

There is a video demonstration of every exercise so you fully understand how to carry out the exercise safely & effectively.

+ 11	+ 12	+ 13	+ 14	+ 15	16	+ 17
<p><input type="checkbox"/> Upper Body 1</p> <p>5 min walk/jog/stride</p> <ul style="list-style-type: none"> ● A1) Standing Single Arm Dumb Bell Shoulder Press 4 10 reps each arm Tempo X - 1 - 3 - 1 Rest 1 min ● A2) Dumb Bell Single Arm Upright Row 4 sets 10 reps each arm Tempo X - 1 - 3 - 1 Rest 1 min ● B1) Swiss ball pressup 1 4 sets 20 Reps tempo X - 1 - 3 - 1 Rest 1 min ● B2) shrug and external rotation 4 sets 20 Reps tempo X - 1 - 3 - 1 Rest 1 min ● C1) Pressup & Twist 3 sets 10 reps each side tempo 1 - 1 - 1 - 1 Rest 1 min ● C2) Pull-up 4 3 sets 20 reps tempo X - 2 - 4 - 1 Rest 1 min <p>5 min Incline treadmill walk</p>	<p><input type="checkbox"/> Lower Body & Arms 1</p> <p>10 min walk/jog/stride</p> <ul style="list-style-type: none"> ● A) Trap Bar Deadlift 1 8 sets 1- 5 reps Temp X - 1 - 3 - 2 Rest 1 - 3 mins Max effort on the last 2 - 3 sets ● B1) lying leg curl machine 4 sets 12 - 15 Reps tempo X - 1 - 4 - 1 Rest 1 min ● B2) Seated Leg Extensions 4 sets 20 Reps tempo X - 1 - 4 - 1 Rest 1 min ● B3) lying tricp extension 3 sets 12 - 15 reps tempo 4 - 1 - X - 1 Rest 1 min ● C1) Lunge and reach 3 sets 8 reps each leg tempo 2 - 1 - X - 1 Rest 1 min ● C2) preacher curl single arm 3 sets 10 reps tempo 4 - 1 - X - 1 Rest 1 min <p>5 min Incline treadmill walk</p>	<p><input type="checkbox"/> HIIT Session</p> <p>10 min warm up bike</p> <ul style="list-style-type: none"> ● A) Bike Sprints 30 seconds flat out high resistance 90 seconds very easy low resistance Repeat 10 times Then steady incline walk on treadmill for 10 minutes 	<p><input type="checkbox"/> Upper Body 2</p> <p>5 min walk/jog/stride</p> <ul style="list-style-type: none"> ● A) Flat Bench PR 8 sets 1 - 6 reps Tempo 4 - 1 - X - 1 Rest 1 min Work up to a single get a PB ● B1) Cable horizontal rows 3 sets 20 reps each side tempo X - 1 - 4 - 1 Rest 1 min ● B2) Cable punch 3 sets 20 Reps each side tempo X - 1 - 4 - 1 Rest 75 Seconds ● C1) Straight Arm Pull Downs 3 sets 20 reps tempo 1 - 1 - 1 - 1 75 seconds ● C2) Dips 1 3sets 12 - 20 reps tempo 4 - 1 - X - 1 75 seconds <p>10 min Incline treadmill walk</p>	<p><input type="checkbox"/> Lower Body & Arms 2</p> <p>5 min walk/jog/stride</p> <ul style="list-style-type: none"> ● A) Safety Bar Squat 1 8 sets 1 - 5 reps Temp 4 - 1 - X - 1 Rest 1 - 3 mins last 2 - 3 sets you need to be giving it 100% get a PB ● B1) hyper extension pulley rows 4 sets 20 reps tempo X - 1 - 4 - 1 Rest 75 Seconds ● B2) overhead trice extension 4 sets 15 - 20 Reps tempo X - 1 - 4 - 1 Rest 75 Seconds ● C1) Standing Single Arm Cable Bicep Curl 3 sets 12 - 15 reps each arm tempo X - 1 - 3 - 1 75 seconds ● C2) Kettle bell rotations 3 sets 20 reps tempo 1 - 1 - 1 - 1 75 seconds <p>10 min Incline treadmill walk</p>	<p><input type="checkbox"/> Rest day</p> <p>Rest day</p>	<p><input type="checkbox"/> Phosphate Runs</p> <p>15 min walk/jog/stride/sprint/stretch</p> <ul style="list-style-type: none"> ● A) Phosphates 40 Meters flat out every 30 seconds repeat 10 times then rest for 3 minutes Repeat 3 times <p>15 min walk/jog/stretch</p>