



VIVR

IGNITE YOUR LIFE

TO LIVE

# WELCOME TO...

# VIVR

# TO LIVE

Welcome to the Vivr, To Live training series. We want to help you create consistency, build balance and enjoy your life. We believe that your body should never hold you back. We want the everyday person looking, feeling and moving their best, regardless of their age, time restraints or circumstance.

## THE PROGRAM

The program is designed with elements of mobility and flexibility, strength and hypertrophy, cardiovascular and Recovery training woven throughout to give you a healthy, functional body that will be able to carry you through any adventure. Choose from To Live, To and Vivr Run Club and we can guarantee that 1 of these will fit perfectly into your life, keep you motivated and enjoy life! Below you'll find a blueprint of how to live is structured to ensure you get a complete workout.

# TRAIN ON YOUR SCHEDULE:

Nothing zaps away motivation like feeling you just can't keep up.

Aggressive workout plans are unrealistic for busy lives. To make training sustainable, you need to be able to get something in quick when life gets hectic.

To Live includes 4x/week training, plus 2 additional recovery day, for when you have the time as well as 3 Running conditioning sessions.

And you can keep making progress even when you need a quick workout:

**V Coach Instructions**

Short on Time? Try This!

Prep: 1-2 Rounds

B Series - 3 Sets

C Series - 3 Sets

D Series - 2 Sets

E Series - 2 Rounds

## SHORT ON TIME?

These daily notes in our full-length workouts tell you exactly what to prioritize to finish in 45 minutes or less

## Searching for Progress?

Every 12 weeks we test your strength and conditioning illuminate the results of your hard work.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>WEEK 1</b>				
<b>VTL</b> VIVR TO LIVE TESTING	<b>VTL</b> VIVR TO LIVE TESTING		<b>VTL</b> VIVR TO LIVE TESTING	<b>VTL</b> VIVR TO LIVE TESTING
<b>A</b> <b>Back Squat</b> 3 x 5 FOR WEIGHT	<b>A</b> <b>Barbell Bench Press</b> 3 x 5 FOR WEIGHT		<b>A</b> <b>Deadlift</b> 3 x 5 FOR WEIGHT	<b>A</b> <b>Pull-Up</b> 3 x 5 FOR WEIGHT
<b>B</b> <b>Max Push Up Testing Protocol</b> FOR REPS	<b>B</b> <b>Dead Hang</b> 1 Set FOR TIME		<b>B</b> <b>Testing Strict Pull Up</b> FOR REPS	<b>B</b> <b>Strict Press</b> 1 Set FOR REPS
<b>C</b> <b>Rowing</b> 1 x 500m FOR TIME	<b>C</b> <b>Testing Metcon 1.0</b> FOR TIME		<b>C</b> <b>Airdyne</b> 1 x 00:30m:s FOR MILES	<b>C</b> <b>Metabolic Conditioning 1.1</b> FOR TIME

# STRENGTH



Our strength training blocks are designed to make you feel strong and competent. Strength training is a fundamental building block for developing competence and success in the gym. It provides us with instant feedback on how we've improved and where we need more work. In our strength blocks we use big and simple compound movements that will get you moving high volumes of weight safely.

# GROWTH



Muscle growth is one of the fundamental driving factors behind why many of us go to the gym. Hypertrophy training is best done through body part splits using both unilateral and bilateral exercises designed to help target specific muscle groups and overloading them to encourage growth. By using this format you're able to develop muscle while maintaining your strength balance between sections of the body.



# MOBILITY

Mobility can be easily overlooked by many, but one of the pillars of TO LIVE because simply it keeps you on the paddock and feeling good. Unfortunately, we spend ALOT of our days sitting, which is why we scatter mobility exercises throughout every workout. Why do we do mobility training? Simply, because it stops our muscles and nervous system from becoming overly stressed through either being overworked or under worked. Too much repetitive exercise can leave you feeling stiff and sore so we mobiles joints and muscles to help them relax. Similarly, when we're stiff from a lack of movement, we want to move through ranges of motion gently to help our muscles relax.



# CONDITIONING

Conditioning training is one of the simplest and easiest ways to improve your health and fitness. The health benefits are endless which is why you'll see it used in so many different ways in our To Live program. We'll use it to improve your speed, muscular endurance, lactic acid, aerobic capacity, and recovery. It's because of its versatility it lends itself to so many different types of training.

# WHATS NEXT?

Did you love these workouts? If so then, VIVR TO LIVE is for you!

Subscribe today by [clicking HERE](#).

## STILL NOT CONVINCED...?

### JONATHAN O'ROURKE

30, Event Management

Since Starting I've become a more confident person both inside and outside the gym. I'm now more eager and confident in building my strength, and trying movements I didn't think I had the ability to pull off.



### EMILY AULT

19, Full Time Student

"Liam has helped me build invaluable self confidence and build in my inner drive!. I feel better and stronger in my own skill becuase of our training"



## **STRENGTH & GROWTH**

In our To Live training series we implement strength training as a way of making you a stronger, more resilient and confident person. Through strength-performance based testing we're able to help you overcome challenges, work towards goals and appreciate your body's strength. Through hypertrophy training we'll develop and grow the body in places that you desire, improve your self-efficacy and confidence in your body and how it looks.

## **MOBILITY & FLEXIBILITY**

The more time people spend sedentary the more important movement for increased flexibility and mobility becomes. We implement mobility and flexibility work to help counteract the stiff and tight feeling we get from our daily lack of movement. You're likely to see mobility and flexibility movements at various times throughout a workout depending on the response we're looking to induce. We use mobility and flexibility training to do more than just help promote circulation, feelings of calmness and relaxation. We'll use it in conjunction with strength and hypertrophy work to enable you to build a strong and more mobile body. With the goal of having, you leave each session feeling rejuvenated and ready for what's to come!

## **CONDITIONING**

Cardiovascular training is one of the simplest and easiest ways to improve your health and fitness. The health benefits are endless which is why you'll see it used in so many different formats in our To Live program. We'll use it to improve your speed, endurance, recovery and capacity. Its variability makes it one of the key components of every program.