

## Corrective Exercise Training (CET)

NAME: \_\_\_\_\_ PHASE: Corrective Exercise Training

TRAINER: [www.ryanmozley.co.uk](http://www.ryanmozley.co.uk) GOAL: Lean Body Mass Gain

DATE: \_\_\_\_\_

*Disclaimer: Always consult you GP before changing your exercise routine. If you feel faint at any time, stop your exercise immediately.  
This programme has been designed for a client with no illness, injuries and in good physical condition.*

CARDIO TRAINING: Optional	TIME:	EQUIPMENT:
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WARMUP/FLEXIBILITY	Sets	Reps	Duration	Rest	Notes
1. SMR: Calves, IT band, Adductors, Thoracic Spine	1				Hold tender spots 20-30 sec.
2. Cardio: Elliptical Trainer (Cross trainer)			5 min		
3. Static Stretching: Calves, Adductors, Hip Flexors, Lats, pecs	1		30 sec.		

CORE & BALANCE	Sets	Reps	Tempo	Rest	Notes
1. Floor Cobra	2	12	3-10 sec. hold	0 sec.	Circuit training
2. Floor Bridge	2	12	3-10 sec. hold	0 sec.	
3. Single-leg Balance	2	12	3-10 sec. hold	0 sec.	

REACTIVE	Sets	Reps	Tempo	Rest	Notes
1. N/A					
2.					

SPEED, AGILITY, QUICKNESS	Sets	Reps	Time	Rest	Notes
1. N/A					
2.					

STRENGTH	Exercise	Sets	Reps	Intensity	Tempo	Rest	Notes
TOTAL BODY	Optional						
CHEST	Seated Machine Chest Press	2	20	50%	4-2-1	30 sec.	
BACK	Seated Machine Row	2	20	50%	4-2-1	30 sec.	
SHOULDERS	Seated Dumbbell Shoulder Press	2	20	50%	4-2-1	30 sec.	
BICEPS	Seated Machine Bicep Curl	2	20	50%	4-2-1	30 sec.	
TRICEPS	Supine Machine Tricep Extension	2	20	50%	4-2-1	30 sec.	
LEGS	Ball Squat	2	20	50%	4-2-1	30 sec.	

COOL - DOWN	
POST-WORKOUT FLEXIBILITY	Static Stretching: Calves, Adductors, Hip Flexors, Pectorals