



Introduction and Training Instructions

Welcome to Kriss Hendy Strength & Performance!

Let me take this opportunity to thank you for joining the team. I am positive it will be an invaluable addition to your training schedule and I have no doubt it will bring about improvements and set you on the way to accomplishing your health and performance goals.

In this letter I have enclosed a few important standards to ensure you get the most out of your program and allow us to get started and on our way.

Firstly, KH sessions should take between 30-45 minutes, making them ideal to slot into a training schedule or lifestyle that is already somewhat time consuming.

The 12 week programs are split into 2 or 3 phases, ensuring progression and variety to your sessions. If we don't progress by adding intensity to our workouts our bodies will become too acclimatised and our improvements will plateau. The progressions are gradual but with any of the exercises, if you still feel like you aren't ready to move on, taking an extra week is fine.

For the most effective results I have laid out a number of guidelines that I like my clients to adhere to, as much as possible in their day-to-day training lives. Make sure you refer to the training log for each phase for reps, sets and recovery times.

Guidelines and Expectations to follow throughout your training

- **Communication** - If you don't understand something...ask!
- **Don't cheat yourself** - Gym work is just as important as the other disciplines you train for, yet for most people the first session to be skipped. Think about how seriously you want to achieve your goals. Make yourself accountable by filling in the *KH Training log* and send back to me.
- **Be Smart** - If your work demands or other training leave you too tired to complete your program, consider doing it on the next available day or reduce the load. Strength training fatigued and with low concentration puts you at high risk of injury.
- **Swallow your pride** - (Guys especially!), our programs aren't designed to discover maximal lifts. I value perfection, quality and consistency.

Please do not hesitate to email me in the meantime with any questions or queries you may have. Again, thank you for selecting to train with a Kriss Hendy Strength & Performance Training Program.

Regards
Kriss

Athlete Disclaimer

My aim with the service is to assist you in accomplishing all your training goals as effectively and safely as possible. As with any exercise program there are risks such as increased heart stress and the chance of muscular skeletal injuries. By signing up with Kriss Hendy Strength and Performance you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no physical conditions or disabilities that would preclude an exercise program. You accept full responsibility for your own health and well-being and you acknowledge an understanding that I assume no responsibility outside of my supervision. You also acknowledge that in the event that your health changes, you will inform me so we can re-assess future training sessions.





Weight/Load Selection

* READ THIS BEFORE STARTING YOUR PROGRAM *

When following any type of online programming there is a degree of common sense, caution and maturity that is required from you.

Below I have outlined a few guidelines to follow that will help you perform your program safely and effectively. Remember to swallow your pride and the focus is quality over quantity. Most of you will be new to Strength Training and your weights/loading capacity will be unknown. By starting light it is easy to increase the load, but start too heavy and you will increase the risk of injury.

- 1. Preparation** - After performing your Dynamic Warm Up & Mobility Routine included in this program, I will usually start you off with a Primary movement (e.g. Squat or Deadlift). I strongly advise you to perform this movement with bodyweight first to familiarise yourself with the exercise.

* **Remember!** - Don't just mindlessly go through the motions; be conscious and present during each movement, perfect technique here is just as important.

By practicing the exercise (bodyweight) you are warming up your neuromuscular system as well as the muscles and joints involved in the movement.

Also don't be afraid to add or repeat warm up sets if you're feeling like it's taking a little longer to warm up.

- 2. Conditioning Range** – With anyone new to Strength Training we want to initiate activation of dormant muscles. We want to bring balance and educate the body in performing fundamental movement patterns well. When rep ranges are set between 10-15 reps our focus is on conditioning. Therefore a weight that allows you to focus on technique, stability and control is essential. The effort should still be 100% but the load can be between 50-60%.
- 3. Strength Range** - Once on my Advanced Strength Program you will notice the rep ranges will be much lower than before, usually around 5-8 reps. This lower range is due to the fact that we are now focusing on maximising Strength and Power.
- 4. Barbell** – With exercises using a barbell start out with just the bar (usually 20kg itself) to get a feel of the base weight. From here you can gradually add load, usually in 2.5kg-5kg increments. **Don't forget to use plate clips to secure the weight plates.**
- 5. Dumbbell/Kettlebell** - For exercises that require the use of dumbbells or kettlebells again start lighter than you think, generally 5kg is a good baseline, but this will vary from person to person.





Dynamic Warm Up & Mobility Routine

WARM UP - This is **essential** and should take you 5/10mins - Remember this is valuable time for you to assess your body before each session

Each exercise is to be performed in order. For further instructions and demos click on the video link below each exercise



1. Inch Worm

Complete 1 set of 5/10 repetitions

Reach down to your toes, walk your hands out into push up position, then walk your hands back towards your feet, keeping your legs as straight as possible throughout.

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2. Hip Opener

**Complete 1 set of 10 repetitions
(Forwards & Backwards, each side)**

Stand tall, holding upright for support, lift one knee and perform smooth circles forwards and backwards, before swapping legs.

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3. Body Squat

Complete 1 set of 10 repetitions

Feet shoulder width apart, keeping body upright, push your hips back to assume a sitting position. Weight in your heels and focus on range of motion.

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4. Spider Lunge

Complete 1 set of 10 repetitions (alternate each side)

Kneeling into a lunge position, drop your inside elbow towards the inside of your front foot. Pause & hold each stretch for 3/5 seconds each side.

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5. Crucifix Stretch

Complete 1 set of 3/5 repetitions (10s each side)

Lie flat on your back, lift one leg up & across your body with arms out to the side. Pause & gently hold each stretch for 3/5 seconds each side, aiming to take the stretch further with every rep

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6. Overhead Pass

Complete 1 set of 10 full rotations

Keeping arms as straight as possible, shrug shoulders and pass your hands over and behind. A broomstick, towel or resistance band can be used, otherwise just perform individual & dual arm swings

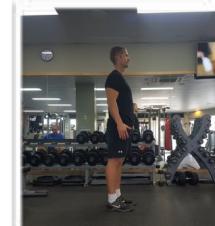
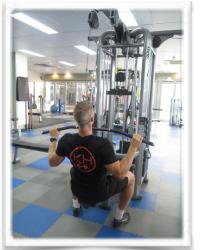
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Foundation Strength

Phase 1



1. Goblet Squat

Hold Kettlebell high on chest, keep chest & head up. Bending your knees, squat down until hip crease is below knee depth, then drive up through your heels to a standing position

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2. Kettlebell Deadlift

Stand tall, feet astride on two level platforms, squat down, keeping your back & arms straight, grasp the weight & stand up. Ensure to keep your head up with your shoulders back. Perform using a kettle bell, focusing on maintaining form and technique.

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3. Lat. Pull Down

Use a wide overhand grip, keep your back & head straight and inline, pull down until elbows are just past 90 degree bend, return to full extension.

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4. Lunge Walk

Step forward onto single foot, dropping your opposite back knee to the ground & keep your torso upright. Drive up through your front foot and return you foot to standing position. Alternate sides for repetitions.

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5. Glute Bridge

Lie flat on you back, knees bent & feet flat on the ground. Push your hips to the sky, pause for one second then drop them down. Keep hips square at all times. The distance between your heels and butt will dictate the amount of glute activation.

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6. Plank Hold

Start lying face down on the ground, move up onto your hands(or elbows) and feet, holding a rigid, straight body position. Ensure your hips don't drop or lift too high, remember to breathe and move onto your elbows for more comfort.

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Phase 1 Training Log

WEEKS	WK 1	WK 2	WK 3	WK 4
Exercises	SETS & REPS			
 GOBLET SQUAT	3 x 10 (45/60sec rest)	3 x 15 (45/60sec rest)	4 x 10 (45/60sec rest) <i>(Increase Load)</i>	4 x 15 (45/60sec rest)
 KETTLEBELL DEADLIFT	3 x 10 (45/60sec rest)	3 x 15 (45/60sec rest)	4 x 10 (45/60sec rest) <i>(Increase Load)</i>	4 x 15 (45/60sec rest)
 LAT PULL DOWN	3 x 10 (45/60sec rest)	3 x 15 (45/60sec rest)	4 x 10 (45/60sec rest) <i>(Increase Load)</i>	4 x 15 (45/60sec rest)
 LUNGE WALK	3 x 10 (45/60sec rest)	3 x 16 (45/60sec rest)	4 x 10 (45/60sec rest) <i>(Increase Load)</i>	4 x 16 (45/60sec rest)
 GLUTE BRIDGE	3 x 10 (30/45sec rest)	3 x 15 (30/45sec rest)	4 x 10 (30/45sec rest)	4 x 15 (30/45sec rest)
 PLANK HOLD	3 x 30s (30/45sec rest)	3 x 45s (30/45sec rest)	3 x 60s (30/45sec rest)	3 x 60s (30/45sec rest) <i>(Alternate lifting hands & feet)</i>





Foundation Strength

Phase 2



1. Back Squat

Step under bar and position bar across back of shoulders. Place hands at a comfortable width. Lift bar off rack and step back. Squat down by pushing hips back & bending your knees. Aim to descend until hip crease is below knee depth. Then drive back up through your heels to a standing position.

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2. Trap Bar Deadlift

(Use a Barbell if Trap Bar Unavailable)

Step inside the bar with your feet shoulder width apart. Bend down, maintaining a straight back and grasp the bar. Sit back, keep your head & chest up then drive up through your heels to a standing position.

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3. Seated Row

Sit upright with your knees bent, feet set and grasp the handles with fully extended arms. Pull the cables to your waist, retracting your shoulders & keeping back upright by engaging core.

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4. Single Leg Squat (Chair/Support Option)

Standing on one leg in front of chair squat down using one leg onto a chair or band to knee depth, using your arms for stability & maintaining an upright position. Then drive up through your heel to a standing position.

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5. Single Leg Glute Bridge

Lie flat on your back, knees bent & feet flat on the ground. Extend one leg but keep knees at same height. Push your hips to the sky until inline with knees, Pause hold for one second then return hips to floor.

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6. Thread the Needle

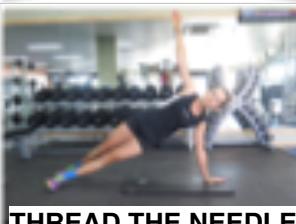
In a side plank position on one hand or elbow, rotate your body & pass top hand under body to touch the ground. Return to top with control. Try to keep hips facing forward throughout.

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Phase 2 Training Log

WEEKS	WK 1	WK 2	WK 3	WK 4
Exercises	SETS & REPS			
 BB BACK SQUAT	3 x 8 (60/90sec rest)	3 x 10 (60/90sec rest)	4 x 8 (60/90sec rest) (Increase Weight)	4 x 10 (60/90sec rest)
 TRAP BAR/BB DEADLIFT	3 x 8 (60/90sec rest)	3 x 10 (60/90sec rest)	4 x 8 (60/90sec rest) (Increase Weight)	4 x 10 (60/90sec rest)
 SEATED ROW	3 x 8 (45/60 sec rest)	3 x 10 (45/60 sec rest)	4 x 8 (45/60 sec rest) (Increase Weight)	4 x 10 (45/60 sec rest)
 SINGLE LEG SQUAT	3 x 5 (each side) (30/45sec rest)	3 x 8 (each side) (30/45sec rest)	4 x 5 (each side) (30/45sec rest) (Lower or remove support)	3 x 8 (each side) (30/45sec rest)
 SINGLE LEG GLUTE BRIDGE	3 x 8 (each side) (30/45sec rest)	3 x 10 (each side) (30/45 sec rest)	4 x 8 (each side) (30/45 sec rest) (Add weight or elevate foot)	4 x 10 (each side) (30/45 sec rest)
 THREAD THE NEEDLE	3 x 5 (each side) (30/45sec rest)	3 x 10 (each side) (30/45sec rest)	4 x 5 (each side) (30/45sec rest)	4 x 10 (each side) (30/45sec rest)





Foundation Series

Phase 3



1. Barbell Deadlift

Feet a little wider than shoulder width, from standing squat down keeping your back & arms straight, grasp the weight & stand up with the weight, driving through your heels. Keep head up & shoulders back.

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2. Leg Press

Place feet on foot plate, hip width apart, with heels flat & back on pad. Lower the weight under control with your knees moving out to either side of you, keeping your back on the pad. Then bracing your core, push the platform away through your heels until legs are at full extension.

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3. Dumbbell Single Arm Row

Kneel on a bench, placing the hand of your supporting arm on the bench. Maintain a straight back, pull the dumbbell up to your side until horizontal, return until arm is fully extended.

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4. Lateral Step Up *(Dumbbell optional)*

Stand side-on to box, step up to standing, drive through your glutes and try to maintain level hips at top. Hold dumbbell in each hand for increased intensity, but focus on soft & safe landing/take off.

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5. Bridge (Ball) Roll Out

Lie flat on you back, knees bent with feet on ball, lift hips. Slowly roll ball away with feet by straightening legs. Once fully extended, roll ball back in, bending knees. Ensure to keep your hips raised and square.

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6. V-Sit Hold

Sit down, lean back, lift your legs & engage your core. Hold them off the ground for time & bend your knees to lower the intensity. Use your hands to stabilise your position and hold a weight to increase intensity.

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Phase 3 Training Log

WEEKS	WK 1	WK 2	WK 3	WK 4
Exercises	SETS & REPS			
BARBELL DEADLIFT	3 x 8 (60/90sec rest)	3 x 10 (60/90sec rest)	4 x 8 (60/90sec rest) (Increase Weight)	4 x 10 (60/90sec rest)
LEG PRESS	3 x 10 (45/60 sec rest)	3 x 15 (45/60 sec rest)	4 x 10 (45/60 sec rest) (Increase Weight)	4 x 15 (45/60 sec rest)
DB SINGLE ARM ROW	3 x 8 <i>(each side)</i> (45/60 sec rest)	3 x 10 <i>(each side)</i> (45/60 sec rest)	4 x 8 <i>(each side)</i> (45/60 sec rest) (Increase Weight)	4 x 10 <i>(each side)</i> (45/60 sec rest)
DB LATERAL STEP UP	3 x 5 <i>(each side)</i> (30/45sec rest)	3 x 8 <i>(each side)</i> (30/45sec rest)	4 x 5 <i>(each side)</i> (30/45sec rest) (Increase height/ add weight)	3 x 8 <i>(each side)</i> (30/45sec rest)
BALL BRIDGE ROLL OUT	3 x 10 (45/60 sec rest)	3 x 15 (45/60 sec rest)	4 x 10 (45/60 sec rest)	4 x 15 (45/60 sec rest)
V-SIT HOLD	3 x 30s (30/45sec rest)	3 x 45s (30/45sec rest)	3 x 60s (30/45sec rest) (Hold weight/add rotations)	3 x 60s (30/45sec rest) (Hold weight/add rotations)

