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MY FAVOURITE GYM:
CROSSFIT LONDON

TRAINING

Cross Functional Training is often very leg dominant. If you're looking to challenge your quads, hamstrings and glutes then look no further than this 4 day split programme. You'll be mixing in some upper body work to target postural muscles.

Each week you should be looking at marginal increases in weight. This should not be big jumps, otherwise you will approach fatigue towards the end of the programme. If you are at the upper end of intermediate training level, bring the rep scheme down for the squats down each week whilst increasing the load.

XFIT 1

1. Warm Up. 3 Rounds not for time.

EXERCISE	REPS	REST
Cal Assault Bike / Watt Bike	10	
Russian Kettlebell swings	10	
Goblet Squats	10	

2. 5 Rounds for time.

EXERCISE	REPS	REST
A Back Squat	6-8 w/ 3s down tempo	120s x4

3. Superset.

EXERCISE	REPS	REST
B1 Dumbbell Reverse Lunge	20 Alternating	60s x4 Superset with x3
B2 Neutral Grip Pull up (Sub for TRX/Ring Row)	6-8 w/ 3s down tempo	90s x3

4. 5 Rounds for time. Aim: Simple movements performed unbroken.

EXERCISE	REPS	REST
Dumbbell Thrusters	10	
Renegade Rows	10	

Pick a weight that allows you to challenge yourself.
You can rest the dumbbells between rounds as needed.

XFIT 2

1. 4 Rounds.

EXERCISE	REPS	REST
A Hang Power Clean / Tall Box Jump	10	120s x4

Focus on snappy legs to generate power and high elbow positions in the catch. 4 reps for perfection. In the tall box jump, land softly and stand to full extension.

2. Superset.

EXERCISE	REPS	REST
B1 Strict Ring Dip / Bar Dip / Bench Dip	6-8 w/ 3s down tempo	60s x4
B2 Single Arm Ring Row / Dumbbell Row	8-10 2s pause at the top of each movement 2s lowering phase	60s x3

3. 10 minutes at 80% effort.

EXERCISE	REPS	REST
Assault bike	20/16 Cal	
Toes to bar	10	
Hang Power Cleans 40kg/30kg (Sub for Russian Kettlebell Swing if not proficient in olympic lifts)	10	

Equipment
needed:

- Assault bike / Watt Bike
- Rower / Ski Erg
- Barbell
- Dumbbells
- Kettlebells
- Box
- Pull up bar

XFIT 3

1.

EXERCISE	REPS	REST
A Frankenstein Squats	6-8 w/ 4s down tempo 2s pause at the bottom of the squat	120s x4

**Frankenstein squats are an excellent postural exercise whilst still taxing the legs. We don't want to hit legs too heavy too often as it will quickly become fatiguing on the nervous system. This variation of squats allows us to give the upper back a good workout whilst creating great range within the squat.*

2. Superset.

EXERCISE	REPS	REST
B1 Front Rack Walking Lunge / Barbell Walking lunge (back rack - if you cannot hold front rack)	16-20 Steps	60s x3
B2 Low Hip Bear Crawl	20m	60s x3

**Focus on keeping the torso upright here, keep the elbows pointing forwards and bring feet together between reps. Control the knee to the floor rather than hammering your knee caps into the ground. This will benefit you in the long run as the time your legs are under tension for is significantly increased.*

The smaller the movements the better here. The knees should remain close to the floor at all times and steps should be no more than 15-20cm at a time.

5 Burpees

5 Wall Balls

3. Rest 3 minutes. 5 minutes @85% effort - As many rounds and reps as possible (AMRAP).

EXERCISE	REPS	REST
Burpees	4	
American Kettlebell Swings	6	
Press-ups	8	

4. Rest 3 minutes. 5 minutes @85% effort - As many rounds and reps as possible (AMRAP).

EXERCISE	REPS	REST
Box Jumps	15	
Toes to bar / Hanging knee raises	10	

XFIT 4

1. 40 @70% effort

EXERCISE	REPS	REST
A- Snatch Grip Deadlift @4111 - Keep bar just off the floor between reps	6-8	120-150s x5 (by feel)

2. Today's Aerobic session is aimed at constant movement and building an aerobic base - a key element in any functional fitness programme. The aim throughout this workout should be to keep perfection within the movements whilst building up blood flow throughout the body. Do not go to the point of fatigue, your body will thank you for it over the coming weeks.

With a continuous running clock.

EXERCISE	REPS	REST
Assault bike (70% effort)	20 minutes	

Every 4 minutes perform the following:

EXERCISE	REPS	REST
Side plank	30s each side	
Suitcase Carry each side	20m	
Hollow Rocks	10	

3. 20 minutes @70% effort.

EXERCISE	REPS	REST
Ski Erg / Rower (70% effort)	20 minutes	

Every 4 minutes perform the following:

EXERCISE	REPS	REST
10 Box Step overs (2x15/10kg dumbbells)	10	
Squat Cleans - Empty barbell (20kg/15kg) - Sub for dumbbell squat clean if barbell position is difficult.	10	



NUTRITION

With CrossFit we spend a lot of time in the lactic and aerobic region so fuelling for the workouts is exceptionally important. A lot of demand goes into the muscles so we're going to be following a guide of 2.5g/Kg bodyweight of protein. If you are finding that this is not quite enough you can up this to 2.7 or decrease to 2.3 if needed.

Workout day

MORNING

80g rolled oats
 Reflex Instant Whey™ Pro – Chocolate Peanut butter
 – 1 scoop
 1 tbsp Chia Seeds .

AFTERNOON

Smoked Salmon 60g
 4 Eggs – 2 Egg whites
 Sweet Potato 200g – pre boil and then fry in olive oil with a dash of paprika)
 1 tsp olive oil (fry the sweet potato in this)

Post Training

400ml Cashew Milk
 2 scoops Instant Whey™ Pro
 1 Banana.

EVENING

Dinner:
 250g Ribeye steak
 250g White Rice
 2 cups of mixed veg

Pre-bed time:
 Zinc Matrix

SNACK

Reflex R-Bar – Pick flavour I love anything with caramel or peanuts.

SUPPLEMENTS

Supergreen mixed with Intra fusion BCAA +
 Creapure Creatine + HMB
 Mix with 500ml of water, a dash of Himalayan salt

KEY PRODUCTS

I like to recommend certain products with my plans. If you have any special dietary requirements Reflex has a number of vegetarian or vegan friendly options to choose from.

CLICK ON A PRODUCT TO FIND OUT MORE



RECOVER & REFUEL



REST & MAINTAIN



ENERGISE & HYDRATE



CREATINE



OMEGA 3+



ZINC & MAGNESIUM

*This Workout & Nutrition plan was prepared by the PT, and not Reflex, as a guide only. Certain elements may need to be adjusted to accommodate your specific circumstances, such as calorific intake. We recommend you seek your own independent professional advice before deciding to embark on a new diet and exercise regime. Reflex accepts no liability for your use of this Workout & Nutrition plan. Please see our Terms of Use for further information <https://www.reflexnutrition.com/terms-of-use/>