

Gotham forwards....3 day option

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Day 1

A) Mobility

- A1) Bird dog x 10 per side
- A2) Primal squat sequence x 5
- A3) Lunge rotation x 5 per side
- X 3

B) Activation

- B1) Band Pull aparts x 25
- B2) Glute Bridges x 50
- B3) Balance on one leg with eyes closed x 60 secs
- X 2

C) Lower body Strength and size - Front squat or Goblet squat

- Set 1....5 reps with 5 second slow eccentric
- Set 2....Jump squat...No weight
- Set 3...5 Reps...heavy
- Set 4...5 reps...heavier
- Set 5...Reduce the heaviest weight you lifted by 30% and perform one set of all out reps

-Rest a max of 2 mins between sets

D) Upper body Strength and size -Chin up or Lat pull down

- Set 1....5 reps with 5 second slow eccentric
- Set 2...5 reps medium weight
- Set 3...5 Reps...heavy
- Set 4...5 reps...heavier
- Set 5...Reduce the heaviest weight you lifted by 30% and perform one set of all out reps

-Rest a max of 2 mins between sets

E) Core/Conditioning

- E1) DB or KB Farmers carry x 1 min
- Rest 30 secs
- E2) Swiss ball rollouts x 1 min

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Rest 60 secs
X 3

F) Flexibility

- F1) Hip flexor x 90 secs per side
- F2) Hang from bar x 1 min
- F3) Primal squat x 90 secs

Gotham forwards....3 day option

Day 2

A) Mobility

A1) Cat Cow x 15

A2) Primal squat sequence x 5

A3) Deadbug x 10 per side

X 3

B) Activation

B1) Face pulls x 25

B2) Glute Bridges x 50

B3) Balance on one leg with eyes closed x 60 secs

X 2

C) Lower body Power

C1) Trap bar deadlift 5x3

Rest 30 secs

C2) Jump squats (no weight)5x5

Rest a max of 2 mins

D) Upper body Power

D1) Narrow grip bench press 5x3

Rest 30 secs

D2) Plyo Push ups 5x6

-Rest a max of 2 mins between sets

E) Conditioning

Ideally this is on the rowing machine. But bike works fine if not.

3x500m row with 2 mins rest.

Record each time.

If bike...2 mins max distance. 2 mins rest.

F) Flexibility

F1) Hip flexor x 90 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 90 secs

Gotham forwards....3 day option

Day 3

A) Mobility

A1) Bird dog x 10 per side

A2) Primal squat sequence x 5

A3) Lunge rotation x 5 per side

X 3

B) Activation

B1) Band Pull aparts x 25

B2) Glute Bridges x 50

B3) Balance on one leg with eyes closed x 60 secs

X 2

C) Unilateral work

C1) Goblet squat reverse lunge x8 per side

Rest 45 secs

C2) One arm DB Push press x8 per side

Rest 75 secs

Repeat x 3

D) Core

DB or KB suitcase carry 2x1 min per side

60 secs rest between attempts

E) Conditioning

E1) Trx row (or reverse row) x 8

E2) Squats to a med ball x 16

As many rounds as possible in 4 mins

F) Flexibility

F1) Hip flexor x 90 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 90 secs

Gotham Forwards.....4 Day option

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Upper body 1

A) Mobility and activation

- A1) Cat cow x 20
 - A2) Wrist stretch x 30 secs
 - A3) Arm swings x 20 both ways
 - A4) Band pull aparts x 25
 - A5) T push up x 8
- X 2

B) Dumbbell bench press

- Set 1....Medium weight 5 second eccentric phase x 5 reps
- Set 2....Plyo push ups x 5
- Set 3....Heavy set x 5
- Set 4....Heavier set x 3
- Set 5....Reduce weight reached by 30%. Perform one set of max reps.

C) One arm dumbbell row

- Set 1....Medium weight 8 second eccentric phase x 5 reps
- Set 2....Med ball slam x 8
- Set 3....Heavy set x 6
- Set 4....Heavier set x 4
- Set 5....Reduce weight reached by 30%. Perform one set of max reps.

D) Accessory superset

- D1) DB bent over Rear flyes x20
 - D2) Swiss ball push up x15 (Hands on the ball)
- X 2

E) Finisher

- E) Leopard crawl 3x1 minute with 1 minute rest

F) Flexibility

- F1) Hip flexor x 90 secs per side
- F2) Hang from bar x 1 min
- F3) Primal squat x 90 secs

Gotham Forwards.....4 Day option

Lower body 1

A) Mobility and activation

- A1) Birddog x 10 per side
 - A2) Leg swings x 10 per side
 - A3) Glute bridges x 50
 - A4) lunge with rotation x 5
 - A5) Side Plank x 30 secs
- X 2

B) Front squat

- Set 1....Medium weight.....6 second eccentric phase x 5 reps
- Set 2....Jump squats x 6
- Set 3....Heavy set x 6
- Set 4....Heavier set x 4
- Set 5....Heavier set x 2
- Set 6....Reduce weight reached by 30%. Perform one set of max reps.

C1) Swiss ball hamstring curls x 12

Rest 30 secs

C2) Step ups x 6 per leg (knee no higher than 90 degrees)

Rest 60 secs

X 3

D) Core/Conditioning

-DB Front rack carry 3x1 60 seconds

60 seconds rest in between

E) Flexibility

E1) Hip flexor x 90 secs per side

E2) Hang from bar x 1 min

E3) Primal squat x 90 secs

Gotham Forwards.....4 Day option

Upper body 2

A) Mobility and activation

- A1) Cat cow x 20
 - A2) Wrist stretch x 30 secs
 - A3) Arm swings x 20 both ways
 - A4) Band pull aparts x 25
 - A5) T push up x 8
- X 2

B) Power

- Barbell push press 5x3
- Rest 2 mins between sets

C) Strength

- Close grip neutral lat pull down

- Set 1....Medium weight 5 second eccentric phase x 6 reps
- Set 2....Med ball slam x 8
- Set 3....Heavy set x 6
- Set 4....Heavier set x 4
- Set 5....Reduce weight reached by 30%. Perform one set of max reps.

D) Strength stability

- Renegade row 3x8 per side

E) Finisher

- 60 hand release chest to floor push ups for time
- record time

F) Flexibility

- F1) Hip flexor x 90 secs per side
- F2) Hang from bar x 1 min
- F3) Primal squat x 90 secs

Gotham Forwards.....4 Day option

Lower body 2

A) Mobility and activation

- A1) Birddog x 10 per side
 - A2) Leg swings x 10 per side
 - A3) Glute bridges x 50
 - A4) lunge with rotation x 5
 - A5) Side Plank x 30 secs
- X 2

B) Strength/Power

-Trap bar deadlift

- Set 1....Medium weight 5 second eccentric phase x 6 reps
- Set 2....Jump squats x 8
- Set 3....Heavy set x 4
- Set 4....Heavier set x 2
- Set 5....Heavier set x 1

C) Unilateral/Core superset

- C1) Offset Bulgarian split squats 3x8
- C2) Suitcase dumbbell hold 3 x 30 secs per side (heavy)

D) Trx rows 2x20

E) Rope Tricep Push downs 2x25

F) Flexibility

- F1) Hip flexor x 90 secs per side
- F2) Hang from bar x 1 min
- F3) Primal squat x 90 secs