

THE SWEAT IT PROGRAMME

Intermediate

The 'Sweat It' Programme will test you to your limits and help you to build strength and improve your cardio at the same time.

The programme runs over the course of 6 weeks and is designed to help you to:

- Push you both physically and mentally
- Improve fitness
- Keep your Heart Rate above 130BPM throughout each session

You will complete two 15-20 minute sessions a week that will test you to the limit both physically and mentally whilst keeping your heart rate up so that your body is forced to adapt and improve its anaerobic capacity making you fitter for your game!

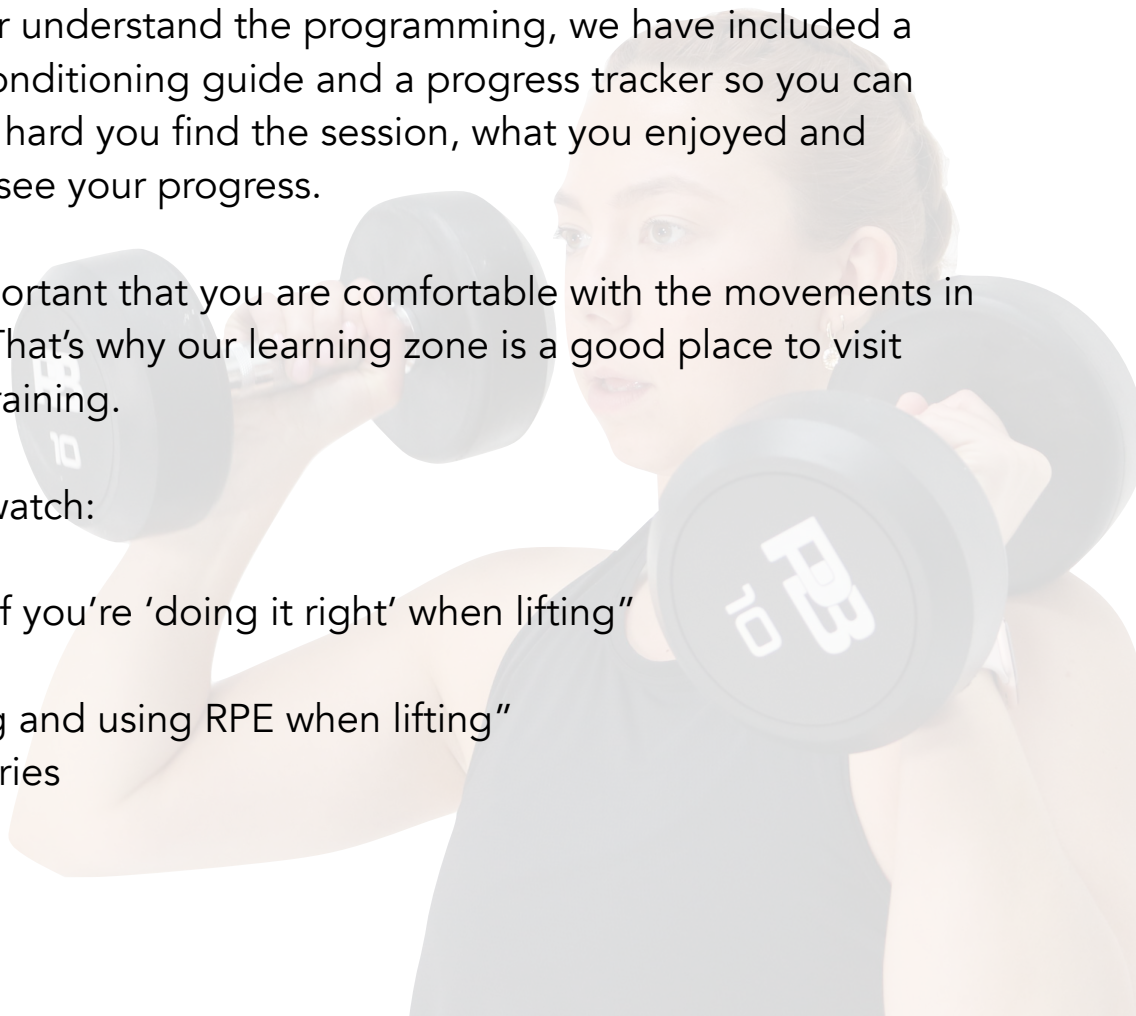
All of the sessions use a range of movements that will give you a full body workout. You will need to use dumbbells for each of the sessions but it's up to you how heavy you go! The heavier, the harder.

To help you better understand the programming, we have included a 'what's what' to conditioning guide and a progress tracker so you can comment on how hard you find the session, what you enjoyed and hopefully start to see your progress.

As always, it's important that you are comfortable with the movements in the programme. That's why our learning zone is a good place to visit before you start training.

We suggest you watch:

- 📺 "How to know if you're 'doing it right' when lifting"
- 📺 "Full warm up"
- 📺 "Understanding and using RPE when lifting"
- 📺 The 'Basics' Series



A woman with her hair in a braid, wearing a black tank top, black leggings, and white sneakers with red accents, is sitting on a red and black padded box. She is looking off to the side with a focused expression. The background is a plain white wall.

PUSHED TO
YOUR LIMITS

Progress Tracker

Week	Session 1 How was it?	Session 2 How was it?	Overall Comment on the week
1			
2			
3			
4			
5			
6			





SWEAT IT
TO MAKE IT

A GUIDE TO UNDERSTANDING THE PROGRAMMING

EMOM

- Every minute on the minute
- Set a timer to go off every minute and complete each single exercise within that time
- If you complete the exercises before the minute is up, then you can rest until the next minute starts
- If you are finishing with lots of time left over, then you need to go heavier
- 'Cardio Push' sessions are a E4MOM - Every 4 minutes on the minute so adjust your timer accordingly

AMRAP

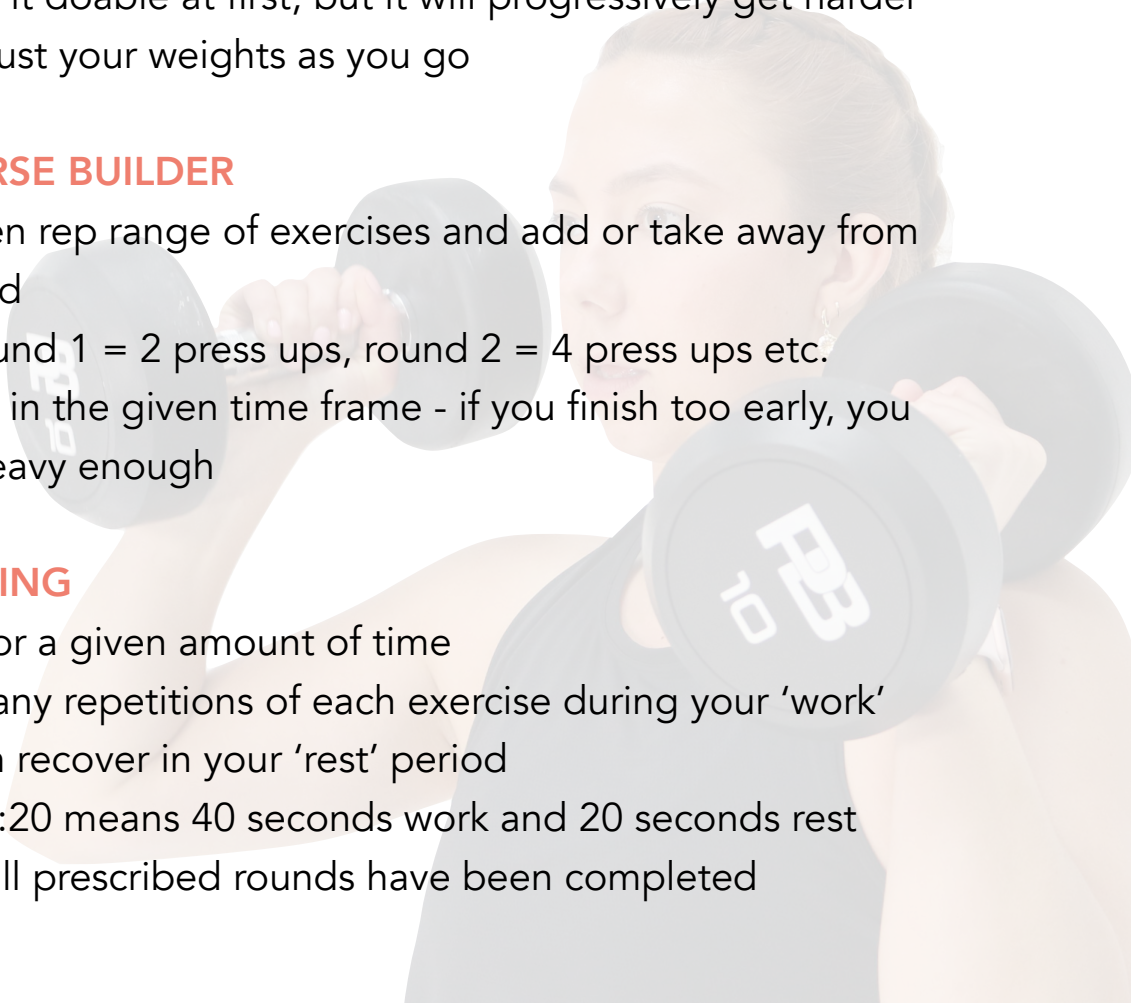
- As many rounds of possible
- Try to complete the circuit of exercises as many times as you can in the given time limit
- You should find it doable at first, but it will progressively get harder
- Feel free to adjust your weights as you go

BUILDER / REVERSE BUILDER

- Start with a given rep range of exercises and add or take away from them each round
- For example round 1 = 2 press ups, round 2 = 4 press ups etc.
- Try to complete in the given time frame - if you finish too early, you haven't gone heavy enough

INTERVAL TRAINING

- Work and rest for a given amount of time
- Complete as many repetitions of each exercise during your 'work' period and then recover in your 'rest' period
- For example 40:20 means 40 seconds work and 20 seconds rest
- Continue until all prescribed rounds have been completed



Weeks 1-6

Make sure that you have a timer for your workouts. We suggest downloading an interval timer app for free on your phone to make sure that you can easily keep on track whilst working hard to complete each round.

WEEK 1

Session 1

Conditioning #9

Session 2

Conditioning #10

WEEK 2

Session 1

Conditioning #11

Session 2

Conditioning #12

WEEK 3

Session 1

Conditioning #13

Session 2

Conditioning #14

WEEK 4

Session 1

Conditioning #15

Session 2

Conditioning #16

WEEK 5

Session 1

Conditioning #17

Session 2

Conditioning #18

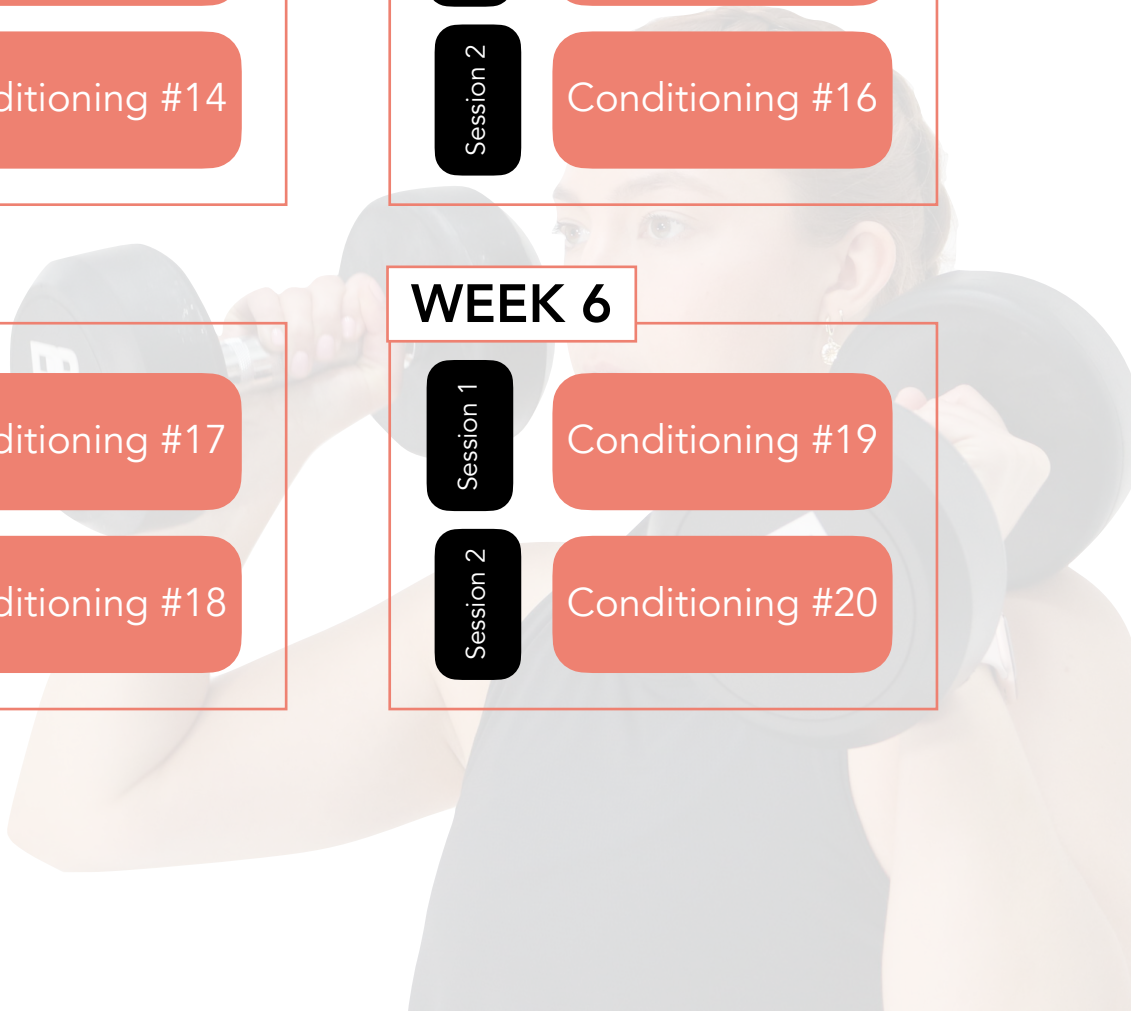
WEEK 6

Session 1

Conditioning #19

Session 2

Conditioning #20



DON'T STOP
KEEP GOING



YOU DID IT! Congratulations on completing the 'Sweat It' programme on the NETGym membership. Hopefully you have enjoyed the sessions and have seen some massive improvements in your fitness levels too!

So what next?

Now you have pushed your body both physically and mentally, there is no reason why you can't continue to do so either by following another programme or even completing the 'Sweat it' Programme again!

If you do want to repeat the programme, why not change the order of the session you are doing to keep it interesting or add an extra round (or two) onto each session to really push yourself.

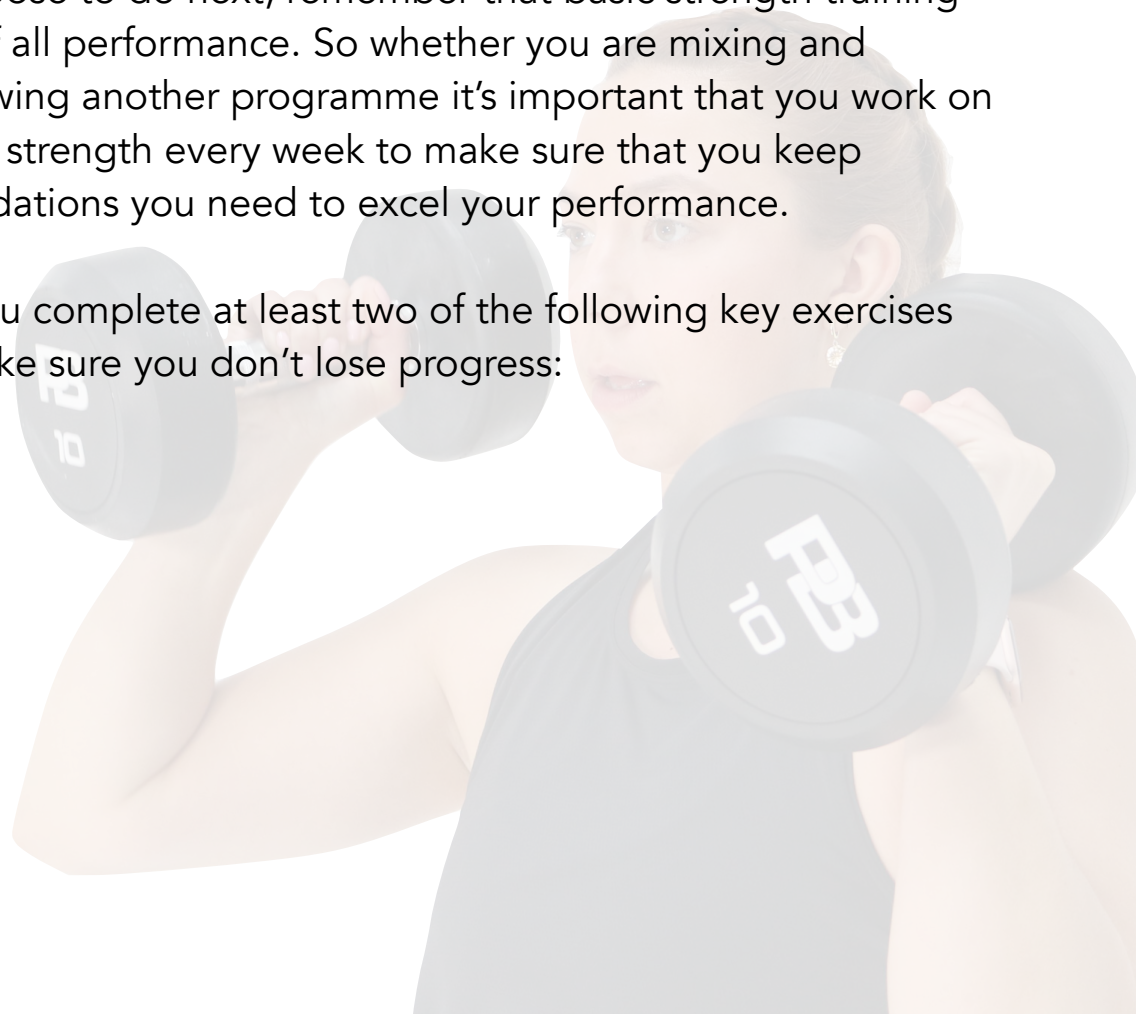
But if you are wanting to try something a little different, head over to the Programming page on the dashboard and see what other programmes there are in store for you, or create your own.

Whatever you choose to do next, remember that basic strength training builds the base of all performance. So whether you are mixing and matching or following another programme it's important that you work on your fundamental strength every week to make sure that you keep building the foundations you need to excel your performance.

Make sure that you complete at least two of the following key exercises every week to make sure you don't lose progress:

- Squat
- Deadlift
- Shoulder Press
- Chest Press
- Bent Over Row

GOOD LUCK!



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**CONGRATULATIONS!
YOU SMASHED IT!**

SHARE THE NEWS ON SOCIALS @NETBALLEXCELLENCETRAINING