



RECOVER FASTER

ALEXIS RUFUS

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LOCATION: CROSSFIT PERPETUA

TRAINING

My cross functional training programme is designed to improve not just strength and fitness levels, but overall health and wellbeing. The goal is GPP (General Physical Preparedness) which in basic terms means to be prepared for anything, whilst building lean muscle. I prioritise movement & mechanics over load, so would only recommend increasing weights if the movement patterns are sound. I try to combine a good selection of weightlifting, bodyweight and gymnastics movements with cardiovascular training. All strength exercises and workouts are scale-able, meaning anyone and everyone can benefit. Keeping things varied is key for success!

Glossary:

- AMRAP:** As many reps as possible
- EMOM:** Every minute on the minute

Equipment needed:

- Barbells + weight plates
- Kettlebells
- Dumbbells
- Pull-up bar
- Rowing machine, assault bike, running machine or outside space
- Skipping rope
- Box or steps

DAY 1: XFIT1

Do strength 1 followed by strength 2, followed by workout then cool down.

Strength 1:

EXERCISE	REPS	REST	SETS
Back Squat	5	2-3 mins	5

Week 1 start moderate weight, look to increase weight each week, whilst decreasing 1 rep per week until you hit a heavy single.

Strength 2:

EXERCISE	REPS	REST	SETS
Shoulder Press	8-10	90s	3

Keep this weight moderate. Each week look to decrease rep scheme by 2 reps and increase weight.

Workout: 3 rounds

EXERCISE	REPS/DISTANCE
Row	250m
Kettlebell Swings	15
Burpees	10
Push Ups	5

Note down times per round. Each week add one round. If pace drops too much, stay on same number of rounds the next week.

Cooldown: 10 mins easy row/bike.

DAY 2: XFIT2

Do strength 1 followed by strength 2, followed by the workout.

Strength 1:

EXERCISE	REPS	REST	SETS
A1 Close grip bench press	5.5	90s	4-5
A2 Romanian Deadlift	8-10	2 mins	4-5

BP: each week look to drop one rep and increase weight. 5.5 means 5 reps, rest 10s, 5 reps each set. RDL: Keep rep scheme the same each week, look to increase weight if possible.

Strength 2:

EXERCISE	REPS	REST	SETS
B1 Bent over barbell row	8-10	45s	3
B2 Hamstring leans & hold	30-45s	90s	3

Workout: EMOM x12 sets

- 1) 10 thrusters + 20 double unders or 40 single skips (25/35kg)
- 2) 10 pull-ups or ring rows + 5 burpees
- 3) 10 box jumps + 5 sit-ups

Each week increase EMOM by 2 mins. Scale pull-ups to ring rows. Do not work longer than 45s per round i.e. scale reps accordingly.

DAY 3: XFIT3

Do strength 1 followed by strength 2, followed by workout then cool down.

Strength 1: EMOM x8 sets

EXERCISE	REPS/TIME
1 Pull-ups	3-5
2 Bar dips	3-5
3 Handstand hold	20s

Scaling options: Pull-ups: Ring rows x6-8, DB rows x8-10. Bar dips: Push-ups x6-8, Bench dips x8-10. HSH: FLR x30s. Each week look to increase rep scheme by 1 rep until you hit 5, then start adding weight.

Strength 2: EMOM x8 sets

EXERCISE	REPS/TIME
1 L-hang	20-30s
2 Seated pike-ups	10-12
3 Weighted plank hold	30s

Scaling options: L-hang: Tuck hang or single leg extended. Pike-ups: vary hand position on floor away from hips.

Workout: 4 rounds for time:

EXERCISE	REPS/DISTANCE
Run	400m
DB Clean & Jerk	15 @22.5 / 15kg

Each week change up the DB work, suggested: DB C&J / Alternating DB Snatch / DB thrusters / DB Devils press.

DAY 4: REST/RECOVERY

45 mins walk / swim / yoga.

DAY 5: XFIT4

Do strength 1 followed by strength 2, followed by workout then cool down.

Strength 1: EMOM x8 sets

1) **Power clean x 1. 1. 1**

Each week increase weight. Can sub for heavy Kettlebell swings x 5.5.5 if unable to power clean.

Strength 2: EMOM x6

EXERCISE	REPS
1 Front Squat	3-5
2 Push press	3-5

Use 2 barbells. Each week add 2 mins to the EMOM.

Workout: 4 rounds for time

EXERCISE	REPS/DISTANCE
AMRAP	15-20 mins
Row	30/20 cal
Burpees over row machine	10
Power cleans (60/40kg)	5

Start on 15 mins, increase 1 min each week. Can sub Power Cleans for Kettlebell swings (32/24kg).

DAY 6: XFIT5

Do strength 1 followed by strength 2, followed by workout then cool down.

Strength 1:

EXERCISE	REPS	REST
Overhead squat	5.5 90s	5 sets

Look to decrease by one rep each week and increase load. If mobility does not allow you to OHS, sub for Back squat + behind the neck press x3+3.3+3).

Strength 2:

EXERCISE	REPS	REST	SETS
Snatch grip deadlift	8-10	90s	3-4 sets

Workout: 5 sets for max cal

EXERCISE	REPS/DISTANCE	REST
30s Assault bike / row	30s thrusters (35/25)	2 mins

Accessory: EMOM x9-12 sets

EXERCISE	REPS/TIME	SETS
1 Farmers carry	30s	8
2 Double KB front rack carry	30s	8
3 Side plank	20s each side	

Cooldown: 10-15 mins easy bike/row.

DAY 7: REST/RECOVERY

60 mins activity out of the gym.



NUTRITION

There is no one size fits all when it comes to nutrition and everyone will have their own take on what is best. I have tried and tested so many nutrition programmes and so called diets and found what works best for me. Below is an example of the plan that I follow and would recommend for someone training 5-6 times per week. When choosing your food sources, always try to go fresh and clean over processed foods. Always try to prep your own food when possible. Regarding macros, this is where your numbers will differ person to person and depending on your specific goals. Always try to consume a good amount of water every day (2-3 litres, more on a training day). Don't be afraid to let your guard down once a week and remember, enjoy your food!

Workout day

MORNING

Upon waking: Lemon & Himalayan salt water.
Oats, sweetened with honey, nut butter, egg white, wholemeal wrap.
Coffee / tea.

AFTERNOON

Meal 1:

Lean protein source (e.g. turkey or chicken), stir fry mixed veg (try to eat a mix of different colours here), rice.

Meal 2:

Lean protein source (e.g. turkey or chicken), stir fry mixed veg (try to eat a mix of different colours here), rice.

EVENING

Fish (try and mix white / oily during the week), mixed veg, rice or sweet potato.
0% fat Greek yogurt and honey.

Snack: Dark Chocolate.

SUPPLEMENTS

R-Bar, XFT Recover & Refuel, XFT Rest & Maintain, XFT Omega 3+, XFT Zinc & Magnesium.

*Take supplements with meals throughout the day or as and when needed.

Rest day

MORNING

Upon waking: Lemon & Himalayan salt water.
Egg white omelette & mix veggies, wholemeal / sourdough toast.
Coffee / tea.

AFTERNOON

Lean protein source (e.g. chicken, turkey or lean beef mince), mix veg, rice or sweet potato.

EVENING

Fish or lean protein source (e.g. chicken or turkey), mixed salad leaves, wholemeal rice.

Snack: Dark Chocolate.

Before bed: Oats.

SUPPLEMENTS

R-Bar, XFT Recover & Refuel, XFT Rest & Maintain, XFT Omega 3+, XFT Zinc & Magnesium.

*Take supplements with meals throughout the day or as and when needed.

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



OMEGA 3+



ZINC & MAGNESIUM



R-BAR