

FUEL

BULK

SHRED

RECOVER

REBUILD AND RECOVER RAPIDLY
TO STAY AHEAD OF THE GAME

THE WAY TO RECOVER

Training Program

The way to recover training program is designed to assist strength, retain muscle and burn fat. If you are looking for a new routine to try, give the Musashi Recover program a go. Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high intensity exercise in a specific 20-sec of hard workout followed by 10-sec rest. It might not take long to complete a full circuit (4 rounds twice) but it will push your body to the absolute limit, helping to burn fat, build muscle and improve endurance.

Warm up

Make sure you take the time to warm up before the start of each training session. Starting with the bar unloaded or a lighter weight can help to prime your muscles and keep unwanted injuries away.

Stretching

Stretches are an important part of every training session. Always make sure muscles are warm before stretching and include stretches at the beginning and end of each training session. The foam roller is a useful tool for improving flexibility, balance, strength and muscular awareness.

THE WAY TO RECOVER

DAY 1

Whole Body - TABATA (HITT) Training Circuit	Round 1 – Cardio				Round 2 – Upper Body				Round 3 – Lower Body				Round 4 – Core			
	Jumping Jacks	Burpees	Skipping rope	High Knee Jog	Push ups	Over head Slam	Dips	Kettle Bell Swing	Goblet Squat	Split Jump	Mountain Climbers	Alt Lunge	Crunches	Plank	Reverse Curl	Cycle Legs
Warm up: Rowing Machine 500 meters	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec
Stop watch required. Complete each exercise for 20 sec with a 10 sec rest in-between each exercise. Repeat each round twice.	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest

THE WAY TO RECOVER

DAY 2

Cardio/ Shoulders	Set 1			Set 2			Set 3		
	Speed	Distance	Foam Roller	Speed	Distance	Foam Roller	Speed	Distance	Foam Roller
Warm up: Rowing Machine		500m	3 min						
Cardio Workout: Treadmill 3km Jog/ Run in 1km intervals. After each 1km run step off the treadmill and roll on foam roller for 1 min then return to the treadmill and repeat	9-12km/hr	1km	1 min	9-12km/hr	1km	1 min	9-12km/hr	1km	1 min
Shoulders: Weight Training	Speed	Distance	Foam Roller	Speed	Distance	Foam Roller	Speed	Distance	Foam Roller
Side Laterals to Front Raise (dumbbells)		12 reps	30 sec		12 reps	30 sec		12 reps	30 sec
Seated or standing military press (barbell)		12 reps	30 sec		12 reps	30 sec		12 reps	30 sec
Single Arm Linear Jammer (barbell)		12 reps	30 sec		12 reps	30 sec		12 reps	30 sec
Reverse Flys (dumbbells)		12 reps	30 sec		12 reps	30 sec		12 reps	30 sec
Optional extra: CORE									
Crunches		20	10sec		10sec	20		20	10sec
Reverse Crunch on swiss ball		20	10sec		10sec	20		20	10sec

THE WAY TO RECOVER

DAY 3

Whole Body - TABATA (HITT) Training Circuit	Round 1 – Cardio				Round 2 – Upper Body				Round 3 – Lower Body				Round 4 – Core			
	Burpees	Box Jumps	Burpees	Kettle Bell Swings	Skipping Rope	DB overhead press	Skipping Rope	Push Ups	Mountain Climbs	DB Lunge + rotation	Mountain Climbs	Goblet Squats	Crunches	Plank	Plate Twist	Plank
Warm up: Bike or Treadmill 5min	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec	20 sec
Stop watch required. Complete each exercise for 20 sec with a 10 sec rest in-between each exercise. Repeat each round twice.	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest	10 sec rest

THE WAY TO RECOVER

DAY 4

Upper Body: Back/ Chest/ Arms	Set 1			Set 2			Set 3		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm up: Light cardio 5min									
Bench Press		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Incline Flys DB		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Lat Pull Down		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Seated Cable Row		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Super Set 1a: Hammer Curls 1b: Zottman Curls		12 - 15reps	60 sec after 1b		12 - 15reps	60 sec after 1b		12 - 15reps	60 sec after 1b
Super Set 2a: Triceps Press 2b: Cable Triceps push down		12 - 15reps	60 sec after 2b		12 - 15reps	60 sec after 2b		12 - 15reps	60 sec after 2b

THE WAY TO RECOVER

DAY 5

Lower Body: Legs	Set 1			Set 2			Set 3		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm up: Light cardio 5min									
Squats		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Deadlifts		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Walking lunges holding dumbbells		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Standing Calf Raise		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec		12 - 15reps	30 - 45sec
Optional extra: CORE	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Overhead medicine ball throw to floor		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec
Plate abs twist		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec