

Gotham fundamentals program

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2 week cycle

Week 1

Monday...Day 1

Wednesday...Day 2

Friday.....Day 1

Week 2

Monday...Day 2

Wednesday...Day 1

Friday.....Day 2

Then repeat the 2 week cycle again

Day 1

A) Blood flow

-Bike x 4 mins

B) Mobility/Activation

B1) Band Pull aparts x 25

B2) Glute Bridges x 25

B3) Leg swings x 10

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B4) Arm swings x 10

X 2

C1) Goblet squat x 6

Rest 15 secs

C2) Chest to floor push up x 8

Rest 75 secs

repeat x 3

D1) Leopard crawl hold x 30 secs

Rest 30 secs

D2) Trx row x 12

Rest 90 secs

Repeat x 3

E) Farmers walks 2x1 minute

Rest 60 seconds between walks

F) Flexibility

F1) Hip flexor x 60 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 60 secs

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Day 2

A) Blood flow

-Bike x 4 mins

B) Mobility/Activation

B1) Band Pull aparts x 25

B2) Glute Bridges x 25

B3) Leg swings x 10

B4) Arm swings x 10

X 2

C1) Goblet Reverse lunges x 6 per leg

Rest 15 secs

C2) DB Shoulder press x 12

Rest 75 secs

repeat x 3

D1) Plank Shoulder taps x 8 each side

Rest 30 secs

D2) Lat pull down x 12

Rest 90 secs

Repeat x 3

E) Row 1500m

(Bike at level 10 for 8 minutes if Row not available)

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F) Flexibility

F1) Hip flexor x 60 secs per side

F2) Hang from bar x 1 min

F3) Primal squat x 60 secs