



**THE HOME  
OF HARD WORK**

# FFS



## 2 WEEK XMAS PROGRAM

### Program Overview

This program is designed to help you:

- ✓ Increase your strength levels
- ✓ Increase your muscle mass, improve body composition, and improve conditioning
- ✓ Help you move better & reduce injury risk
- ✓ Most importantly – be enjoyable : )

All while being away from FFS



## HOW IT WORKS

### 1 | Activate and Move warm ups

This program's warm ups are going to follow the R.A.M.P principle:

- Activate – we are then going to activate the muscles that we will be using for that session.
- Mobilize – we are going to move to raise our body temperature and mobilize the joints we will be using in the session
- Potentiate – We are going to prepare our CNS with some impact exercises before we commence the session

### 2 | Primary Strength/Hypertrophy Supersets

- The first part of your session will pair two exercises back to back to help you build strength and muscle by working all major muscle groups as well as fundamental movement patterns. Serious Bang for Buck!

### 3 | Optional Secondary Hypertrophy Circuits

- If building muscle is your primary goal, then the optional hypertrophy component of the sessions is for you.
- This will allow to build muscle in all the major muscle groups in a time-efficient manner by the use of muscle-building giant sets!

### 4 | Optional Secondary Conditioning Work

- If getting fitter or fat loss is your main goal, then you can do the optional conditioning component of the





## Weeks 1 & 2

### 1 | Activate and Move warm ups 5 -7 mins

#### Activate – (Perform 2 rounds)

- Bodyweight Squats x15
- W-Reps x15
- Push ups (off knees if needed) x10.

#### Mobility – (Perform 2 rounds)

- Spiderman to Windmill x 5 each side
- Reverse Lunge with OH reach x5 each side
- Barrel of Monkeys x5 each side

#### Potentiate – (Perform 1 round)

- Jumping Jacks x15
- Jump Squats x5

### 2 | Primary Strength/Hypertrophy Supersets (Go every 2.5 mins - Total 10 mins)

#### Superset 1:

1a.) Pick one of the following Push exercises:

- Bench Press – x8
- Dumbbell Bench Press – x10
- Push up – x10
- Machine Chest Press – x12
- Military Press – x10
- Seated Dumbbell Press – x10

1b.) Pick one of the following Hinge exercises:

- Barbell RDL – x10
- Dumbbell RDL – x10
- Single Leg RDL – x8 each side
- Kettlebell Swing – x15
- B-Stance RDL – x10 each side

Perform the 2 exercises you picked back to back in a superset fashion.

Go every **2.5 minutes** and repeat for **4 rounds**. Pick a different exercise each day you train for best results and variation. In week 2 try and increase the weight you used if possible.

#### Superset 2:

2a) Pick one of the following Pull exercises:

- Chin up x6-8
- Pull up x6-8
- Chest Supported Dumbbell Row x10
- Trx Row x12
- Machine Lat Pulldown x12
- Barbell Bent Over Row x10

2b) Pick one of the following Squat exercises:

- Barbell Squat x8
- Dumbbell Goblet Squat x12
- Dumbbell Split Squat x10 each side
- Machine Leg Press x12
- Barbell Front Squats x10
- Bulgarian Split Squats x10 each side

Perform the 2 exercises you picked back to back in a superset fashion.

Go every **2.5 minutes** and repeat for **4 rounds**. Pick a different exercise each day you train for best results and variation. In week 2 try and increase the weight you used if possible.



## Optional Hypertrophy & Conditioning

### Secondary Hypertrophy Giant Set (Optional)

(7-9 minutes)

Column A – Pick two of the following exercises:

- Trx Rows
- Single Arm DB Row
- Dumbbell Curl
- Dumbbell Shoulder Press
- Dumbbell Lateral Raise
- Machine Tricep Pushdown

Column B – Pick two of the following exercises:

- Dumbbell Reverse Lunge
- Dumbbell Glute Bridges
- Trx Hamstring Curl
- Kettlebell Swing
- Plank up
- Dumbbell Goblet Squat

Perform the 4 exercises you selected in a circuit fashion for **3 rounds** performing **12-15 reps** on each one.

Example:

- a) Dumbbell Curl
- b) Dumbbell Lateral Raise
- c) Dumbbell Reverse Lunges
- d) Kettlebell Swings

(12-15 reps on each. 3 rounds).

### Secondary Conditioning Block (Optional)

(8-10 minutes)

Option 1: Pick 3 of the following exercises:

- Rower
- Bike
- Treadmill
- Full Burpee
- Squat drops
- Braced Sit ups
- Stiff Arm Burpees
- Dumbbell Thrusters

Perform 20 seconds of work, followed by 20 seconds rest for 5 efforts on each exercise. Take 30-45 seconds rest between exercises.

Example:

- 1) Rower – 20:20 x5
- 2) Burpee – 20:20x5
- 3) Bike – 20:20x5

Option 2: Pick 3 of the following exercises:

- Rower (6 kcals)
- Bike (6 kcals)
- Treadmill (6 kcals)
- Full Burpee (6 reps)
- Squat drops (15 reps)
- Braced Sit ups (15 reps)
- Stiff Arm Burpees (10 reps)
- Dumbbell Thrusters (10 reps)

Perform the rep/kcal target on the 3 exercises you selected for as many rounds as possible in 8 minutes.

Example:

- 1) Bike – 6 kcals
- 2) Full Burpee x6 reps
- 3) Braced Sit ups x15 reps

As many rounds as possible in 8 minutes.

