

# XLIFT WORKOUT PLAN

<b>WORKOUT GOAL</b>	Learn the basic xlift movements					
<b>WORKOUT DESCRIPTION</b>	Skill development for foundation movements of xlift					
<b>SAFETY BRIEF</b>	Have an effective warm up. Seek assistance when needed. Stay hydrated. Please seek guidance from your GP for any injuries or medical conditions					
<b>EQUIPMENT</b>	PVC pipe, Olympic barbell, medicine ball					
<b>DURATION</b>	45 mins					
<b>WARM UP</b>	5 min warm up. Complete each exercise for 30 secs. Perform two rounds	Arm circles	Glute bridge	Inchworm	Squats	Hip openers
<b>THE WORKOUT</b>	Session design & equipment			Methodology		
	When starting out, complete all movements at least twice a week to help reinforce the development. Everyone learns at a different rate so reps, weights and sets are dependant upon the individual. When choosing your weight selection, work moderately starting off with a light weight and working up to find approximately 50-70% of your 1 rep max. For Set A, complete 1 round. For Set B, complete as many rounds as you can in 15 minutes			The goal of the first section of the workout is to learn the movements required to progress to more advanced movements and intensity. This means that fatigue is not the goal but skill development is. Take relevant rest to stay focused and avoid injury. If trying these movements for the first time, it's recommended to practice with a PVC pipe or broom handle before moving towards a weighted Olympic barbell		
	Set	Exercise	Time	Reps	Equipment	Exercise recovery
	A1	Air squat	N/A	10	N/A	60 secs
	A2	Front squat		10	Olympic barbell	60 secs
	A3	Deadlift		10	Olympic barbell	60 secs
	A4	Power clean		10	Olympic barbell	60 secs
	B1	Clean	15 minutes, complete as many rounds as possible	1	Olympic barbell	N/A
B2	Box jumps	10		Plyo box	N/A	
B3	Swing	10		Kettlebell	N/A	
<b>COOL DOWN</b>	5 min stretching					
<b>STRETCH</b>	Complete each stretch for 30 secs	Child's pose	Hamstring stretch	Quadricep stretch	Tricep stretch	Shoulder stretch
<b>IF YOU LIKE THIS, TRY...</b>	For a full body Olympic Lifting workout, the majority of our clubs have a dedicated lifting platform. Some clubs also have signature xlift classes which include Olympic Lifting with high intensity body weight exercises in the workout. Alternatively, try our Signature SHRED class which combines compound lifting with HIIT exercises					