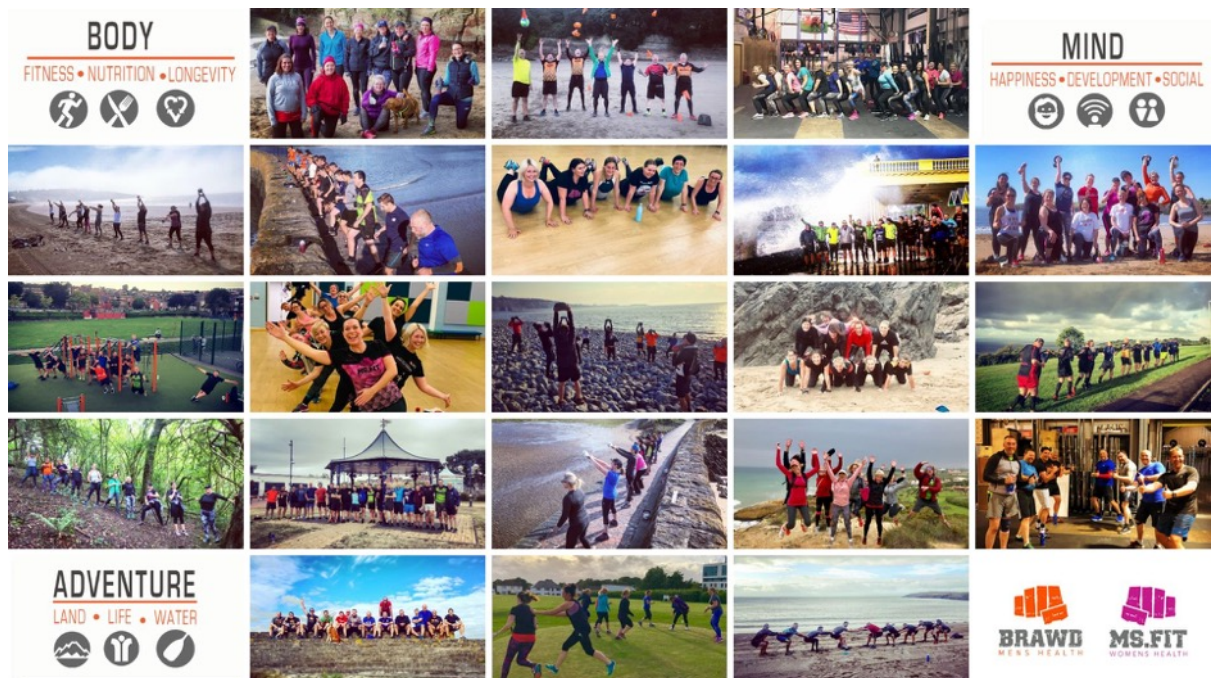


Suspension Trainer Workouts



Agreement of Release and Waiver of Liability

By using any workout in this form you hereby agree to the following:

1. That I am participating in a Health & Fitness workout, class, programs or workshop offered by Brawd & Ms.Fit Health. I recognise that fitness workouts and programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Health & Fitness workout, class, programs or workshop. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the workout, class, programs or workshop

3. In consideration of being permitted to participate in Health & Fitness workout, class, programs or workshop I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

4. In consideration of being permitted to participate in Health & Fitness workout, class, programs or workshop, I knowingly, voluntarily and expressly waive any claim I may have against Brawd Men's Health & Ms.Fit Women's Health for injury or damages that I may sustain as a result of participating in the workout, class, programs or workshop.

5. I, my heirs or legal representatives forever release waive, discharge and covenant not to sue Brawd Men's Health & Ms.Fit Women's Health for any injury or death caused by my negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Terminology

AMRAP

AS MANY ROUNDS AS POSSIBLE (BASICALLY KEEP GOING UNTIL THE TIME LIMIT)

EMOM

Every Minute on the Minute (you perform the workout on 0 mins, 1 min, 2 min, 3 min...etc)

For Time

Basically, as long as it takes you (may also have a time cap so you are not going for ever 😊)

Tabata

Set a timer for 20s of work and 10 seconds of rest – for 8 rounds (4 mins)

Intervals

Work/Rest – Set a timer for what is prescribed below

21-15-9

21 reps of an exercise or multiple exercises, 15 reps of an exercise or multiple exercises, 9 reps of an exercise or multiple exercises

If you are unsure of an exercise go here to our library:

<https://www.brawdhealth.com/dashboard/online-fitness/exercise-library/>

Or use an internet search from a few sources, making sure from reputable sources.

Suspension Trainer Workouts

My go to bit of kit for some time now!

In this pdf you may refer to suspension trainer ST for short.

To maximise you can also use a kettlebell OR something heavy in the house as an alternative (e.g a large plastic carton of milk filled with water, stones, sand? – get creative)

Enjoy

Lloydy

Suspension Trainer Set Up

For set up of your suspension trainer please see our guide via the link below:

<https://www.brawdhealth.com/dashboard/online-fitness/suspension-trainer/>



Suspension Trainer Workouts

1

Workout 1 – Back to Back Tabata's – Time 20 mins

Only got 10 mins (just do Tabata 1 and 2)

Tabata 1

ST Squat

ST Reverse Lunge

(Rest 1 min)

Tabata 2

ST Chest Press

ST Close Grip Row

(Rest 1 min)

Tabata 3

ST Fallout

ST Reverse Fly Y

(Rest 1 min)

Tabata 4

ST Rotational Power Pull Left

ST Rotational Power Pull Right

(Want more? Do it again!)

(Want less? Choose 1, 2 or 3!)

2

Workout 2 – Intervals – Approx 30 – 35 minutes

Only got 15 mins (just Pick 2 sets)

SET 1 – 30/30/20 (5 mins 30)

30 secs work/30 secs work/20 secs rest

30 secs Single arm row left
30 secs Single arm row right
20 secs Rest
Repeat for 4 Rounds

Rest 1– 2 mins

SET 2 – 30/30/20 (5 mins 30)

30 Rotational Power pull left
30 Rotational Power Pull right
20 Rest
Repeat for 4 rounds

Rest 1– 2 mins

SET 3 – 30/30/20 (5 mins 30)

30 ST Chest press
30 ST Chest Fly
20 Rest
Repeat for 4 rounds

Rest 1– 2 mins

SET 4 – 30/30/20 (5 mins 30)

30 ST Squat
30 ST y fly
20 Rest
Repeat for 4 rounds

Rest 1– 2 mins

3

Workout 3 – Quick and racy 9 mins

SET 1 – Tabata 20/10 – (4 mins)

20 secs Jumping ST Squat Tabata
10 secs Rest
Repeat for 8 Rounds

(1 min rest)

SET 2 – Tabata 20/10 – 4 mins

20 secs ST Atomic Pushups

10 secs Rest

Repeat for 8 Rounds

(want more – repeat again!)

(Want more – replace Atomic Pushups with Spiderman pushups)

4

Workout 4 – 21-15-9

21 reps – ST Row

21 reps – ST Squat

21 reps – ST Close Grip Row

21 reps – ST Reverse Lunge

Then

15 reps – ST Row

15 reps – ST Squat

15 reps – ST Close Grip Row

15 reps – ST Reverse Lunge

Then

9 reps – ST Row

9 reps – ST Squat

9 reps – ST Close Grip Row

9 reps – ST Reverse Lunge

5

Workout 5 – Intervals– Approx 12 minutes

30 secs work/30 secs work/30 secs rest

SET 1 – 30/30/30 6 mins

30 Rotational Power pull left/

30 Rotational Power pull right

30 Rest

Repeat for 4 rounds

Rest 1– 2 mins

SET 2 – 30/30/30 6 mins

30 ST Squat into Bicep Curl

30 ST Squat into y fly
30 Rest
Repeat for 4 rounds

Rest 1- 2 mins

6

EMOM – Total 20 mins

EMOM 1 – 10 mins

Every minute for 10 minutes perform

7 ST Chest press (as low angle as possible)
7 ST Close Grip row (as horizontal angle as possible)

Rest 2 mins

EMOM 2– 10 mins

Every minute for 10 minutes perform
10 fallouts
5 Squat (air squats, no ST)

7

Workout 7 – Tabata – Leg focus

Tabata 20/10 – (4 mins)

ST Pistol squats left x 4 rounds
Swap legs
ST Pistol squat right x 4 rounds

(Want more? Do another 2 – 4 rounds)

Workout 8 - Time under tension

Time under tension means controlling the speed of the exercise repetitions as directed below.

Set a timer with 5 seconds up and 5 seconds down – you will soon get into the rhythm! This is tough mind you

SET 1 – ST Chest PRESS 7 mins 30 secs

Control Down for 5 secs

Control Up for 5 secs

For a total of only 6 REPS

30 secs Rest

Repeat for 5 Rounds

(Scale down – 3 rounds, 2 rounds etc)

Rest 2 mins

SET 2 – ST Row 7 mins 30 secs

Up 5 secs – Down 5secs x (6 REPS)

30 secs off

Repeat 5 Rounds

Rest 2 mins

SET 3 – ST Fallout 7 mins 30 secs

Fall out 5 secs

Fall in 5 secs

Repeat for 5 rounds

Rest 2 mins

SET 4 – ST Squat 7 mins 30 secs

Up 5 secs – Down 5secs x (6 REPS)

30 secs off

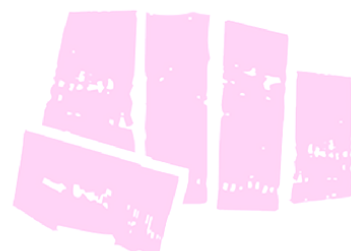
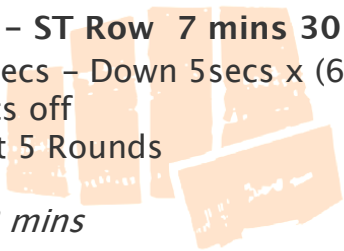
Repeat for 5 rounds

Rest 2 mins

Add on if needed – Tabata 4 mins

ST Bicep

ST Tricep



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Suspension Trainer Workouts & Kettlebells

9

Intervals 30/15

9 mins

SET 1

30 secs – ST Chest Press

15 sec rest

30 secs ST Row

15 sec rest

30 Secs KettleBell Swing

15 sec rest

30 secs Air squat

Repeat x 2

Rest 2 mins

SET 2

30 secs – ST Squat

15 sec rest

30 secs ST Reverse Lunge

15 sec rest

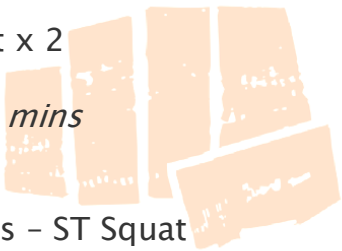
30 Secs KettleBell Clean and Press Left

15 sec rest

30 Secs KettleBell Clean and Press Right

Repeat x 2

(Want more – repeat again!)



RAWN
WOMENS HEALTH

MS.FIT
WOMENS HEALTH

Emom, Emom, Emom, Emom, Emom (say it fast ;)

If in Partners follow below if solo just swap between both exercises.

EMOM – 7 mins (therefore 8 rounds)

Partner 1 – Kettlebell Goblet squat x 15 reps

Partner 2 – ST Close Grip Rows for x 15 reps

EMOM – 7 mins (therefore 8 rounds)

Partner 1 – Kettlebell Alternate Lunges x 14 reps

Partner 2 – Fallouts x 15 reps

EMOM – 7 mins (therefore 8 rounds)

Partner 1 – Hip thrust x 20 reps (10 each leg)

Partner 2 – ST Chest Press x 8

EMOM – 7 mins (therefore 8 rounds)

Partner 1 – Kettlebell Snatch x 12 (6 each side)

Partner 2 – ST reverse I/Y/T fly x12

EMOM – 7 mins (therefore 8 rounds)

Partner 1 – ST Hip Thrust x 10

Partner 2 – ST Chest fly x 10

