



8-WEEK

Sculpt and Tone

FITNESS PROGRAM

REACH FOR TOMORROW

A woman with dark hair tied back, wearing a white athletic top and leggings, is sitting on a large white exercise ball. She is wearing a black smartwatch on her left wrist and a necklace with a small pendant. The background is a bright, out-of-focus outdoor setting.

8-WEEK

Sculpt and Tone

FITNESS PROGRAM

REACH FOR TOMORROW

DISCLAIMER

This information is for your personal use ONLY. You cannot distribute, copy, reproduce, or otherwise sell this product or information in any form whatsoever, including but not limited to: electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

The information, including but not limited to, text, graphics, images and other material contained in this guide are for informational purposes only. No material from this guide is intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

TABLE of Contents



03 Welcome	05 Preparation	07 Nutrition & Healthy Eating	14 6 High Protein Recipes
17 Exercise	18 Perfect Form Tips	19 Warm up and stretch	20 Workout Rules
21 Sample HIIT Workouts	24 Workout Split	25 Week 1 & 2 Workout	31 Week 3 & 4 Workout
37 Week 5 & 6 Workout	43 Week 7 & 8 Workout	49 Recovery Tips	50 Thank You

Hi.. *and welcome!*



The best workout program ever.

This is a revolutionary 8-week workout program that will change your life forever! The results speak for themselves. We've helped thousands of people achieve their goals and this program is guaranteed to help you too.

With our scientifically designed workouts, healthy meal plans, and regular fitness tips, you'll not only be able to tone up quickly but also lose fat in no time.

Over the next 8 weeks, you're going to learn more about nutrition and healthy eating as well as exercise. By the end of this program, you'll know exactly how to take it up a notch to reach the greatest results of your life.

Let's get started.



WHERE *to start..*

Every fitness program begins with YOU! You need to have a good understanding of who you are and the goals you are chasing. Why did you choose this program? And what will it mean to you when you succeed? Knowing your 'why' is the most powerful motivator of them all!

So, over the next couple of pages, this is exactly what we'll do. We will figure out where you are and what you wish to achieve by the end of this program. You'll also take a before and after picture as well as your body measurements with an anthropometric tape so we can track your progress throughout the program. By knowing how your body is responding to exercise, you'll be able to make any necessary adjustments needed for you to gain the best results. For example, if your weight loss is slowing, you can always increase the intensity of exercise or eat slightly less. On the other hand, if you are losing too much weight too fast, you can always eat slightly more. However, before you make any changes, be sure to contact us for further support. We'll be able to guide you through the whole process.

Below, you can see a brief step-by-step guide of how this program is structured.

01

PREPARATION

In this step, we will dive into your 'why' and what motivates you as well as the goals you'd like to achieve. Furthermore, we will also take a before image and body measurements to track your progress.

02

NUTRITION

In this step, we will calculate your calories and macronutrients so you know how much you need to eat and the things you should be eating.

03

EXERCISE

Once you have your diet made up, it is time to start the workout program. We will dive into more detail about this later in this guide. However, one tip, be sure to read all information as everything we share here is very useful for your success.

Preparation

Answer the following questions to understand your 'why' and what exactly you are working towards.

1. WHAT IS MY GOAL?

2. WHY DO I WANT THIS?

3. WHAT ARE MY ROADBLOCKS AND HOW WILL I OVERCOME THEM?

TAKE YOUR MEASUREMENTS

My current weight is _____

For the measurements, please use anthropometric measuring tape:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CHEST								
WAIST								
HIPS								
THIGHS								

COMPARE YOURSELF

BEFORE

ADD YOUR PHOTO

DATE

AFTER

ADD YOUR PHOTO

DATE

NUTRITION

and Healthy Eating

So many people believe that shedding fat and gaining lean muscle is all about proteins. However, in reality, you need a balance of all macronutrients - proteins, carbs and fats. Each macronutrient supports fat loss and muscle gain in different ways and if you limit one food group then you may also be limiting your chances of achieving your dream body.

For example, carbohydrates (carbs) are the body's main source of energy and are necessary for supporting intense exercise. Consuming enough carbohydrates can help improve performance, delay fatigue, and enhance recovery. When trying to tone up, it is important to focus on complex carbohydrates such as those found in whole grains, vegetables, and legumes. These foods will provide lasting energy and help keep blood sugar levels stable. Avoid simple carbohydrates such as those found in candy, cookies, and cake. These foods will cause a spike in blood sugar levels followed by a crash that will leave you feeling tired and sluggish.

Proteins, on the other hand, are essential for a healthy body and play a vital role in supporting fitness goals. They help build and repair muscle tissue, produce enzymes and hormones, support the immune system, and provide energy. In order to make sure you're getting enough protein, aim to include lean protein sources at every meal. Good options include grilled chicken or fish, tofu, legumes, eggs, and nuts.

Furthermore, eating healthy fats is important for anyone looking to tone up. Healthy fats help support fitness goals by providing energy, aiding in weight loss, and helping the body to absorb vitamins and minerals. They also help keep skin and hair healthy, reduce inflammation, and support brain health. Some good sources of healthy fats include avocados, nuts, seeds, olive oil, and fish.

As you can see, every macronutrient plays a role in your body, and especially in supporting your fitness goals. Therefore, your diet needs to contain enough calories for you to get enough energy for your workouts and these calories should come from all three macronutrients. Over the next few pages, we will calculate your calories and show you how to divide them between each macronutrient. Using that information, you can then build your healthy diet.

CALCULATE

Calories

Calories are a unit of energy. They simply indicate how much food you should consume to stay healthy, gain weight or shed fat. They are calculated in three simple steps. Make sure to grab a calculator and let's see how much food you need to consume per day.

CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

WOMEN

$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$

MEN

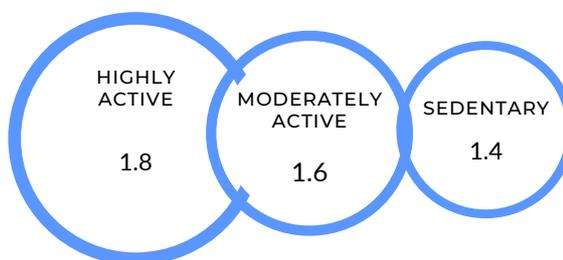
$66 + (6.23 \times \text{weight in pounds}) + 12.7 \times \text{height in inches} - (6.8 \times \text{age}) = \text{BMR}$

This is the number of calories that your body requires in order to survive. The next step is calculating how many calories your body requires to perform daily activities (TDEE).

CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:



CALCULATE YOUR CALORIC DEFICIT

To start shedding fat, you need to deduct a small number of calories from your **STEP 2** outcome. You should deduct anything from 200-300 calories. Any more can result in muscle loss and struggle to gain lean muscle.

CALCULATE *Macros*



01

CARBOHYDRATES

50-55% of your total daily calories should come from starchy carbohydrates. Once you know how many calories you should consume from carbs, simply divide them by 4 to get the number of grams.

02

PROTEINS

You should consume 1g of protein per 1lb of your bodyweight. This means that if you weigh 140lbs then you should consume 140g of protein. Then, multiply that number by 4 to get the number of calories.

03

HEALTHY FATS

Once you know how many calories you need to consume for carbs and proteins, simply deduct them both from the total number of calories. The remaining calories should be used for healthy fats. Once you know the number of calories, simply divide them by 9 to get the number of grams.

FOOD

Suggestions

PROTEINS

- Chicken Breast
- Chicken thigh
- Chicken drumstick
- Pork medallion
- Kangaroo Fillet
- Beef filet
- Lamb chop
- Turkey breast
- Veal
- Beef sausage
- Pork sausage
- Tofu
- Seitan
- Tempeh
- Edamame
- Hempseed
- Salmon
- COD
- Canned tuna
- Shrimp
- Pollock

CARBS

- White rice
- Brown rice
- White pasta
- Whole-wheat pasta
- Gluten-free pasta
- Couscous
- Quinoa
- White potatoes
- Sweet potatoes
- White slice of bread
- Wholegrain slice
- Popcorn
- Apple
- Orange
- Grapefruit
- Banana
- Red grapes
- Green grapes
- Peach
- Strawberries
- Blueberries
- Raspberries

HEALTHY FATS

- Avocadoes
- Eggs
- Almonds
- Hazelnuts
- Brazil nuts
- Peanuts
- Pistachios
- Cashews
- Chia seeds
- Olive oil
- Flaxseed oil
- Coconut oil
- Cheddar cheese
- Mozzarella
- Parmesan
- Feta cheese
- Manchego
- Brie
- Roquefort
- Whole milk
- Semi-skimmed milk
- Greek yogurt

WHAT'S *Next?*



Once you know how many calories and macronutrients you need to consume, it is time to track them to ensure that you consume exactly what you need.

There's a couple of ways that you can go about this.

1. You can head over to [EatThisMuch.com](https://www.eatthismuch.com) and they will generate a healthy and balanced diet automatically for you based on your calorie and macronutrient needs. You can also use this APP/website to track your intake. The great thing about Eat This Much is that they provide full recipes with your meal plan so you know exactly what you should consume and how much.
2. Download [MyFitnessPal](https://www.myfitnesspal.com) APP and enter your body composition into it. Then, you can simply use the food diary to insert all the foods you've eaten. It will tell you exactly how many calories you're consuming, macronutrients as well as vitamins and minerals. The best part about MyFitnessPal is that it does it all automatically for you and it really provides everything you need to to keep track of your nutrition and eating habits.
3. The last option, but potentially the least favorable and more time consuming, is by simply writing everything down throughout the day including the grams that you consumed and calculating your intake manually using the information on the previous page.

Whichever option you use, you are more than welcome to always reach out to us and we will be more than happy to help!

PRE & POST *Workout Meals*

Consuming the right number of calories and a balance of macronutrients is very important. However, if you exercise regularly, you also need to consume a high-quality pre and post-workout snacks or meals. These are important because they help to boost your energy for the workout and help you recover after a workout. Below, you'll find a list of high-quality pre and post-workout meals and snacks.

PRE-WORKOUT MEALS

- Bananas
- Baked potato -easy to prepare and can include fillings like tuna, beans, chicken, coleslaw and yoghurt dressing
- Porridge and oatmeal
- Fruit smoothies
- Apples with peanut butter
- Pizza with lots of fresh vegetables, fruits, grains and beans.
- Whole wheat pasta with tomato sauce with vegetables served with a side salad
- Casseroles with lean meat and variety of vegetables served with couscous or rice
- Grilled fish with vegetables and noodles
- Fruit crumbles, bread puddings or simple bananas.

POST-WORKOUT

- Chia seed pudding
- Rice cakes with jam
- Sweet potatoes with chicken
- Fruit smoothies
- Chicken sandwich on white bread
- Fresh fruit smoothie made with yogurt and milk
- Cereal bar
- Slice of malt loaf
- Tuna and low fat
- Tuna and sweetcorn sandwich
- Protein shake with high carbohydrate content

MEAL TIMINGS *& frequency*

Getting your food at the right time before and after a workout is important for proper recovery between each workout session. You learned about the different pre and post-workout ideas on the previous page, well, it's time to learn about the timings of these. So, below, you'll find a basic schedule for meals depending on if you work out in the morning or in the evening.

EARLY GOERS

Within 45 minutes of waking up
BREAKFAST

2-3 hours later
WORKOUT

Within 45 minutes after a workout
POST-WORKOUT SNACK OR
PROTEIN SHAKE

NOT LATER THAN 6-7PM
DINNER

LATE NIGHT GOERS

Within 45 minutes of waking up
BREAKFAST

HIGH PROTEIN MORNING SNACK OR
FRUIT BOWL

LUNCH

3-4 hours before a workout
A SNACK HIGH IN HEALTHY FATS
(EG. A NUT BAR)

WORKOUT

Within 45 minutes after a workout
POST-WORKOUT SNACK OR
PROTEIN SHAKE

NOT LATER THAN 6-7 PM
DINNER

HIGH PROTEIN *Recipes*

Not sure what you'd like to eat? Here's a few recipes to get you started on your diet!



INGREDIENTS:

- 1 Cup Plain Greek Yogurt
- 2 Tbsps All Natural Peanut Butter
- 2 Tbsps Granola
- 2 Tbsps Blueberries (fresh or frozen)
- 1 Tsp Maple Syrup

Peanut Butter Yogurt Bowl

5 Mins

0 Mins

1 Serving

Calories:	476
Protein:	31g
Carbs:	35g
Fats:	25g

DIRECTIONS:

1. In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!



INGREDIENTS:

- 1 Tbsp Coconut Oil
- 1 Lb Extra Lean Ground Beef
- ½ Cup Mushrooms (sliced)
- 1 Cup Kale Leaves (chopped)
- 2 Eggs
- 1 Avocado (cubed)
- 2 Tbsps Nutritional Yeast

Egg and Beef Breakfast Plate

10 Mins

10 Mins

3 Servings

Calories:	490
Protein:	40g
Carbs:	9g
Fats:	33g

DIRECTIONS:

1. In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked.
2. Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
3. Divide between bowls and top with the avocado and nutritional yeast. Enjoy!



INGREDIENTS:

- ¼ Cup Sauerkraut
- 2 Tbsps Whole Grain Mustard
- 12 ozs Salmon Fillet
- 4 Cups Mixed Greens
- ½ Cucumber (sliced)



10 Mins



10 Mins



2 Servings

Calories:	318
Protein:	36g
Carbs:	6g
Fats:	16g

DIRECTIONS:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix together the sauerkraut and mustard. Spread over the flesh side of the salmon and press down firmly.
3. Heat the oil in a cast-iron or oven-safe pan over medium-high heat. Cook the
4. salmon flesh side down for eight minutes. Flip the salmon over. Transfer the pan to the oven and bake for an additional eight minutes.
5. Divide the mixed greens and cucumbers onto plates. Top with the salmon and enjoy!

Sauerkraut Salmon with Greens



INGREDIENTS:

- 8 ½ oz Chicken Breast
- 2 Cups Asparagus (trimmed)
- 1 Tbsp Extra Virgin Olive Oil
- 9 ¾ oz Chickpea Pasta (dry)
- ½ Cup Pesto
- 1 Tbsp Lemon Juice
- 3 Tbsps Parmigiano Reggiano (finely grated)
- Sea Salt & Black Pepper (to taste)



10 Mins



25 Mins



4 Servings

Calories:	456
Protein:	36g
Carbs:	44g
Fats:	19g

DIRECTIONS:

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
3. Meanwhile, cook the pasta according to package instructions.
4. To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon
5. juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

Chicken & Asparagus Pesto Pasta



10 Mins



0 Mins



1 Serving

Calories:	329
Protein:	25g
Carbs:	16g
Fats:	19g

INGREDIENTS:

- ¼ Cup Kale Leaves (whole, lacinato, washed and dried)
- 2 Tbsps Radishes (thinly sliced)
- ½ Cup Hummus
- 4 ¼ Oz Sliced Turkey Breast

DIRECTIONS:

1. Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
2. Roll the leaves into a wrap. Enjoy!

Turkey and Kale Wraps



5 Mins



0 Mins



2 Servings

Calories:	372
Protein:	32g
Carbs:	21g
Fats:	21g

INGREDIENTS:

- 1 Avocado
- 7 ½ Oz Canned Wild Salmon (drained)
- 2 Tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 4 Slices Light Rye Crisp Bread

DIRECTIONS:

1. In a bowl, mash together the avocado, salmon, and lemon juice. Season with salt and pepper to taste.
2. Spread the mixture onto the crisp bread and enjoy!

Salmon Avocado Crackers

LET'S GET STARTED

Exercise

The 8-week Sculpt and Tone Program has been designed to help you shed fat and tone your body. The trick behind this program is the use of progressive overloading together with high reps and low sets. This makes the muscles strong and dense rather than bulky.

Make sure to use heavier weights on sets and reps like 3 x 12 and 5 x 8 but use lower weights on sets and reps like 3 x 15 and 2 x 20. It's important that you manipulate the weights and keep track of them. If you've used the same weights over two weeks for both high and low reps, be sure to increase them by 1-2kgs. This will reduce body adaptation and help you make greater results. However, don't worry, you'll be notified when you should increase your weights.

Lastly, this program is divided into 2-week blocks. This means that you need to perform the same week twice before moving onto the next week. Each week is more intense and challenges you in different ways. So, be sure that you aren't skipping any weeks. Work through it and trust the process.

WHAT IS PROGRESSIVE OVERLOADING?

Progressive overloading refers to a gradual increase in weights. Increasing your weights throughout the training program will increase your strength and muscle size. Before you start increasing your weights, it's important to identify your starting point first for both lower and upper body.

HOW DO I KNOW WHICH WEIGHTS TO USE?

You need to test your strength. The best way to do it is with a method called 1 REP Max. 1-REP MAX determines the maximum load a person can lift for one complete repetition.

This means that we will assess the heaviest weight you can lift for 1 rep.

For example, let's say we are measuring your upper body strength with bench press. We will choose a weight that is suspected to be 70-80% of the maximum weight you can lift. If you manage to lift it for one rep, we will then add more weights. For every rep that you are able to lift, we will add weights until you can no longer lift.

PERFECT FORM

Tips

01 >>

AVOID BOUNCING

When you're doing cardio exercises like running or biking or weight lifting, it's important to avoid bouncing. Bouncing puts unnecessary stress on your joints and can lead to injuries. Instead, try to keep your body as still as possible.

02 >>

KEEP YOUR BODY STRAIGHT

It's important to keep your body straight when you're exercising, especially if you're doing weight-bearing exercises. This means keeping your shoulders back, your spine in alignment, and your pelvis level. Not only will this help you avoid injury, but it will also help you get the most out of your workout.

03 >>

USE YOUR CORE MUSCLES

One of the most important things you can do when exercising is to focus on using your core muscles. Your core includes all of the muscles in your abdomen, lower back, and hips. Strengthening your core muscles can help improve your balance and stability, and can also help reduce the risk of injuries.

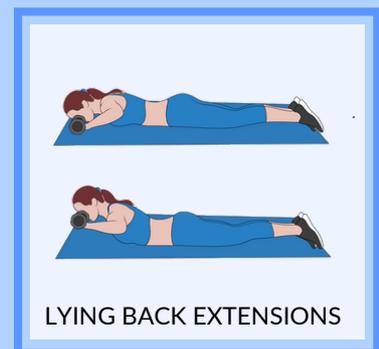
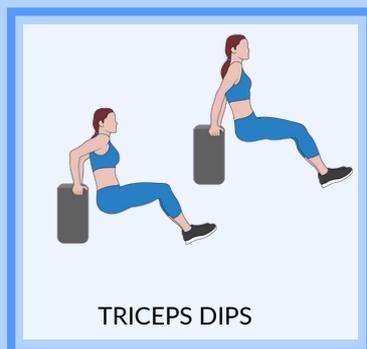
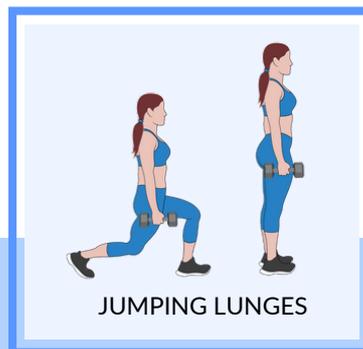
04 >>

DON'T HOLD YOUR BREATH

Holding your breath during exercise can cause you to feel lightheaded or dizzy, and it can also raise your blood pressure. Instead, breathe deeply and steadily throughout your workout. You should be able to talk while you're exercising, but if you can't, that's a sign you need to slow down or take a break.

WARM UP & Stretch

Many people neglect warming up and stretching but it's important that you don't. Warming up and stretching improve your range of motion, lengthens your muscles and improves blood and oxygen flow - all factors associated with better recovery and greater results. On top of that, stretching and warming up helps you avoid any injuries as muscles become warm and more elastic. Here's a sample stretch and warm up routine:



WORKOUT *Rules*

For this workout program to be the successful, there are 3 simple rules you need to follow. Please make sure to read the rules carefully to ensure that you have a full understanding of what you need to do every week before you begin the program.

Rule 1

DON'T FORGET ABOUT CARDIO

Every week, you should aim for 15-30 minutes of cardio in addition to your workouts at the gym. Over the next few pages, we have provided 3 HIIT workouts that you can mix and match every week. Try to perform 1-2 HIIT workouts every week **OR** perform 15 minute low-intensity cardio at the end of your workouts. This can also be done twice a week (it does not have to be performed every day).

Rule 2

DRINK 2-3 LITERS OF WATER A DAY

Water is so important for your overall health, and it also supports your fitness goals by replenishing your muscles and helping them contract better. This is very important for your overall results. Without adequate intake of water, you'll start feeling fatigued and demotivated. One simple thing you can implement into your day is phone notifications every hour notifying you to drink some water.

Rule 3

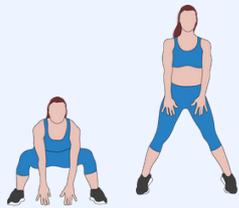
TRACK YOUR STEPS

Whether you lead an active lifestyle or a sedentary one, you should always track your steps. This can be done with smart watches, Fitbits or even free APPS. You can also go old school and track steps with a pedometer that can be purchased online for \$3-10. If you find that you're reaching 8-10,000 steps every day, there is no need for you to add extra cardio (HIIT or low-intensity cardio- Rule 1).

SAMPLE HIIT *Workout*

BODYWEIGHT HIIT WORKOUT (NO REST BETWEEN EXERCISES)

Perform this workout 3-5 times based on your fitness level**



FROG JUMPS

SETS X REPS
1 x 30

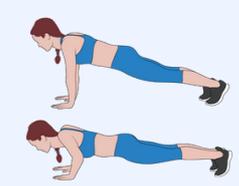
Weights:



SQUAT JUMPS

SETS X REPS
1 x 16

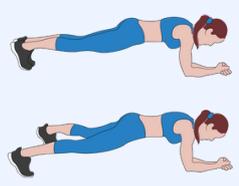
Weights:



PUSH UPS

SETS X REPS
1 x 15

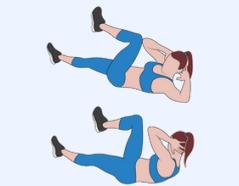
Weights:



PLANK JACKS

SETS X REPS
1 x 8

Weights:



BICYCLE CRUNCHES

SETS X REPS
1 x 30 secs

Weights:



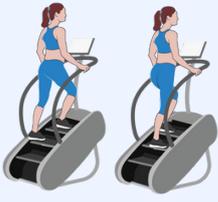
BURPEES

SETS X REPS
1 x 10

SAMPLE HIIT *Workout*

HIIT WORKOUT ON STAIRMASTER

The 4 exercises you see counts as one cycle. Perform each cycle 3-5 times based on your fitness level. Please use speed guidance below exercises to determine how fast you should be walking on the stairmaster.

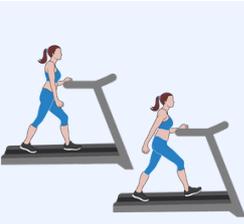
 <p>STAIRMASTER WALK SETS X REPS 1 min</p>	 <p>STAIRMASTER DOUBLE STEP SETS X REPS 45 secs</p>
 <p>SIDE WALK LEFT SETS X REPS 30 secs</p>	 <p>SIDE WALK RIGHT SETS X REPS 30 secs</p>

EXERCISE	BEGINNER SPEED	INTERMEDIATE SPEED	ATHLETE SPEED
Stairmaster walk	6-7	8-9	10-11
Stairmaster double step	10-11	10-11	12-13
Side walk left	7-8	8-9	11-12
Side walk right	7-8	8-9	11-12

SAMPLE HIIT *Workout*

HIIT WORKOUT ON TREADMILL

The 4 exercises you see counts as one cycle. Perform each cycle 3-5 times based on your fitness level. Please use speed guidance below exercises to determine how fast you should be walking on the stairmaster.

	<p>TREADMILL WALK</p> <p>SETS X REPS 1 min</p>		<p>TREADMILL LUNGES</p> <p>SETS X REPS 45 secs</p>
	<p>TREADMILL RUN</p> <p>SETS X REPS 30 secs</p>		<p>TREADMILL SPRINT</p> <p>SETS X REPS 15 secs</p>

EXERCISE	BEGINNER SPEED	INTERMEDIATE SPEED	ATHLETE SPEED
Treadmill walk	5.5	6	6
Treadmill lunges	6	6	8
Treadmill run	8-9	10	11
Treadmill sprint	FASTEST	FASTEST	FASTEST

WEEKLY *Split*

WEEK 1 & 2

MON	LEGS
TUES	BACK
WED	CHEST
THURS	BICEPS & SHOULDERS
FRI	TRICEPS & ABS

WEEK 3 & 4

MON	LEGS
TUES	BACK
WED	CHEST
THURS	BICEPS & TRICEPS
FRI	ABS

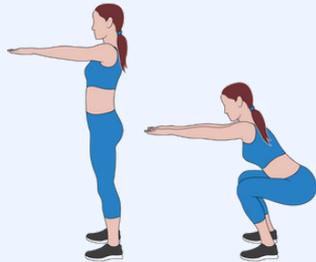
WEEK 5 & 6

MON	LEGS
TUES	BACK
WED	CHEST
THURS	SHOULDERS
FRI	ABS

WEEK 7 & 8

MON	LEGS
TUES	BACK
WED	CHEST
THURS	BICEPS & TRICEPS
FRI	ABS

MONDAY: LEG DAY WORKOUT *Plan*

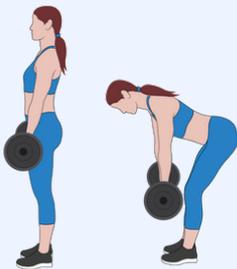


SQUATS

1. Stand straight with feet hip-width apart.
2. Bend your knees and lower down to at least a 90-degree angle. Go as low as you can.
3. Straighten your legs again and lift yourself up.
4. Repeat.

SETS X REPS

WEIGHTS USED:

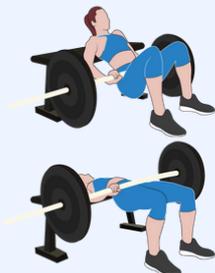


DEADLIFTS

1. Stand with your feet slightly wider than your hips.
2. Gently bend your knees slightly, and bend over to a 90-degree angle with your torso to the floor.
3. Then, push back up to a standing position with your legs rather than your back.
4. Then repeat.

SETS X REPS

WEIGHTS USED:



HIP THRUSTS

1. Sit beside a bench and place the barbell at your hips.
2. Holding the barbell, extend your hips upwards with your heels. Make sure to keep your knees out.
3. Hold the position for three seconds and slowly return back down.
4. Repeat the movement.

SETS X REPS

WEIGHTS USED:

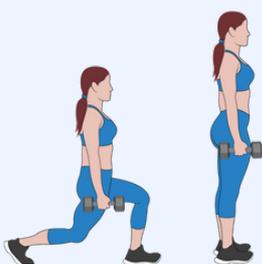


DONKEY KICKS

1. Go down on the floor or a mat, and position yourself on all fours.
2. Put your hands under your shoulders and your knees under your hips.
3. Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip. You should lower your knee without touching the ground and repeat the movement.

SETS X REPS

WEIGHTS USED:



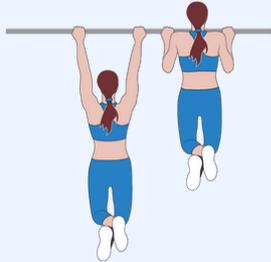
WALKING LUNGES

1. Step forward with one foot until your leg reaches a 90-degree angle.
2. Then, lift your front lunging leg to return to the starting position.
3. Then repeat with the other leg and alternate.

SETS X REPS

WEIGHTS USED:

TUESDAY: BACK WORKOUT *Plan*

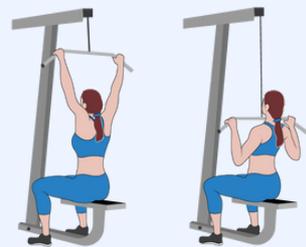


PULL UPS

1. Grip the bar with both hands, palms facing away from you.
2. Make sure your hands are a little more than shoulder-width apart.
3. Lift your feet completely off the floor, crossing your ankles for better balance.
4. Draw your elbows down to your body until your chin is above the bar.
5. As you lower yourself back down, control your release to prevent injury

SETS X REPS 4 X 8

WEIGHTS USED:

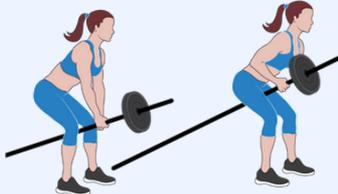


LATERAL PULL DOWNS

1. Grab the bar with an overhand grip just beyond shoulder width at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.

SETS X REPS 4 X 8

WEIGHTS USED:

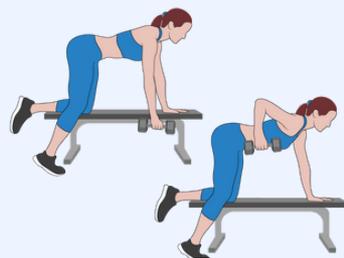


T-BAR ROWS

1. Prepare a barbell by placing weight plates on one of the ends. Stand on top of the barbell with it between your legs.
2. Grab the barbell just under the weight plates and position yourself to a 90-degree angle whilst keeping your shoulders tight back.
3. Then lift the barbell upwards until your elbows fall in line with your back. Repeat.

SETS X REPS 3 X 15

WEIGHTS USED:

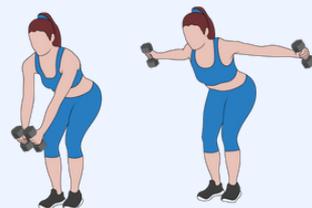


SINGLE ARM ROWS

1. Rest one of your legs on a bench with the other leg slightly bent. Bend over over the bench and grab a dumbbell in your opposite hand.
2. Lift it upwards until your elbow aligns with your back.
3. Lower the weight back down and repeat. Make sure to keep your back and shoulder blades tight through the whole movement.

SETX S REPS 3 X 15

WEIGHTS USED:



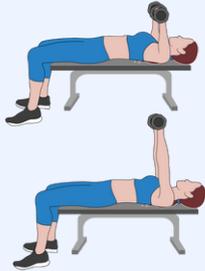
BENT OVER REVERSE FLIES

1. Start by standing with your feet hip-width apart. Holding a dumbbell in each arm, bring your arms straight out in front of you.
2. Slowly spread your arms outwards and apart to a T-shape. Move slowly and with control.
3. Then, bring your arms back to the parallel position. Repeat the exercise.

SETS X REPS 3 X 15

WEIGHTS USED:

WEDNESDAY: CHEST WORKOUT *Plan*



CHEST PRESS

1. Lie down on a bench and arch your back so there is space between the bench and your lower back.
2. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

SETS X REPS 3 X 15

WEIGHTS USED:



INCLINE CHEST PRESS

1. Set the bench to slightly incline.
2. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

SETS X REPS 3 X 15

WEIGHTS USED:

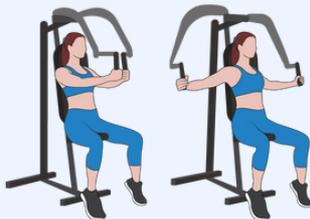


DECLINE CHEST PRESS

1. Set the bench to decline.
2. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

SETS X REPS 3 X 15

WEIGHTS USED:

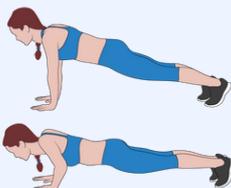


CHEST FLIES

1. Sit down on a chest machine, and adjust your seat so that the handles are 90-degrees to your shoulders.
2. Sit down, and allow space between your lower back and the seat.
3. Grab the handles and pull them in front of you towards each other. Then, release slowly and repeat.

SETS X REPS 3 X 15

WEIGHTS USED:



PUSH UPS

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Lower your body until your chest nearly touches the floor.
3. Pause, then push yourself back up.
4. Repeat.

SETS X REPS 1 X 20

WEIGHTS USED:

THURSDAY: BICEPS AND SHOULDERS

WORKOUT *Plan*

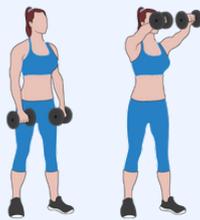


SHOULDER PRESS

1. Hold the dumbbells at shoulder height with your elbows at a 90-degree angle and stand with your feet shoulder-width apart.
2. Lift the dumbbells above your head without fully straightening your arms.
3. When you get to the top, pause.
4. Slowly return to the starting position.

SETS X REPS

WEIGHTS USED:

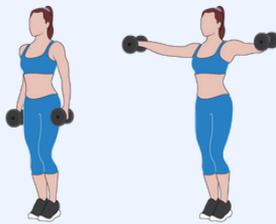


FRONT RAISES

1. Stand with feet about shoulder-width apart. Hold the dumbbells in front of your body with your palms facing back toward the thighs.
2. Lift the weights upward, inhaling, with arms out in front just above your shoulders.
3. Hold that position for a couple of seconds and slowly lower your arms back down.
4. Repeat.

SETS X REPS

WEIGHTS USED:

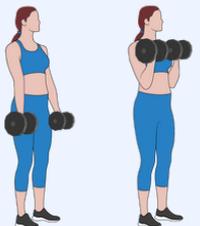


LATERAL RAISES

1. Grab a dumbbell in each hand and stand up straight. Raise your arms simultaneously out and upwards to each side and pause.
2. Make sure to keep your elbows slightly bent and reach no higher than when your elbows reach shoulder height and your body is forming a "T" shape.
3. Then lower arms down and repeat.

SETS X REPS

WEIGHTS USED:

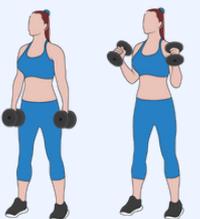


BICEP CURLS

1. Grab dumbbells, stand with your feet together and back straight.
2. Tuck in your elbow at your side and lift the handle from the bottom to your shoulder without moving your elbow away from your torso.
3. Make sure to only move half your arm whilst keeping your upper arms locked.

SETS X REPS

WEIGHTS USED:



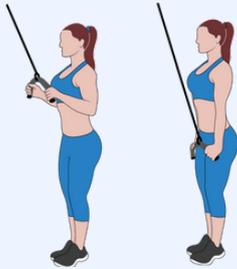
HAMMER CURLS

1. Stand with your back straight and keep your body upright.
2. Your hands should be palms facing your torso.
3. While contracting your biceps, curl the weight forward.
4. Inhale and gradually return the weights to their starting position.

SETS X REPS

WEIGHTS USED:

FRIDAY: TRICEPS AND ABS WORKOUT *Plan*

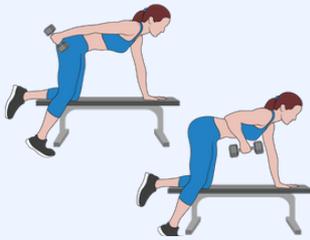


TRICEPS PULLDOWN

1. Grab the rope attachment with both hands in a neutral hold beneath the pulley of a cable station.
2. Pull the rope downwards, keeping your elbows close to your body, until your arms are fully extended. While squeezing your triceps to extend your arms, pause for 2 seconds. Bend your elbows slowly and return your hands to the height of your chest.

SETS X REPS 3 X 15

WEIGHTS USED:

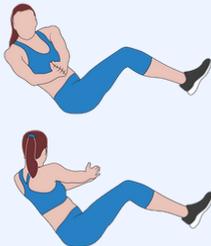


TRICEPS KICKBACK

1. Place one of your legs on a bench whilst keeping your balance by placing one of your arms (from the same side) on the bench too.
2. Grab a dumbbell, lock your elbows at your torso and kick back your lower arm back upwards. Make sure to only move your lower arm and maintain your upper arm stable and locked at the torso. Lower back down and repeat.

SETS X REPS 3 X 15

WEIGHTS USED:

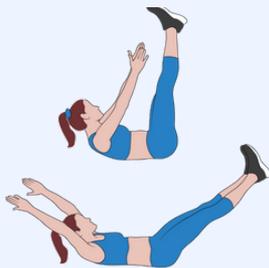


RUSSIAN TWIST

1. Sit down on the floor or a mat.
2. Hold a medicine ball in both hands.
3. Bend your legs slightly so only your heels touch the floor.
4. Twist your head to the right and rotate your torso by moving your arms and medicine ball to the right too. Rotate both torso and head to the other side and alternate.

SETS X REPS 3 X 16

WEIGHTS USED:

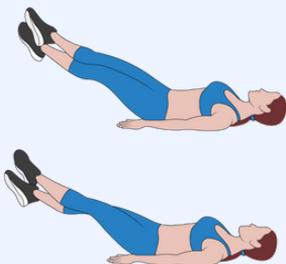


V-UPS

1. Lie on your back with your arms alongside your body. Lift your legs and arms to touch the hands to your toes or ankles.
2. Make sure that your legs are straight throughout the movement. Hold the position, and release back down.
3. Repeat the movement.

SETS X REPS 3 X 16

WEIGHTS USED:



SCISSOR KICKS

1. Lie on your back with your arms at your sides.
2. Lift both of your legs a few inches off the ground and separate them into a "V" shape.
3. Bring both legs together and cross your right leg over the left - just like scissors.
4. Alternate until you've completed all reps

SETS X REPS 3 X 16

WEIGHTS USED:

WEEKLY *Check List*

WEEK 1

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

WEEK 2

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?



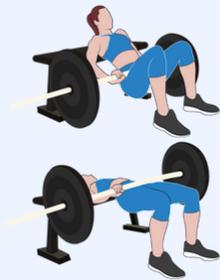
MONDAY: LEGS

WORKOUT *Plan*

KNEELING SQUATS

1. Grab a barbell and place it at the back of your shoulders.
2. Kneel on a mat. Then, lower your butt to your ankles until the back of your thighs touch your calves.
3. Lift upwards again placing the most strain on your glutes.
4. Hold that position for three seconds, and lower back down. Repeat the movement.

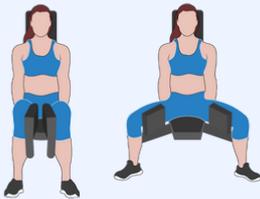
SETS X REPS 4 X 8

WEIGHTS USED: 

HIP THRUSTS

1. Sit beside a bench and place the barbell at your hips.
2. Holding the barbell, extend your hips upwards with your heels. Make sure to keep your knees out.
3. Hold the position for three seconds and slowly return back down.
4. Repeat the movement.

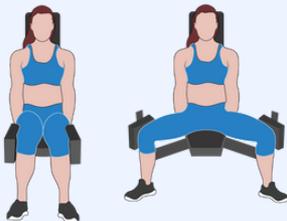
SETS X REPS 4 X 8

WEIGHTS USED: 

HIP ADDUCTORS

1. Sit down on the hip abductor machine and position your arms at the handles on each side.
2. Position your knees on the inner sides of each pad and push outwards whilst squeezing your glutes.
3. Hold for a couple of seconds and release slowly. Repeat the movement.

SETS X REPS 3 X 15

WEIGHTS USED: 

HIP ABDUCTORS

1. Sit down on the hip adductor machine and position your arms at the handles on each side.
2. Position your knees on the outer sides of each pad and push inwards whilst squeezing your inner thighs.
3. Hold for a couple of seconds and release slowly. Repeat the movement.

SETS X REPS 3 X 15

WEIGHTS USED: 

BOX JUMPS

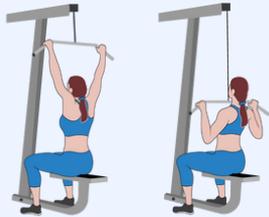
1. Stand with the box one short step in front of you and your feet shoulder-width apart.
2. Bend your knees slightly and drop down, bringing your arms out behind you.
3. Use the momentum from your quarter squat to propel you upward as you jump onto the box, allowing your arms to swing out in front of you.
4. Land softly on both feet with a slight bend in the knees. Step back down and repeat.

SETS X REPS 2 X 20

WEIGHTS USED:



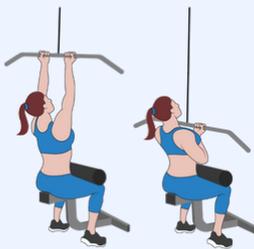
TUESDAY: BACK WORKOUT *Plan*



LATERAL PULL DOWN

1. Grab the bar with an overhand grip just beyond shoulder width at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.

SETS X REPS 4 X 8

WEIGHTS USED: 

REVERSE CLOSE GRIP PULL DOWN

1. Grab the bar closely together with an underhand grip at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.

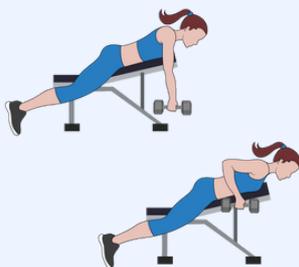
SETS X REPS 4 X 8

WEIGHTS USED: 

SEATED ROWS

1. Sit down on the seated row machine. Grab the close grip handles and tighten your shoulder blades and pull your shoulders backwards.
2. With a straight back and your shoulder blades tight throughout the movement, simply pull the handles towards your chest. Release the handles and move slightly forward whilst keeping your shoulder blades tight. Repeat

SETS X REPS 4 X 8

WEIGHTS USED: 

CHEST SUPPORTED ROWS

1. Grab dumbbells and set up a bench to an incline position.
2. Lie down on the bench facing the floor.
3. Raise your chest up, and holding both dumbbells, lift the dumbbells up to the hip to a 90-degree angle.
4. Lower your arms in a controlled manner. That is one rep.

SETS X REPS 3 X 12

WEIGHTS USED: 

BACK EXTENSIONS

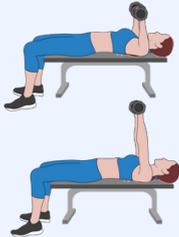
1. Lean over on the back extension machine and straighten your legs behind you. hold a weight plate with your hands on your stomach.
2. Lift your upper back, pressing your hips against the padding whilst keeping head and neck neutral.
3. Hold for 30 seconds. Lower to starting position.

SETS X REPS 3 X 15

WEIGHTS USED:



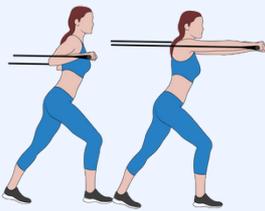
WEDNESDAY: CHEST WORKOUT *Plan*



CHEST PRESS

1. Lie down on a bench and arch your back so there is space between the bench and your lower back.
2. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

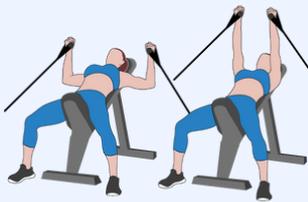
SETS X REPS 4 X 8

WEIGHTS USED: 

CABLE CHEST PRESS

1. Set the cables so that they are at the same height.
2. Grab the handles and step forward away from the cable machine.
3. With one foot forward, push your arms forward in front of you. Hold for three seconds and slowly return to starting position.
4. Repeat for the number of sets prescribed. Make sure to alternate feet between sets.

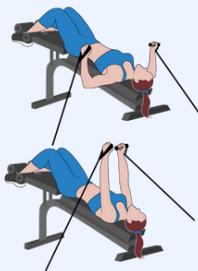
SETS X REPS 4 X 8

WEIGHTS USED: 

INCLINE CABLE CHEST PRESS

1. Set the bench to incline and the cables on the lowest setting. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
2. Then, grab handles and slowly lower towards your chest, and lift back up.
3. Repeat for a number of reps.

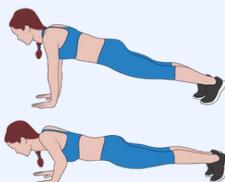
SETS X REPS 4 X 8

WEIGHTS USED: 

DECLINE CABLE CHEST PRESS

1. Set the bench to decline and the cables on the lowest setting. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
2. Then, grab handles and slowly lower towards your chest, and lift back up.
3. Repeat for a number of reps.

SETS X REPS 3 X 12

WEIGHTS USED: 

PUSH UPS

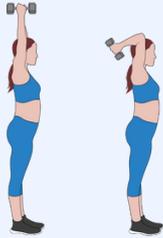
1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Lower your body until your chest nearly touches the floor.
3. Pause, then push yourself back up.
4. Repeat.

SETS X REPS 2 X 25

WEIGHTS USED:



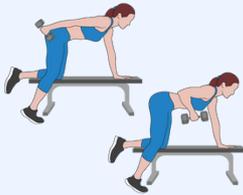
THURSDAY: BICEPS AND TRICEPS WORKOUT *Plan*



SKULL CRUSHERS

1. Grab dumbbells with an overhand grip just inside shoulder-width. Hold them above your head and bend your elbows to lower your hands behind your head.
2. Keep going until you feel an intense stretch in your triceps.
3. Reverse the movement by extending your elbows until they're fully locked out.
4. Repeat

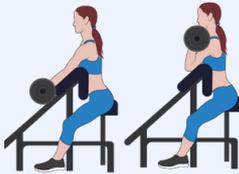
SETS X REPS 3 X 12

WEIGHTS USED: 

TRICEPS KICKBACKS

1. Place one of your legs on a bench whilst keeping your balance by placing one of your arms (from the same side) on the bench too.
2. Grab a dumbbell, lock your elbows at your torso and kick back your lower arm back upwards. Make sure to only move your lower arm and maintain your upper arm stable and locked at the torso. Lower back down and repeat.

SETS X REPS 3 X 12

WEIGHTS USED: 

PREACHER CURLS

1. Sit down on a bicep curl machine and position your elbows so that your hands are slightly off the padding.
2. Grab dumbbells or a small barbell and lift your hands to your chest.
3. Make sure that your elbows do not lift from the padding.

SETS X REPS 3 X 12

WEIGHTS USED: 

HAMMER CURLS

1. Stand with your back straight and keep your body upright.
2. Your hands should be palms facing your torso.
3. While contracting your biceps, curl the weight forward.
4. Inhale and gradually return the weights to their starting position.

SETS X REPS 3 X 12

WEIGHTS USED: 

CONCENTRATION CURLS

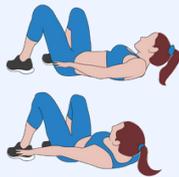
1. Sit on a bench or a yoga ball.
2. Place your elbow on the edge of your inner thigh.
3. Straighten your arm whilst holding a dumbbell.
4. Curl your bicep up towards your chest.
5. Once done an appropriate number of reps, switch arms and repeat the movement.

SETS X REPS 3 X 12

WEIGHTS USED:

FRIDAY: ABS

WORKOUT *Plan*

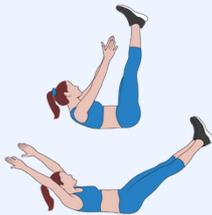


HEEL TOUCHES

1. Lay down with your back on the ground and your knees bent and pointed towards the ceiling. Step
2. With your arms on your side raise your shoulders slightly off the ground.
3. Using your abs rotate your right hand down to your right foot and then back up.
4. Then do the same thing with your left hand.

SETS X REPS 2 X 20

WEIGHTS USED:

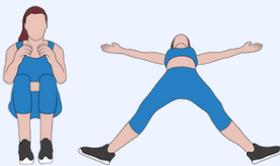


V-UPS

1. Lie on your back with your arms alongside your body. Lift your legs and arms to touch the hands to your toes or ankles.
2. Make sure that your legs are straight throughout the movement. Hold the position, and release back down.
3. Repeat the movement.

SETS X REPS 2 X 20

WEIGHTS USED:



X-MAN CRUNCHES

1. Lie down on your back. Plant your feet on the floor, wider than your hips. Place your arms straight out too so your body makes an X-position.
2. Lift both your arms and legs together at the same time and lift your shoulders off the ground. If you can, try to go into a seated position.
3. Lower down and repeat.

SETS X REPS 2 X 16

WEIGHTS USED:

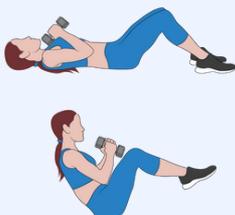


TOE TOUCHES

1. Lie down on a mat or the floor, and lift your legs to a 90-degree angle.
2. Then, keeping your legs straight, try to touch your toes with the tip of your hands.
3. Release back down to the floor and repeat the movement.

SETS X REPS 2 X 20

WEIGHTS USED:



TORTURE TUCKS

1. Lie down on your back with one dumbbell in both hands
2. With the dumbbell on your chest and your legs slightly bent, crunch upward so that the dumbbell touches your knees (without moving your arms forward). Make sure that it is your chest that pushes the dumbbell towards your knees.
3. Lower down and repeat.

SETS X REPS 2 X 12

WEIGHTS USED:

WEEKLY *Check List*

WEEK 3

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

WEEK 4

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

MONDAY: LEGS

WORKOUT *Plan*

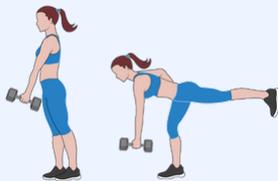


SQUATS

1. Stand straight with feet hip-width apart.
2. Bend your knees and lower down to at least a 90-degree angle. Go as low as you can.
3. Straighten your legs again and lift yourself up.
4. Repeat.

SETS X REPS 2 X 20

WEIGHTS USED:



SINGLE LEG DEADLIFTS

1. Stand with your feet together, holding a weight in each hand in front of your legs.
2. Shift your weight to your right leg, and while keeping a slight bend in your right knee, raise your left leg straight behind your body, hinging at the hips to bring your torso parallel to the floor, and lower the weight toward the floor.
3. Keep your back flat and your core tight during the movement.

SETS X REPS 2 X 20

WEIGHTS USED:



LEG PRESS

1. Sit down on the leg press machine, and place your feet close together at a 90-degree angle.
2. Then push out with your legs until your legs are approx. 90% straight.
3. Hold at the top and return to starting position by bending legs.

SETS X REPS 2 X 20

WEIGHTS USED:



LEG CURLS

1. Lie down on the hamstring curl machine (these can sometimes be seated) and tuck your feet under the feet pads.
2. Then curl the legs inwards towards your bum, hold for a couple of seconds and release back down. Repeat.

SETS X REPS 2 X 20

WEIGHTS USED:



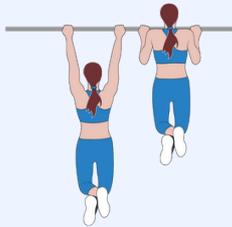
LEG EXTENSIONS

1. Sit in the leg extension machine, and place your feet on top of the feet pads.
2. Then, use your hamstrings to bend your legs to a 90-degree angle.
3. Then return slowly to straight legs and repeat.

SETS X REPS 2 X 20

WEIGHTS USED:

TUESDAY: BACK WORKOUT *Plan*

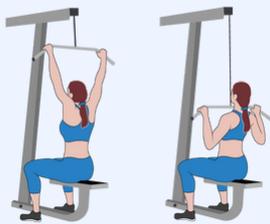


PULL UPS

1. Grip the bar with both hands, palms facing away from you.
2. Make sure your hands are a little more than shoulder-width apart.
3. Lift your feet completely off the floor, crossing your ankles for better balance.
4. Draw your elbows down to your body until your chin is above the bar.
5. As you lower yourself back down, control your release to prevent injury.

SETS X REPS 3 X 15

WEIGHTS USED:

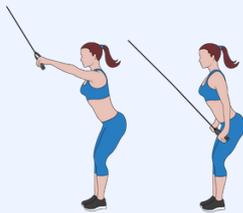


LATERAL PULL DOWNS

1. Grab the bar with an overhand grip just beyond shoulder width at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.

SETS X REPS 3 X 15

WEIGHTS USED:



CABLE PULL DOWNS

1. Set the cable machine by ensuring that the handlebar is attached at the highest level.
2. Stand facing a cable machine with your feet close to each other or together.
3. Holding the handlebar with your hands facing downwards and keeping your arms straight throughout the movement, lower your arms to your thighs. Raise back up and repeat.

SETS X REPS 3 X 15

WEIGHTS USED:

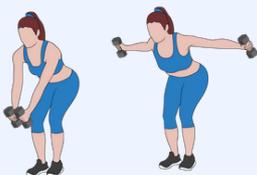


BENT OVER ROWS

1. Grab dumbbells or a barbell, and stand with your hips-width apart. Grab your weights and bend over to a 80-degree angle. Keep your shoulder blades and your core tight.
2. Whilst keeping your back straight, move the weights inwards to your chest. Lower the weights back down whilst constantly maintaining tight shoulder blades and straight back. Repeat.

SETS X REPS 3 X 15

WEIGHTS USED:



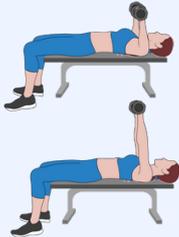
BENT OVER REVERSE FLIES

1. Start by standing with your feet hip-width apart. Holding a dumbbell in each arm, bring your arms straight out in front of you.
2. Slowly spread your arms outwards and apart to a T-shape. Move slowly and with control.
3. Then, bring your arms back to the parallel position. Repeat the exercise.

SETS X REPS 3 X 15

WEIGHTS USED:

WEDNESDAY: CHEST WORKOUT *Plan*



CHEST PRESS

1. Lie down on a bench and arch your back so there is space between the bench and your lower back.
2. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

SETS X REPS 3 X 15

WEIGHTS USED:



INCLINE CHEST PRESS

1. Set the bench to slightly incline.
2. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

SETS X REPS 3 X 15

WEIGHTS USED:

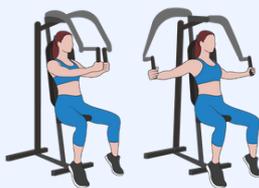


DECLINE CHEST PRESS

1. Set the bench to decline.
2. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

SETS X REPS 3 X 15

WEIGHTS USED:

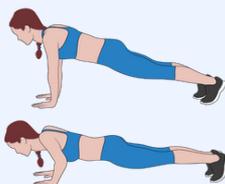


CHEST FLIES

1. Sit down on a chest machine, and adjust your seat so that the handles are 90-degrees to your shoulders.
2. Sit down, and allow space between your lower back and the seat.
3. Grab the handles and pull them in front of you towards each other. Then, release slowly and repeat.

SETS X REPS 3 X 15

WEIGHTS USED:



PUSH UPS

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Lower your body until your chest nearly touches the floor.
3. Pause, then push yourself back up.
4. Repeat.

SETS X REPS 3 X 15

WEIGHTS USED:

THURSDAY: SHOULDERS

WORKOUT *Plan*



SHOULDER PRESS

1. Hold the dumbbells at shoulder height with your elbows at a 90-degree angle and stand with your feet shoulder-width apart.
2. Lift the dumbbells above your head without fully straightening your arms.
3. When you get to the top, pause.
4. Slowly return to the starting position.

SETS X REPS 3 X 15

WEIGHTS USED:

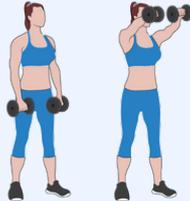


ARNOLD PRESS

1. Sit on a bench holding dumbbells at shoulder height with arms tight to the body, and palms face in. Rotate arms out to the sides. Palms face forward and continue to lift up into an overhead shoulder press.
2. Pause and reverse to go back to the start position with elbows in tight, palms face in at shoulder height.

SETS X REPS 3 X 15

WEIGHTS USED:

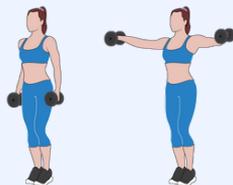


FRONT RAISES

1. Stand with feet about shoulder-width apart. Hold the dumbbells in front of your body with your palms facing back toward the thighs.
2. Lift the weights upward, inhaling, with arms out in front just above your shoulders.
3. Hold that position for a couple of seconds and slowly lower your arms back down.
4. Repeat.

SETS X REPS 3 X 15

WEIGHTS USED:

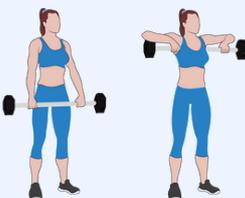


LATERAL RAISES

1. Grab a dumbbell in each hand and stand up straight. Raise your arms simultaneously out and upwards to each side and pause.
2. Make sure to keep your elbows slightly bent and reach no higher than when your elbows reach shoulder height and your body is forming a "T" shape.
3. Then lower arms down and repeat.

SETS X REPS 3 X 15

WEIGHTS USED:



UPRIGHT ROW

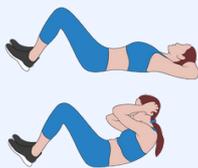
1. Stand with your feet shoulder width apart and your back straight. With your palms facing down and your hands closer than shoulder width apart, grab a barbell.
2. Raise the barbell straight up to your chest while keeping it close to your body.
3. Hold for a few seconds before returning to the starting position. Rep until you've completed the set.

SETS X REPS 3 X 15

WEIGHTS USED:

FRIDAY: ABS

WORKOUT *Plan*



CRUNCHES

1. Hold the dumbbells at shoulder height with your elbows at a 90-degree angle and stand with your feet shoulder-width apart.
2. Lift the dumbbells above your head without fully straightening your arms.
3. When you get to the top, pause.
4. Slowly return to the starting position.

SETS X REPS 2 X 26

WEIGHTS USED:



BICYCLE CRUNCHES

1. Sit on a bench holding dumbbells at shoulder height with arms tight to the body, and palms face in. Rotate arms out to the sides. Palms face forward and continue to lift up into an overhead shoulder press.
2. Pause and reverse to go back to the start position with elbows in tight, palms face in at shoulder height.

SETS X REPS 2 X 26

WEIGHTS USED:



POWER TOWER STRAIGHT LEG RAISES

1. Hanging facing away from the power tower. Slowly, raise your legs to upwards in front of you. Raise them as high as you can. If you're inflexible, 90-degree angle is okay.
2. Slowly lower your legs back down and repeat
3. Keep your legs straight throughout the whole exercise

SETS X REPS 3 X 12

WEIGHTS USED:



POWER TOWER BENT LEG RAISES

1. Hanging facing away from the power tower. Slowly, raise your legs to upwards in front of you. Raise them as high as you can. If you're inflexible, 90-degree angle is okay.
2. Slowly lower your legs back down and repeat
3. Keep your legs bent at 90-degree angle throughout the whole exercise

SETS X REPS 3 X 12

WEIGHTS USED:



POWER TOWER BICYCLE

1. Hanging facing away from the power tower. Slowly, raise one of your legs to upwards in front of you whilst keeping it bent. Raise it to a 90-degree angle whilst keeping the other leg hanging down.
2. Lower your leg and lift the other one. Alternate between both legs creating a 'bicycle' movement.

SETS X REPS 3 X 12

WEIGHTS USED:

WEEKLY *Check List*

WEEK 5

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

WEEK 6

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

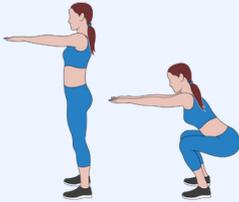
WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?



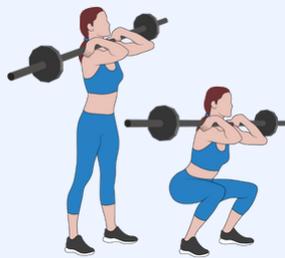
MONDAY: LEGS

WORKOUT *Plan*

SQUATS

1. Stand straight with feet hip-width apart.
2. Bend your knees and lower down to at least a 90-degree angle. Go as low as you can.
3. Straighten your legs again and lift yourself up.
4. Repeat.

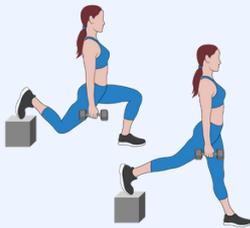
SETS X REPS 3 X 12

WEIGHTS USED: 

FRONT SQUATS

1. Stand straight with feet hip-width apart.
2. Grab a barbell and place it on your shoulders with your hands facing upwards and your fingers under the barbell (on your shoulders)
3. Bend your knees and lower down to at least a 90-degree angle.
4. Straighten your legs again and lift yourself up. Repeat.

SETS X REPS 3 X 12

WEIGHTS USED: 

BULGARIAN SPLIT SQUATS

1. Set up a knee-high platform or bench behind you. Your right leg should be extended behind you and resting on the bench.
2. While keeping a straight spine, lower your right knee slowly to the floor as you would do with a squat until you reach a 90-degree angle with the front leg.
3. Return to the starting position by reversing the move.

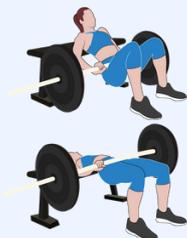
SETS X REPS 3 X 12

WEIGHTS USED: 

KNEELING SQUATS

1. Grab a barbell and place it at the back of your shoulders.
2. Kneel on a mat. Then, lower your butt to your ankles until the back of your thighs touch your calves.
3. Lift upwards again placing the most strain on your glutes.
4. Hold that position for three seconds, and lower back down. Repeat the movement.

SETS X REPS 3 X 12

WEIGHTS USED: 

HIP THRUSTS

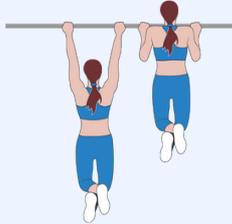
1. Sit beside a bench and place the barbell at your hips.
2. Holding the barbell, extend your hips upwards with your heels. Make sure to keep your knees out.
3. Hold the position for three seconds and slowly return back down.
4. Repeat the movement.

SETS X REPS 3 X 12

WEIGHTS USED:



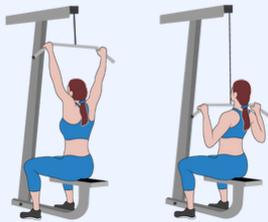
TUESDAY: BACK WORKOUT *Plan*



PULL UPS

1. Stand straight with feet hip-width apart.
2. Bend your knees and lower down to at least a 90-degree angle. Go as low as you can.
3. Straighten your legs again and lift yourself up.
4. Repeat.

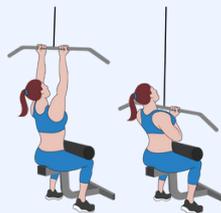
SETS X REPS 3 X 12

WEIGHTS USED: 

LATERAL PULL DOWNS

1. Grab the bar with an overhand grip just beyond shoulder width at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.

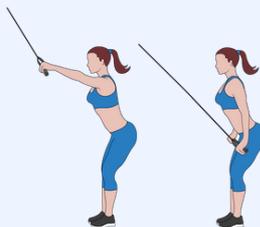
SETS X REPS 3 X 12

WEIGHTS USED: 

REVERSE GRIP PULL DOWNS

1. Grab the bar closely together with an underhand grip at a lat pulldown station. You should have your arms completely straight and your torso upright.
2. Bring the bar to your chest as you pull your shoulder blades down and back.
3. Slowly return to the starting position after pausing.

SETS X REPS 3 X 12

WEIGHTS USED: 

CABLE PULL DOWNS

1. Set the cable machine by ensuring that the handlebar is attached at the highest level.
2. Stand facing a cable machine with your feet close to each other or together.
3. Holding the handlebar with your hands facing downwards and keeping your arms straight throughout the movement, lower your arms to your thighs. Raise back up and repeat.

SETS X REPS 3 X 12

WEIGHTS USED: 

BACK EXTENSIONS

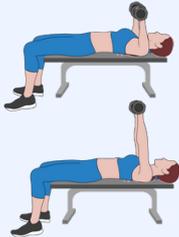
1. Lean over on the back extension machine and straighten your legs behind you. hold a weight plate with your hands on your stomach.
2. Lift your upper back, pressing your hips against the padding whilst keeping head and neck neutral.
3. Hold for 30 seconds. Lower to starting position.

SETS X REPS 3 X 12

WEIGHTS USED:



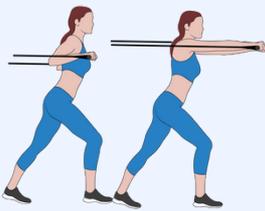
WEDNESDAY: CHEST WORKOUT *Plan*



CHEST PRESS

1. Lie down on a bench and arch your back so there is space between the bench and your lower back.
2. This isolates your chest more.
3. Then, grab a pair of dumbbells or a barbell and slowly lower towards your chest, and lift back up. Repeat for a number of reps.

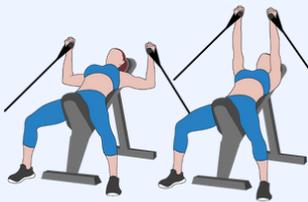
SETS X REPS 4 X 8

WEIGHTS USED: 

CABLE CHEST PRESS

1. Set the cables so that they are at the same height.
2. Grab the handles and step forward away from the cable machine.
3. With one foot forward, push your arms forward in front of you. Hold for three seconds and slowly return to starting position.
4. Repeat for the number of sets prescribed. Make sure to alternate feet between sets.

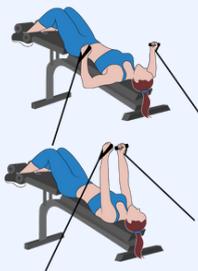
SETS X REPS 4 X 8

WEIGHTS USED: 

INCLINE CABLE CHEST PRESS

1. Set the bench to incline and the cables on the lowest setting. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
2. Then, grab handles and slowly lower towards your chest, and lift back up.
3. Repeat for a number of reps.

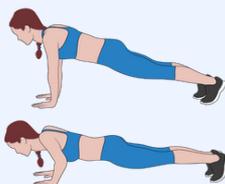
SETS X REPS 4 X 8

WEIGHTS USED: 

DECLINE CABLE CHEST PRESS

1. Set the bench to decline and the cables on the lowest setting. Lie down on the bench and arch your back so there is space between the bench and your lower back. This isolates your chest more.
2. Then, grab handles and slowly lower towards your chest, and lift back up.
3. Repeat for a number of reps.

SETS X REPS 3 X 12

WEIGHTS USED: 

PUSH UPS

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Lower your body until your chest nearly touches the floor.
3. Pause, then push yourself back up.
4. Repeat.

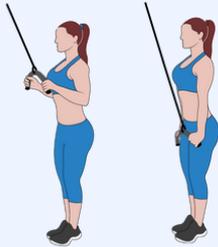
SETS X REPS 2 X 25

WEIGHTS USED:



THURSDAY: BICEPS AND TRICEPS WORKOUT

Plan

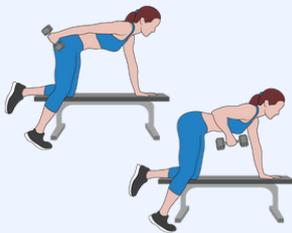


TRICEPS PULL DOWN

1. Grab the rope attachment with both hands in a neutral hold beneath the pulley of a cable station.
2. Pull the rope downwards, keeping your elbows close to your body, until your arms are fully extended. While squeezing your triceps to extend your arms, pause for a 2 second count at the bottom position. Bend your elbows slowly and return, then repeat.

SETS X REPS 3 X 12

WEIGHTS USED:

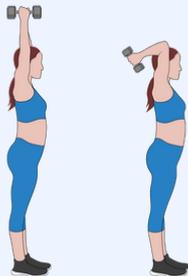


TRICEPS KICKBACKS

1. Place one of your legs on a bench whilst keeping your balance by placing one of your arms (from the same side) on the bench too.
2. Grab a dumbbell, lock your elbows at your torso and kick back your lower arm back upwards. Make sure to only move your lower arm and maintain your upper arm stable and locked at the torso. Lower back down and repeat.

SETS X REPS 3 X 12

WEIGHTS USED:

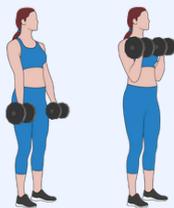


SKULL CRUSHERS

1. Stand with your feet hips width apart.
2. Hold one dumbbells between two hands and hold your arms straight above your head.
3. Slowly bend at the elbows to bring the weights behind your head; pause, then, slowly bring the weights back above your head.
4. Repeat.

SETS X REPS 3 X 12

WEIGHTS USED:

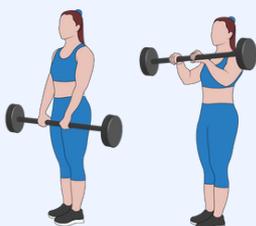


BICEP CURLS

1. Grab dumbbells, stand with your feet together and back straight.
2. Tuck in your elbow at your side and lift the handle from the bottom to your shoulder without moving your elbow away from your torso.
3. Make sure to only move half your arm whilst keeping your upper arms locked.

SETS X REPS 3 X 12

WEIGHTS USED:



EZ BAR REVERSE CURL

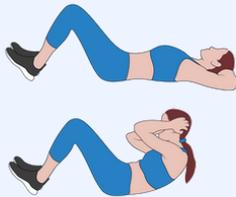
1. Grab an EZ bar and stand with your feet close together or apart if you prefer.
2. Hold the EZ bar with an overbar grip (hands facing down).
3. Lock your elbows at your sides and curl your arms up towards your chest.
4. Lower slowly and controllably, and repeat the movement.

SETS X REPS 3 X 12

WEIGHTS USED:



FRIDAY: ABS

WORKOUT *Plan*

CRUNCHES

1. Grab the rope attachment with both hands in a neutral hold beneath the pulley of a cable station.
2. Pull the rope downwards, keeping your elbows close to your body, until your arms are fully extended. While squeezing your triceps to extend your arms, pause for a 2 second count at the bottom position. Bend your elbows slowly and return, then repeat.

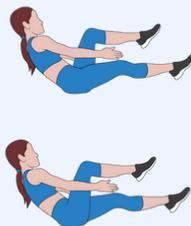
SETS X REPS 2 X 30

WEIGHTS USED: 

BICYCLE CRUNCHES

1. Lie down on your back. Bend your knees and plant your feet on the floor, hip-width apart. Place your arms behind your head, pointing your elbows outward.
2. Lift your knees to 90 degrees and raise your upper body.
3. Exhale and rotate your trunk, moving your right elbow and left knee toward each other. Simultaneously straighten your right leg. Pause. Alternate between each side.

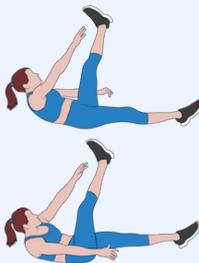
SETS X REPS 2 X 30

WEIGHTS USED: 

CLAPPING CRUNCHES

1. Lie down on your back. Bend your knees and plant your feet on the floor, hip-width apart.
2. Lift your knees to 90 degrees and raise your upper body.
3. Clap with your hands between each leg as you 'cycle' with your legs.
4. Alternate between each side.

SETS X REPS 2 X 30

WEIGHTS USED: 

ALTERNATING V-UPS

1. Lie down on the floor on your back.
2. Lift your right arm and your left leg and try to touch your hand to your foot.
3. Alternate between each arm and leg by raising the opposite leg to the arm.
4. Perform for a number of reps by alternating between each side.

SETS X REPS 2 X 16

WEIGHTS USED: 

DECLINE BENCH SIT UPS

1. Sit up on a decline bench
2. Keeping your hands at your ears, lower down until you are ALMOST touching the bench
3. Hold there for 2-3 seconds and sit back up.
4. Repeat

SETS X REPS 3 X 15

WEIGHTS USED:

WEEKLY *Check List*

WEEK 7

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

WEEK 8

<input type="checkbox"/> MON	<input type="checkbox"/> TUES	<input type="checkbox"/> WED	<input type="checkbox"/> THURS	<input type="checkbox"/> FRID		
---------------------------------	----------------------------------	---------------------------------	-----------------------------------	----------------------------------	---	---

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

RECOVERY *Tips*



HYDRATION

Dehydration can lead to changes in blood volume, organ function, and muscle contraction may occur. As a result, it's critical to replenish water after exercise to allow muscles and organs to heal and prepare for the next workout.

CARBS

Carbohydrates (carbs) replenish glycogen (sugar) stores within the muscles which are important to provide energy for the muscles and help them recover.

PROTEIN

Proteins are vital for muscle growth and recovery, without adequate intake of protein, your progress will be greatly affected.

STRETCH

Flexibility is important as it allows for a whole range of motion of the muscle and joints, but also keeps muscles more pliable and prevents injury. It can also improve circulation and encourages muscle relaxation.

SLEEP

Sleep is vital for post-exercise recovery, and it has shown to significantly improve recovery and athletic performance. Sleep quality increases physical performance, reaction times, overall mood, and fatigue. Make sure to sleep 8 hours a night.

Thank You





Thank You

For more support, contact me on:

 admin@REACHPublishing.org

 www.REACHPublishing.org