

2km Run

1000m Row

40 Push ups

40 Squat rows

40 Explosive lunges

40 Incline DB press

40 Lat pull down

2 x 15 one arm cleans

Difficulty ****

PT experience level ****

Client experience level ****

Coolness rating ****

Estimated time 45min Max

The 45

Created by Ishcheyne.com

Rules

The time limit for this workout is 45min. You are trying to complete it in the fastest time possible. You can change the order of the exercises or split them up in any way you like. E.g. 500m row at the start and 500m row at the end.

The weight for the exercises that require one must be heavy enough that you cannot complete more than 15reps in one go. After you choose the weight it stays the same for the 6 weeks you are doing the program, so you will be able to do more than 15 reps within a short time.

You are not allowed more than 45min. If you do not complete the workout in 45min you stop where you are, and that will be your first goal.



*For the audio instructions for this program please go to Ishcheyne.com

Warning: All programs from Ishcheyne.com should be delivered only by REP's registered Personal Trainers. Ishcheyne.com takes no responsibility for any injury that may occur during these workouts. Trainers should ensure that clients are healthy and injury free before training them and if you have concerns about your client please seek medical advice. However these programs are kick ass cool.