

Workout Of the Day

KGV Fitness Centre

KGV provides a "Workout Of the Day" everyday of the week. These workouts vary between Cross Training, Functional Strength & Cardio Conditioning to provide you with a balanced variety of exercise options. Each workout will have Beginner, Intermediate & Advanced variations making them suitable for everyone.

Important Notice 1: Stage 2 Pre-exercise form **MUST** be completed prior to performing any of these workouts. See KGV staff for this form.

Important Notice 2: If you are unfamiliar with an exercise listed in a workout **DO NOT** attempt the exercise without consulting a KGV staff member for instruction.

February W.O.D's

Day	Beginner	Intermediate	Advanced
Monday Cross Training	30:30 (16min Total) Shallow DL + High Row 1 Arm DB Press Shallow DL + High Row 1 Arm DB Press	30:30 (20min Total) DB Power Clean + Press Horizontal Pull Ups DB Power Clean + Press Push Ups	30:30 (24min Total) DB Power Clean + Jerk Horizontal Pull Ups DB Power Clean + Jerk Push Ups
Tuesday Functional Strength	Super Sets Assisted SBW Squats KB High Row Knee Push Up Abdominal Crunch Cable Pull Alt Arm / Leg reach	Super Sets BB Front Squat Plank Cable Chest Press FB Oblique Twists Ass Wide Grip Chins Captains Chair Weighted Step Ups BB Alt Knee/Arm To	Super Sets Squat Press Plank up downs Cable Chest press FB Oblique twist Weighted Chins Captains Chair Weighted Step Ups Alt Knee/arm Touch
Wednesday Cardio Conditioning	Race Day 2.5km Ride 1km Row 500m Row	Race Day 4km Ride 2km Run 800m Row	Race Day 5km Ride 2.5km Run 1km Row
Thursday Cross Training	Circuit x 3 5 Bench Burpees 10 Knee Push Ups 15 SBW Squats 200m Rower	Circuit x 4 8 Burpees 16 Push Ups 24 SBW Squats 300m Rower	Circuit x 5 12 Burpees 24 Push ups 36 SBW Squats 400m Rower
Friday Functional Strength	Super Sets SBW Walking Lunge SBW Squat FB Bent Over Row FB Wipers Knee Push Ups Superman's	Super Sets Single Leg Bench Lunge Glute Ham Raise Ass Wide grip chins Rev Cable X Overs Single Arm DB Press Bent Knee Wipers Tricep Push Ups	Super Sets Single Leg Squats Glute Ham Raise Wide Grip Chins Rev Cable X Overs Single Arm DB Press Tricep Push ups Turkish get Ups Wipers
Saturday Cardio Conditioning	Intervals 500m Run 500m Row 400m Run 400m Row 200m Run 200m Row	Intervals 750 Run 750 Row 500m Run 500m Row 250m Run 250m Row	Intervals 800m Run 800m Row 600m Run 600m Row 400m Run 400m Row

Graphic Display Cards with recommended reps and sets of WOD's can be found at gym reception daily. Always complete a 5min warm up before each workout & a 5 minute cool down and stretch at the end.