

Home Bodyweight Workout

Strength & Conditioning



> Isolation Period

Being your best, even in uncertain times

These are crazy times for everyone.

Life as we knew it is changing, and we don't know how long this will go on for. What we do know is that staying fit and healthy is more important than ever for both physical and mental health - for both athletes and everyone else.

The reassurance of routine and structure has been ripped away for many. And along with that, a sense of progress and achievement. Athletes used to performance and competition are unable to meet, play and workout together. Having consistent workout routines is an important way to meet these needs and put us in the best possible pace to not only get through this, but to progress optimally once this is over.

We offer strength and conditioning services tailored for all the unique needs of our clients, adapting to their needs so they can continue training throughout this time. We also recognise that many are facing new financial stressors. Because of this we have put together a complimentary sample bodyweight workout which can be used without any equipment at all, and a sample running program to give everyone a starting point to try set these good workout habits early, inspire of not being able to get out and about as usual.

Individual online programming or coaching remains available for those interested. We look forward to taking your call or chatting via email to discuss what you're doing, should be doing or could be doing to help return from injury, stay fit or work on your performance. We're offering up our expertise to anyone who wants to chat about their training - get in touch.

What this is and how to use it

Attached a sample bodyweight workout to target a few key areas, especially specific to athlete needs. It is a mix of some lower intensity movement quality exercises and some higher intensity ones which are more demanding. This is a full body workout meaning you could complete it up to x3/week but would want at least a day off from these exercises between each workout to allow recovery and adaptation.

4 weeks are provided with 3 days as options to check off each week. Exercises are grouped together as mini-circuits to provide rest between muscle groups. For example, in week 1, exercise 1a is 3 sets of 8 'Floor Clams', you would complete 8 repetitions each side (1 set and 8 reps), then move to 1b for 14 reps of dying bugs, then 1c for 6 'Bench Squat Jumps'. You would then jump back to 1a for the second set of 8, and work your way back down, before finishing the 3rd set for each and moving onto exercises 2a, 2b and 2c.

A sample running based workout is also attached to work on top speed, then some repeat aerobic endurance. This could be completed up to 3x a week as well, but 1-2 is a good starting point especially if you haven't done much running work recently.

On the other side

It's important to remember that we will get through this, and a degree of normality will return. Rather than this just being a time of frustrated, deferred or ineffective training, you can make this an opportunity. It's a chance to apply yourself to working individually on your skills, movement quality, strength and fitness and return to competition better than before in areas you might not have been able to work on as well with team games and training.

Stay positive, stay safe and if we can help at all give us a call.

Exercise Hyperlinks

*Match the exercise name to the workout, then click it below and it will open in youtube.

[Bench Squat Jumps](#)
[Clams From Elbow](#)
[Dying Bugs](#)
[X In-a-Box \(slides\)](#)
[X In-a-Box \(run\)](#)
[Mountain Climbers](#)
[Push-Up & Knee Drive](#)

[Rolling Plank](#)
[Side Jump - Vertical Jump Combo](#)
[Single Leg Hip Thrusters \(foot elevated\)](#)
[Step Back Lunge to Toes](#)
[Towel Row](#)
[Wall Spring Switch \(x3\)](#)
[Warm Up](#)



Darrell Morgan & Nathan Beisley

Professional Strength and Conditioning coaches, specialising in basketball, having previously competed at the elite level. Darrell is the Strength & Conditioning Coach to the Perth Lynx (5-years) and has 10 years experience developing and overseeing athletes from junior levels to professional careers and Olympic medals while running Athletic Advantage with Nathan Beisley.

They are passionate about helping athletes avoid common pitfalls that get in the way of their enjoyment of the game and fulfilling their potential. This athlete first approach means they will go out of their way to help you in and out of the gym.

Currently online programming & coaching is available, with some individual face to face options available under strict conditions - until lock down parameters change. Please get in touch to discuss if interested.

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Introduction Workout



Pre-activity Preparation

Warm Up (before workout)	Recovery (after workout)
Long Lunge Stretch, Glute Cross-Over, Calf Pumps. Knee's Side to Side, Side Lying Windmills	General stretching & foam rolling

Bodyweight	Week 1				Week 2				Week 3				Week 4				
Date																	
Full Body	Day 1	2	3	Reps	Day 1	2	3	Reps	Day 1	2	3	Reps	Day 1	2	3	Reps	
<i>Movement Quality & Movement Resilience</i>																	
1a	Floor Clams from Elbow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
	Turn top knee out, dont lean backwards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
1b	Dying Bugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16
	Low back stays flat on floor - draw belly button in. Reps are alternating - 1/2 reps each leg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16
1c	Bench Squat Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8
	Knee's behind toes, land soft	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8
2a	Push-Ups + Leg Lifts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16
	harder = feet on bench & slower easier = hands on bench	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
2b	Wall Spring Switch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14
	Long & strong core, piston action legs (knee up, heel up, toes up)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14
2c	Single Leg Hip Thruster with Foot Elevated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
	Push through hip/glute - dont arch low back Easier = foot on floor or 2 feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
3a	Towel Row	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16
	Pull with shoulder blades. Harder = feet closer to pole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
3b	Step Back Lunge to Toes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
	Experiment by closing your eyes & pausing at the top to test your balance!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
3c	Rolling Plank	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4
	Shoulders & hips move together. 3s hold in each position 1 rep = both side plank holds (12s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1
4a	Mountain Climbers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35s
	Core strong, low back shouldn't move while your legs move like pistons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35s
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25s	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35s
4b	Side Jump - Vertical Jump Combo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
	Land soft, core strong (no banding) 1 rep = each vertical jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12
NOTES	If you have any questions about the exercises, to discuss personalised programming & coaching, or for advice on the workouts you're currently completing please contact Darrell. Darrell Morgan - darrell@athleticadvantage.com.au - 0423 529 610																

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Warm Up (before workout)	Recovery (after workout)
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Conditioning	Week 1				Week 2				Week 3				Week 4			
Date																
Speed, Agility & Endurance	Day 1	2	3	Reps	Day 1	2	3	Reps	Day 1	2	3	Reps	Day 1	2	3	Reps

Movement Quality & Movement Resilience

1	Top Speed Work	5min = 5 sprints															
	1x25m sprint every minute				5min				6min				7min				8min
2	X In-a-Box (alternate between slides & runs - change which side you start on)	2min = 4 total															
		2 slides, 2 runs															
	Play around with exact size of the box. Avoid going too large for slides. Can extend larger for runs. Run 1 every 30s. Rest 2min between sets				2min				3min				3min				4min
				2min				3min				3min				4min	
3	Interval Runs																
					4min				5min				6min				7min
	Hard run for 15s, walk for 15s, hard run for 15s, recovery jog for 15s & repeat until total time per set. Rest 2min between sets				4min				5min				6min				7min

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