

# SVPT

## TYPICAL WORKOUT

### “Warm Up”

We always start with some diaphragmatic breathing, glute/core activations, mobility and dynamic warm up.

We do complexes 2-3 exercises together – more bang for your buck – usually an upper body with lower body and a core stability exercise. It will always depend on your goals of course. We start with plyo/power then go to strength and then conditioning.

Each complex (1a, 1b, etc.) is done for 3-4 sets.

### POWER (PLYOMETRICS/MED BALL)

1a) Single Leg Hop  
(Stick Landing) x5 per leg

\*Maintain athletic position

\*Explode over the hurdle, land soft with bent knee, with proper alignment of the knee over the toe



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\*Don't forget to brace your core not just in the landing but also in the hop

\*STICK the landing – stop momentum – before doing the next hop

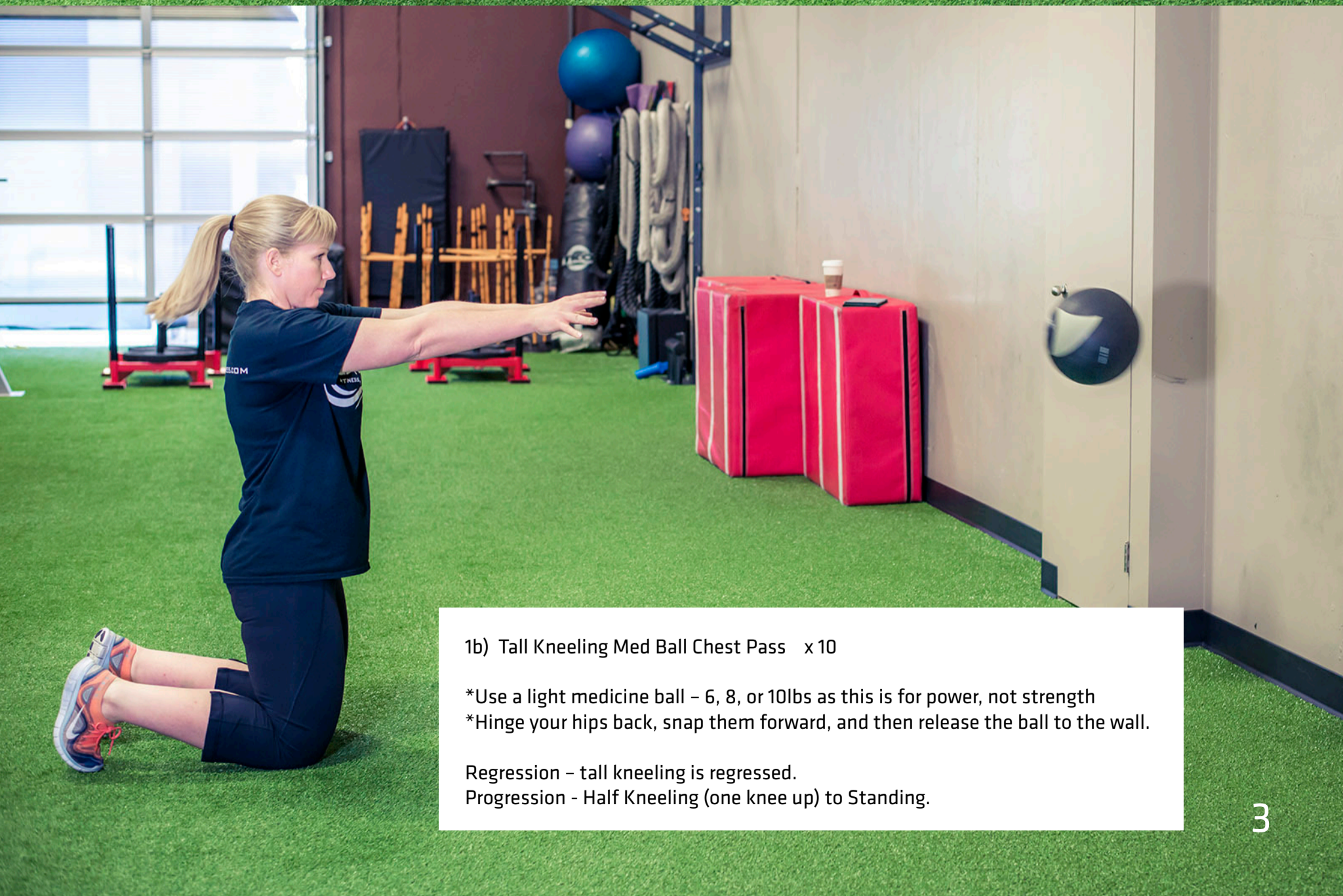
Regression – use an agility ladder  
Progression – continuous hops



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1b) Tall Kneeling Med Ball Chest Pass x 10

- \*Use a light medicine ball – 6, 8, or 10lbs as this is for power, not strength
- \*Hinge your hips back, snap them forward, and then release the ball to the wall.

Regression – tall kneeling is regressed.  
Progression – Half Kneeling (one knee up) to Standing.

\* Do a warm up set of 60-70% of your working weight for each strength exercise



## 2a) Trap (or Hex) Bar Deadlift x 5

\*Feet hip width or wider

\*Flat back (neutral spine); Hips back; Knees slightly bent (this is deadlift, not a squat!)

\*Chin tucked (look at floor, not up!)

\*Create tension in the bar before lifting – brace the core (like you are going to get punched in the stomach), engage the lats (like you have a roll of quarters in your armpits).

\*Lift by extending hips and knees to full extension

\*Return to floor by pushing hips back while bending knees slightly, keeping back flat and chin tucked.



## 2b) Half Kneeling 1 Arm Bottoms Up KB Press x 6 each arm

\*Grab the Kettlebell in the centre of handle, stabilize with the other hand

\*Press the Kettlebell straight up overhead while maintaining a braced core and stable hips (squeeze your glutes!)

Progression – Standing.

Regressions – switch to DB

2c) Standing Pallof Press  
x 10 each side

\*Can use tubing or cable

\*Feet hip width, pelvis tucked,  
back straight, chin tucked

\*Shoulders relaxed

\*Brace your core (like someone  
is going to punch you in the  
stomach!)

\*Slowing press out, and return  
to sternum

\*Perform reps on both sides

Regression – Tall Kneeling to ½  
Kneeling





## 2a) Elevated TRX Pull Ups x 6

- \*Feet up on box or bench
- \*Shoulders relaxed and retracted
- \*Pull yourself up and lower down, while maintaining a flat back, and hips up

Regression – No Box or bench. Progression – Weighted Vest.





## 2b) Heavy Sled Push x 50 feet

- \*Flat back and arms straight
- \*Drive the sled forward, by trying to push the turf/ground behind you
- \*Full extension of the hip and knee





2c) Kettlebell  
Farmer's Carry  
x 60 feet

- \*Lift the Kettlebells up with proper deadlift form
- \*Chest up, shoulders back
- \*Walk forward, maintaining posture – do not round upper back/shoulders – think about keeping a straight line from your sternum to belly button for entire duration
- \*Walk normal, do not waddle or take little steps
- \*Lower carefully to floor



## CONDITIONING

VersaClimber –  
Tabata –  
20 second sprint,  
10 second rest for  
8 rounds.

1

2

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