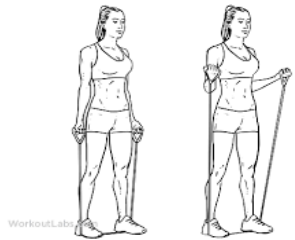


8DAY 4: RESISTANCE (UPPER BODY)

THE FOCUS OF RESISTANCE IS TO BE TONING THE BODY WHILE DEVELOPING SOME LEAN MUSCLE!
FIRST WE START WITH ARMS->CHEST!
WE HAVE INCORPORATED LOTS OF RESISTANCE BAND EXERCISES AS WELL, IT WILL SAY **RB** WHEN
THEY ARE TO BE USED.

NAME	DESCRIPTION	REPS X SETS	DIAGRAM
BICEP CURLS RB	STAND WITH BOTH FEET ON THE RESISTANCE BAND HOLDING BOTH ENDS NEXT TO YO SIDES WITH PALMS FACING FORWARD. SLOWLY CURL HANDS UP TO SHOULDERS, SQUEEZING BICEPS AND KEEPING ELBOWS NEXT TO YOUR SIDES. SLOWLY RELEASE ARMS BACK DOWN TO STARTING POSITION.	10 X 2	 The diagram shows two illustrations of a person performing bicep curls. The left illustration shows the person standing with feet on a resistance band, holding the ends at their sides with palms facing forward. The right illustration shows the person pulling the band up towards their shoulders, with their elbows kept close to their body. A small watermark 'WorkoutLab.com' is visible at the bottom left of the illustrations.
TRICEP DIPS	FIND A CHAIR AND SIT ON IT WITH YOUR PALMS ON IT AND YOUR FINGERS FACING FORWARD. THEN, LIFT YOURSELF OFF THE CHAIR AND LOWER SELF TILL YOUR ELBOWS ARE AT A 90 DEGREES ANGLE AS WELL AS YOUR KNEES. THEN LIFT YOURSELF UP UNTIL YOUR ELBOWS ARE ALMOST STRAIGHT. (THIS COUNTS AS 1 REP)	10 X 2	 The diagram shows two illustrations of a person performing tricep dips using a chair. The left illustration shows the person sitting on the chair with their hands on the edge, palms facing forward. The right illustration shows the person lowering their body until their elbows are at a 90-degree angle, with an orange arrow indicating the downward movement.

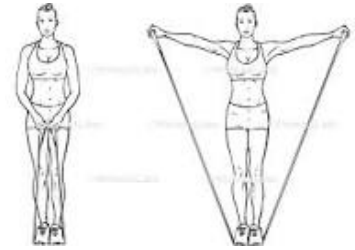
LATERAL
ARM RAISES

RB

PLACE THE ELASTIC BAND UNDER YOUR FOOT THEN GRAB ONE END IN YOUR HAND WHILE KEEPING YOUR ARMS AT YOUR SIDES. PULL YOUR ARM THAT IS HOLDING THE BAND AWAY FROM YOUR BODY AND UPWARDS TO TOWARDS YOUR SHOULDERS. FOCUS ON WORKING YOUR DELTOIDS (SHOULDER MUSCLES).

10 x 3

ON PM

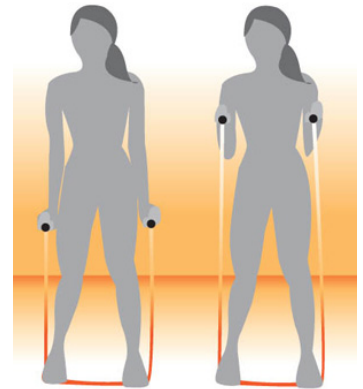


HAMMER
CURLS

RB

STAND WITH YOUR FEET SHOULDER-WIDTH APART. LOOP THE BAND UNDER YOUR FEET, AND HOLD IT IN EACH HAND, WITH YOUR PALMS FACING EACH OTHER. WITHOUT MOVING YOUR UPPER ARMS, BEND YOUR ELBOWS AND CURL THE BAND TOWARD YOUR SHOULDERS.

10 x 2

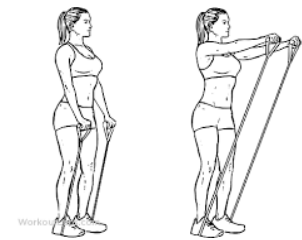


FRONT ARM
RAISES

RB

GRAB A RESISTANCE BAND, LOOP IT UNDER YOUR FEET, AND HOLD IT IN EACH HAND, WITH YOUR ARMS AT YOUR SIDES. RAISE YOUR ARMS STRAIGHT IN FRONT OF YOU UNTIL THEY'RE PARALLEL TO THE FLOOR AND PERPENDICULAR TO YOUR TORSO. YOUR HANDS SHOULD BE AT SHOULDER LEVEL AND THE THUMB SIDES OF YOUR HANDS SHOULD BE FACING UP.

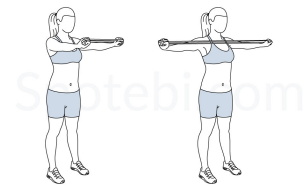
10 x 2



PUSH UPS GET DOWN ON ALL FOURS, PLACING YOUR HANDS 10 x 2
SLIGHTLY WIDER THAN YOUR SHOULDERS.
STRAIGHTEN YOUR ARMS AND LEGS. LOWER YOUR
BODY UNTIL YOUR CHEST NEARLY TOUCHES THE
FLOOR. PAUSE, THEN PUSH YOURSELF BACK
UP. REPEAT.



BAND PULL GRAB THE ENDS OF THE BAND AND PLACE IT IN 10 x 2
RB FRONT OF YOUR CHEST AT ARM'S LENGTH. THEN
PULL THE ENDS APART TO THE SIDES OF YOUR
BODY.



RESISTANCE SIT ON THE FLOOR AND PLACE THE RESISTANCE 10 x 2
ROWS BAND AROUND YOUR FEET. BEND YOUR KNEES
RB AND HOLD THE HANDLES BY YOUR KNEES.
SQUEEZE YOUR SHOULDER BLADES TOGETHER AND
DRAW YOUR ARMS BACK UNTIL THE BAND MEETS
YOUR UPPER RIBS.



DAY 5: RESISTANCE (LOWER BODY)

THE FOCUS OF RESISTANCE IS TO BE TONING THE BODY WHILE DEVELOPING SOME LEAN MUSCLE!
IT ALTERNATES BETWEEN HAMSTRINGS, QUADS AND GLUTES ENDING WITH CALVES!
WE HAVE INCORPORATED LOTS OF RESISTANCE BAND EXERCISES AS WELL, IT WILL SAY **RB** WHEN
THEY ARE TO BE USED.

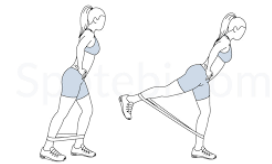
NAME	DESCRIPTION	REPS X SETS	DIAGRAM
ACHILLES TENDON STRETCH	PLACE YOUR HANDS ON THE WALL OR CHAIR. STEP THE LEG YOU WANT TO STRETCH BEHIND YOU. BEND YOUR OTHER KNEE TOWARD THE WALL, KEEPING YOUR BACK LEG STRAIGHT. LEAN TOWARD THE WALL UNTIL YOU FEEL A GENTLE STRETCH IN YOUR CALF. HOLD FOR 30 SECONDS.	UNTIL YOU FEEL PREPARED AND RELIEVED	
LATERAL BAND WALK RB	PLACE A RESISTANCE BAND JUST BELOW YOUR KNEES. BEGIN STANDING WITH FEET DIRECTLY UNDERNEATH YOUR HIPS, AND SQUAT ABOUT HALFWAY DOWN. TAKE A STEP SIDEWAYS TO THE RIGHT AS FAR AS	10 x 3	

YOU CAN. TO FULLY ACTIVATE THE MUSCLE, BE SURE TO STEP ONTO YOUR HEEL, RATHER THAN YOUR TOES. ACTIVELY RESIST THE PULL OF THE EXERCISE BAND AS YOU BRING YOUR LEFT LEG SLOWLY TOWARD YOUR RIGHT, RETURNING TO THE STARTING POSITION.

STANDING
GLUTE
KICKBACK
RB

PLACE A RESISTANCE BAND AROUND YOUR LEGS AT THE ANKLES. PLACE YOUR HANDS ON YOUR HIPS. TIGHTEN YOUR CORE, AND KICK YOUR RIGHT LEG BACK ABOUT EIGHT INCHES BEHIND YOU. RETURN YOUR RIGHT FOOT TO STARTING POSITION, KEEPING TENSION IN THE BAND

15 x 3
EACH SIDE



RESISTANCE
BAND
SQUATS
RB

STAND ON A BAND WITH FEET SHOULDER WIDTH APART AND HOLD THE HANDLES NEXT TO YOUR SHOULDERS SO THE BAND IS BEHIND THE BACK OF YOUR ARMS. SLOWLY SIT DOWN AND BACK INTO SQUAT POSITION KEEPING ABDOMINALS TIGHT AND CHEST LIFTED. PRESS BACK UP THROUGH HEELS, SQUEEZING GLUTES.

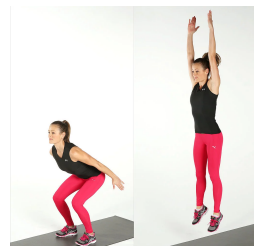
10 x 3



JUMPING
SQUATS

STAND WITH FEET HIP-WIDTH DISTANCE APART, FEET SLIGHTLY TURNED OUT. PERFORM A NORMAL BODYWEIGHT SQUAT, MAINTAINING A TALL SPINE AND BRACED CORE. AS SOON AS YOUR HIP SINKS JUST BELOW THE KNEES, PUSH

10 x 3



YOUR HEELS TO THE FLOOR BY JUMPING AS HIGH AS YOU CAN, AND LAND SOFTLY ON YOUR FEET.

WALLSIT

START WITH YOUR BACK AGAINST A WALL WITH YOUR FEET SHOULDER WIDTH AND ABOUT 2 FEET FROM THE WALL. ENGAGE YOUR ABDOMINAL MUSCLES AND SLOWLY SLIDE YOUR BACK DOWN THE WALL UNTIL YOUR THIGHS ARE PARALLEL TO THE GROUND. ADJUST YOUR FEET SO YOUR KNEES ARE DIRECTLY ABOVE YOUR ANKLES (RATHER THAN OVER YOUR TOES). KEEP YOUR BACK FLAT AGAINST THE WALL.

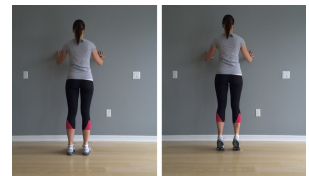
1 MINUTE



WEIGHT BEARING CALF RAISES

STAND UP STRAIGHT WITH YOUR PALMS AGAINST A WALL (TO RELIEVE PRESSURE ON YOUR ACHILLES TENDON), THEN PUSH THROUGH THE BALLS OF YOUR FEET AND RAISE YOUR HEEL UNTIL YOU ARE STANDING ON YOUR TOES. THEN LOWER SLOWLY BACK TO THE START.

10 x 3



KEY NOTES:

- ENSURE TO STRETCH POST WORKOUTS IN THE MATTER OF YOUR CHOOSING AND FOR AS LONG AS YOU FEEL THE NEED TO DO SO.

5 DAY TARGETING WEIGHT LOSS WORKOUT PLAN

HELLO AND WELCOME TO A NEW AND HEALTHY(ER) U! IN THIS WORKOUT PLAN WE HAVE DECIDED TO INCORPORATE MODERATE TO VIGOROUS EXERCISES THAT WILL MEET ALL YOUR AESTHETIC GOALS AS OUTLINED ON YOUR APPLICATION. FIRSTLY, WE'D LIKE TO THANK YOU FOR CHOOSING HEALTHYU AS YOUR WORKOUT AND NUTRITION SUGGESTION PLANNER AND HOPE TO SEE AND SHARE YOUR SUCCESS STORY. TO MEET YOUR GOALS WHICH ARE: HAVING A TONED BODY, INCREASING ENDURANCE AND UPPER BODY STRENGTH AS WELL AS LOSING WEIGHT, WE WILL INDUCE 3 MODERATELY HEAVY CARDIO/ENDURANCE FOCUSED WORKOUTS AND 2 RESISTANCE (UPPER AND LOWER BODY) WORKOUTS. IT IS SAID THAT ON AVERAGE A PERSON MUST BURN 3500 CALORIES MORE THAN THEY CONSUME PER WEEK TO LOSE 1 POUND OF FAT/WEEK. WITH OUR WORKOUT PLAN AND YOUR DEDICATION TO A HEALTH(ER) DIET, THIS WILL BE A BREEZE. YOU HAVE 26 WEEKS UNTIL THEN AND WE HOPE TO MAKE THEM AS FUN, EXCITING AND CHALLENGING AS WE CAN! WE WOULD LOVE YOUR FEEDBACK ON THIS WORKOUT PLAN AND LOVE FOR YOU TO SHARE YOUR SUCCESS STORIES AND RESULTS WITH US AT THE END OF YOUR WORKOUT PERIOD! FEEL FREE TO CONTACT US AT ANY POINT IF YOU HAVE ANY QUESTIONS OR CONCERNS! STAY SAFE AND ENJOY!



A COUPLE OF THINGS BEFORE WE START

EAT NO CLOSER THAN 1 HOUR PRIOR TO YOUR WORKOUT IN ORDER TO HAVE A LIGHT STOMACH DURING YOUR WORKOUTS.

STAY HYDRATED "ACCORDING TO THE AUSTRALIAN INSTITUTE OF SPORTS NUTRITION, IF YOU ARE WORKING OUT, YOU MUST DRINK AT LEAST 8 (236ML) OUNCES OF WATER EVERY 15 MINUTES, WHICH IS ABOUT 0.2 LITERS OR 236 MILLILITERS. YOU MAY DRINK SLIGHTLY MORE WATER IN CASE YOU ARE SWEATING HEAVILY."

TO STAY AT PEAK PERFORMANCE MAKE SURE YOU ARE HYDRATED APPROPRIATELY BEFORE, DURING AND AFTER YOUR WORKOUT AS WORKING OUT INCREASES YOUR METABOLISM. THIS MEANS THAT BOTH YOUR MUSCLES AND DIGESTIVE SYSTEM WILL BE WORKING HARDER TO BURN OFF FAT AND ELIMINATE WASTE. DRINKING WATER AIDS IN ENERGY REPLENISHMENT, HELPS MAINTAIN GOOD KIDNEY HEALTH AND IS ESSENTIAL TO MAINTAIN HEALTHY BOWEL MOVEMENTS. THE MORE HARMONIOUS YOUR DIGESTIVE SYSTEM THE EASIER IT WILL BE TO BURN OFF CALORIES.

DAY 1: ABS & CARDIO

Exercise #1: Abdominals, Serratus anterior, and Leg region.

Name: Modified Half Burpee

Time under tension: 30 seconds

No rest move to the next exercise



No rest

Exercise #2: Abs, Serratus Anterior

Name: Cross over toe reaches

Volume: (30 seconds alternate from side to side) x 2

Notes:



REST 1-2 MINUTES AFTER COMPLETING BOTH SETS OF THE LAST EXERCISE

Exercise #3: Side plan + leg raise

Name: Side Crunch on Bosu Ball + leg raise

Volume: 4 x 30 second intervals

Rest: 15 seconds between sets

Notes: Engage core and do not arch back or lower hips, maintain a straight posture and put your upper body weight onto your shoulder. While holding the side plank, raise your knee while making sure it is parallel to your body's position.



re

REST

Exercise #4: Lower portion of abdominals, rectus femoris, core

Name: Bosu ball lower body leg stomps

Volume: 3 sets of 12

Rest: 1-2 minutes between each set

Notes: make the stomps slow, for more challenging exercise point feet forward and raise and lower your feet without touching the ground.

REST 1 minute

Exercise #4: bosu ball burpees

Name: Bosu ball burpees

Volume: 3 sets of 15 reps

Rest: 1-2 minutes between each set

Notes: squeeze your abs and core as your raise and lower the bosu ball and make sure to concentrate on proper movement. If you feel tired, take a couple seconds rest and jump back in.



End of Abs. Now rest for 10 minutes and start walking on the treadmill

Start with a light jog for 3 minutes

BLOCK 1: 3:00 - 15:00

WHAT TO DO

SPEED (MPH)

1 MINUTE WALK

3 TO 4.5

1 MINUTE JOG

6 TO 7.5

1 MINUTE RUN

8 TO 8.5

repeat 4 times

BLOCK 2: 15:00 - 27:00

1 MINUTE WALK	3 TO 4.5
1 MINUTE JOG	5 TO 6.5
1 MINUTE RUN	6.5 TO 8

repeat 4 times

BLOCK 3: 27:00 - 39:00

1 MINUTE WALK	3 TO 4.5
1 MINUTE JOG	6 TO 6.5
1 MINUTE RUN	7 TO 8.5

repeat 4 times

PERFORM 3 MINUTE COOLDOWN DROPPING 0.5 MPH/
30SECS FROM 5MPH SPEED

DAY 2 : INSANITY WORKOUT CARDIO

ABS(<https://www.facebook.com/wicala/videos/955391481474608>) MY FAVOURITE
WORKOUT AND PERSONAL SUCCESS STORY BEGINS WITH THIS VIDEO.



Day 3: Fat Burning Exercise



Cool Down

Start lowering the
Resistance

intensity @ 2

Intensity @ 1

The cool
down is 90
seconds @ 2,
and 90
seconds @ 1.



This Workout Is Intense

it is important that you push yourself to your own capabilities. The effort level is determined by you with 6 being all out and 1 being extremely easy. you want to feel the burn for those approx 15 minutes as it is a short work out! Make sure you hydrate during the easy bouts if needed. In recent studies research suggests that vigorous intense activity can burn off as much calories as a longer workout despite being 5 times shorter in duration so try to work hard and good luck! The workout will be based on your own personal judgment of intensity on a scale of 0 to 6.



This Workout Is Intense

Level (5-6)

You are breathing heavily and performing on or above 85% of your max heart rate- (166) beat per minute (BPM). At this intensity you will not be able to hold a conversation



MAXIMUM INTENSITY

Level (4-3)

Your breathing is elevated, your heart rate should be between 120-140 BPM. At this intensity you are feeling 'the burn' and while it is challenging you might be able to respond or talk (but with difficulty).



MODERATE INTENSITY

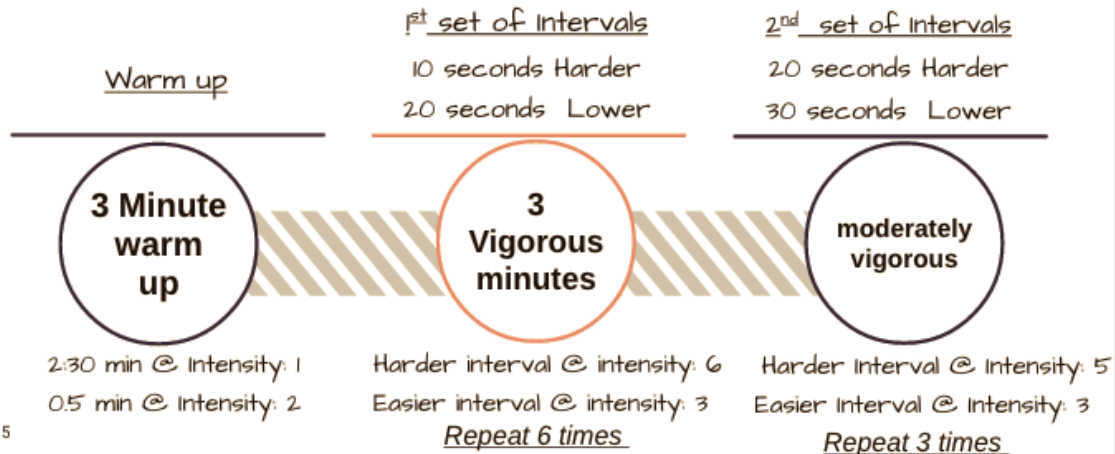
Level (1-2)

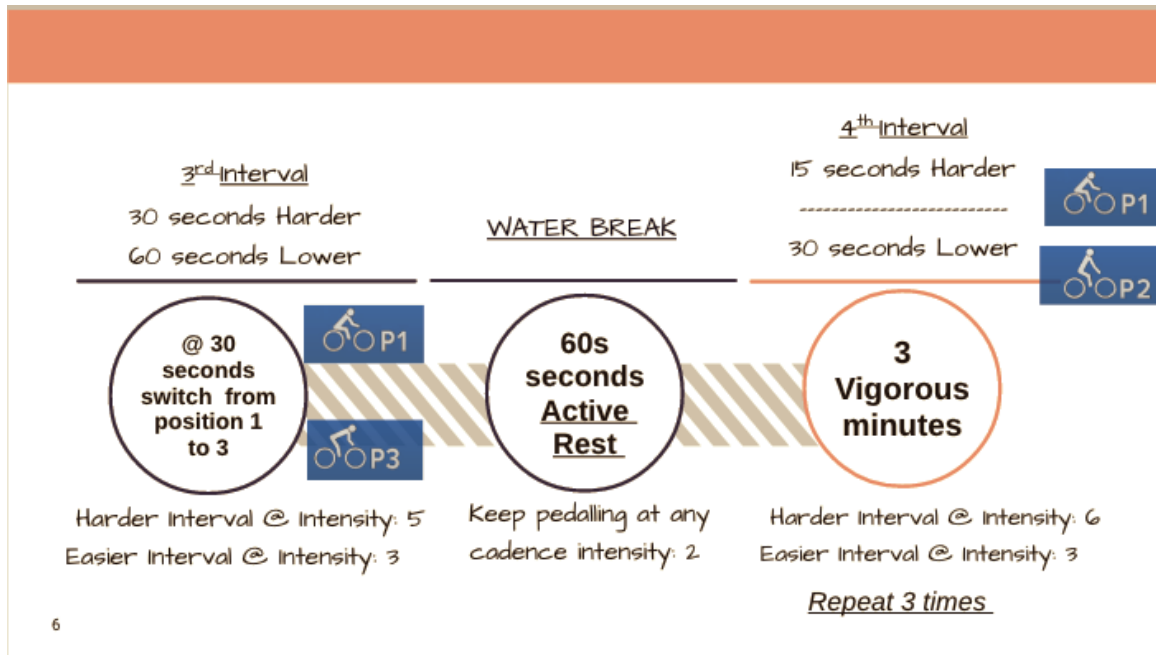
Breathing is slightly elevated but you are able to hold a conversation with ease. At this intensity you are still pedaling, this is also THE ACTIVE REST (!)



LIGHT INTENSITY

Here's The Outline for your Spin Day

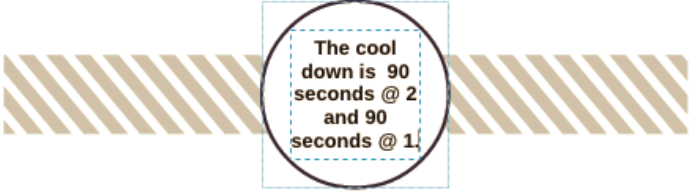






Cool Down

Start lowering the
Resistance
intensity @ 2
Intensity @ 1



The cool
down is 90
seconds @ 2
and 90
seconds @ 1.