrings, Core muscles

**Spiderman Press Ups**

- 1) From a standard full press up position ensure your arms and legs are in a wide position.
- 2) Keeping the trunk tight, lower nose till it reaches your left thumb, return to the start position.
- 3) Complete the movement to your right thumb. This counts as one rep.

**Trainer's comments:** Alternatively complete staggered press ups, one hand under your shoulder the other hand in line with your hips. Keep your legs closed to ensure your core works harder to keep you stable.

| Sets | Reps | Weight/<br>Resistance | Tempo | Time |
|------|------|-----------------------|-------|------|
| 1    | 10   |                       |       |      |
|      |      |                       |       |      |
|      |      |                       |       |      |

Targets: Lats, Traps, Rhomboids Back