



**ROOKIE MONTHLY
MEMBERSHIP WORKOUT PROGRAM**

MONTH ONE

Disclaimer

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Remember!

Not following the program exactly how it's intended will defeat the purpose and you'll not obtain the desired results.

I highly recommend you print this training program and place it in a binder that you bring to the gym each and every day to track your progress.

This represents the current day of your program. Typically Day 1 is Monday.

Here you will record how long the workout took. This will help keep you on track to make sure you aren't wasting time in the gym.

Reps is the number of times you perform the exercise, and **Sets** is the number of cycles of reps that you complete. Example: 3x10 would mean you perform 10 reps of the desired exercise and complete that 3 times with the required amount of rest between.

DON'T FORGET EACH EXERCISE IS A VIDEO LINK DEMONSTRATING THE EXERCISE!

DAY 1 Time: _____
WARM-UP - SEE APPENDIX 1

Go to the Appendix Section of the workout program to find the appropriate warm-up.

Record how much weight you used here.

Exercises are typically grouped together: a), b), c). Perform exercise **a)** first then rest (check rest column), then **b)** rest again, then finish exercise **c)**. Repeat this rotation until desired amount of **SETS** is complete. Once finished move onto the next group of exercises and perform the same format whether 2 or 5 exercises are grouped together.

The **TEMPO** is the speed at which you perform the exercise. A tempo of 2-1-2 requires you to lower the weight by 2 seconds, pause for 1 second at the bottom and then lift the weight by 2 seconds. And repeat for the desired amount of reps.

This is how much rest you get in **seconds**. Example, 15 would mean 15 seconds of rest and 180 would mean you get 180 seconds of rest (2 minutes).

| | TEMPO | SETS X REPS | SET 1 | SET 2 | SET 3 | REST |
|------------|-------|-------------|-------|-------|-------|------|
| a)EXERCISE | x-x-x | 0X0 | | | | X |
| b)EXERCISE | x-x-x | 0X0 | | | | X |
| c)EXERCISE | x-x-x | 0X0 | | | | X |
| a)EXERCISE | x-x-x | 0X0 | | | | X |
| b)EXERCISE | x-x-x | 0X0 | | | | X |
| c)EXERCISE | x-x-x | 0X0 | | | | X |
| a)EXERCISE | x-x-x | 0X0 | | | | X |
| b)EXERCISE | x-x-x | 0X0 | | | | X |
| c)EXERCISE | x-x-x | 0X0 | | | | X |

NAME: _____

| | | | | | | |
|--------------------------------|--------------|--------------------|--------------|--------------|--------------|-------------|
| MONDAY Time: | | | | | | |
| WARM-UP - SEE APPENDIX 1 | | | | | | |
| | TEMPO | SETS X REPS | SET 1 | SET 2 | SET 3 | REST |
| a)Squat Hold w/ Band | HOLD | 3x30s | | | | 0 |
| b)1/2 Knling Rec Fem Mob | 2-2-2 | 2x10e | | | | 45 |
| a)DB Bench | 2-2-2 | 3x12 | | | | 0 |
| b)Open book 1 | 2-2-2 | 2x5e | | | | 45 |
| a)Split Squat Hold | 2-2-2 | 3x12e | | | | 30 |
| b)LM Standing Press | 2-2-2 | 3x12e | | | | 60 |
| Push-up Hold - Middle Position | HOLD | 3x20S | | | | 30 |
| b)DB Lateral Raise | 2-2-2 | 3x12 | | | | 60 |
| COOL DOWN - SEE APPENDIX 5 | | | | | | |

| | | | | | | |
|-----------------------------|--------------|--------------------|--------------|--------------|--------------|-------------|
| WEDNESDAY Time: | | | | | | |
| WARM-UP - SEE APPENDIX 2 | | | | | | |
| | TEMPO | SETS X REPS | SET 1 | SET 2 | SET 3 | REST |
| a)Cable Rope Rotation | 1-1-1 | 3x12e | | | | 15 |
| b)Front Plank | 2-2-2 | 3x30s | | | | 15 |
| c)Lying Superman | 2-2-2 | 3x15 | | | | 45 |
| a)Side Plank | 1-1-1 | 3x15s(EA) | | | | 15 |
| b)SB OH Plate Raise | 2-2-2 | 3x15 | | | | 15 |
| c)DB Farmer Walk (7 meters) | 2-2-2 | 3x1e | | | | 45 |
| BIKE - 45 minutes (70% MHR) | | | | | | |
| COOL DOWN - SEE APPENDIX 5 | | | | | | |



NAME: _____

| | | | | | | |
|--|--------------|--------------------|--------------|--------------|--------------|-------------|
| FRIDAY | Time: | | | | | |
| WARM-UP - SEE APPENDIX 1 | | | | | | |
| | TEMPO | SETS X REPS | SET 1 | SET 2 | SET 3 | REST |
| a)SB Isometric Hamstring Holds | HOLD | 3x30s | | | | 0 |
| b)Band Internal Rotation | 2-2-2 | 2x10e | | | | 45 |
| a)Isometric Inverted Bent Legged Row | HOLD | 3x20s | | | | 0 |
| b)Band Pull Aparts | 2-2-2 | 2x10 | | | | 45 |
| a)SL Glute Raise | 2-2-2 | 3x12e | | | | 30 |
| b)SL SA Cable Row ->KD | 2-2-2 | 3x12e | | | | 60 |
| a)DB Bentover Fly | 2-2-2 | 3x12 | | | | 30 |
| b)Isometric Underhand Pull-up Top Position | 2-2-2 | 3x20s | | | | 60 |
| COOL DOWN - SEE APPENDIX 5 | | | | | | |

APPENDIX 1

FOAM ROLL (5mins)

[Calves](#)

[Hamstrings](#)

[IT Bands](#)

[Quads](#)

[Shins](#)

[Foam Roll Middle/Upper Back](#)

MOBILITY (3mins)

[Bird Dog](#)

8 reps each side

[Cat/Camel](#)

8 reps each way

[Lying Clam Shells](#)

10 reps each side

WARM-UP (7mins)

[Hydrant \(3way\)](#)

5 reps each side

[Push-up](#)

15 reps

[Glute Bridge w/ T-Spine Rotation](#)

5 reps each side

[Messier Squat Sliders](#)

10 reps each way

[High Knee Skips](#)

10m Distance

[Quick Butt Kicks](#)

10m Distance

APPENDIX 2

FOAM ROLL (5mins)

[Calves](#)

[Hamstrings](#)

[IT Bands](#)

[Quads](#)

[Low Back](#)

[Middle Back](#)

[Lats](#)

[Upper Back \(with hands over head\)](#)

[Shins](#)

APPENDIX 5

Chest Stretch 1



1 x 30s (EA Side)

Chest Stretch 2



1 x 30s (EA Side)

Chest Stretch 3



3 x 30s

Shoulder Stretch 1



2 x 30s (EA Side)

Shoulder Stretch 2



2 x 30s (EA Side)

Hamstring Stretch 1



1 x 30s

Back Stretch 1



1 x 30s

Back Stretch 2 (Lean Hips One Way)



1 x 30s (EA Side)

Hip Flexor Stretch 2



2 x 30s (EA Side)

Hip Flexor Stretch 1



2 x 30s (EA Side)

Seated Oblique Stretch



2 x 30s (EA Side)



LEGEND

KNLING = Kneeling

MHR = Max Heart Rate (220-age)

KD = Knee Drive

PD = Pull Down

UH = Under Hand

WG = Wide Grip

RG = Reverse Grip

Rev = Reverse

2+1 = Hold two dumbbells up at full extension but only one is working at a time

Opp = Opposite

Alt = Alternate

RFE = Rear Foot Elevated

SS = Split Stance

3x8e = 3 sets of 8 repetitions on each side (either each arm, leg or side of body)

DB = Dumbbell

Wt = Weighted

WEC = With Eyes Closed

3xMAX = 3 sets of as many repetitions you can perform

3x10-15 = 3 sets of 10 to 15 repetitions

EA or e = Each

SA = Single Arm

SL = Single Leg

SB = Swiss Ball

MB = Medicine Ball

RDL = Romanian Deadlift

CLJ = Continuous Long Jump

→ = To (eg. SL Bicep Curl **→**(to) Press)

STP = Stir The Pot (1 rotation clockwise then 1 rotation counter clockwise)

OH = Overhead or Overhand (Pull-ups Only)

LM = Landmine

Ext = Extension

Rec Fem Mob = Rectus Femoris Mobility

50% MAX = If your MAX is 20, you'd perform 10 reps (or whatever the % of MAX is)

3x10s(EA) = 3 sets at 10 seconds on each side

1 RM (Rep Max) = how much weight can you lift once

AFAP = As fast as possible

SMR = Self Myofascial Release (Foam Rolling)

[Tempo: 1-1-X] : The X = Explosive

WU: Warm Up