

## WHAT WILL I BE DOING?

Throughout this training regime you will be using TWO methods of progress checking as stated above. Using the guidelines that are provided, it is VERY important that you track your progress consistently. Progress photos will be the primary measurement and your body weight will be the secondary. Although you will be tracking your weight, your full attention will be on the change in your photos. The scales do not always necessarily tell “the truth”. Consistently taken photos under the same guidelines however, will not lie.

Progress photos are so important for both self-motivation and keeping track of actual progress. Some changes may not be visible on the scales but may be VERY visible in the mirror, especially for those of you that have a moderate or light starting weight. Without visible progress, it is very easy to lose motivation. Here are some of the transformations both myself and Fresh Fitness have achieved through our training methods.



Monday  
week 6 & 8

# ARMS & ABS

Drop push ups

Plank

Tricep dips (feet raised)

Bent leg raises with hip lift

Weighted squat clean & press

Leg raises with hip raise

Raised leg sit ups with twist

Leg raises

## CIRCUIT ONE

15  
reps

Drop push ups



1  
min

Plank



20  
reps

Tricep dips (feet raised)



25  
reps

Bent leg raises with hip lift



## CIRCUIT TWO

15  
reps

Weighted squat clean & press



15  
steps

Leg raises with hip raise



20  
reps

Raised leg sit ups with twist



20  
reps

Leg raises



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Wednesday

week 6 & 8

# ABS & CARDIO

Snap jumps

Straight leg jackknifes

Skipping

Ab bikes

Burpees

Mountain climbers

Scissor kicks

X jumps

## CIRCUIT ONE

20  
reps

Snap jumps



20  
reps

Straight leg jackknifes



2  
mins

Skipping



15  
reps

Burpees



50  
reps

Mountain climbers (25 each side)



40  
reps

Scissor kicks (20 each side)



40  
reps


Ab bikes (20 each side)

20  
reps

X jumps (10 each side)



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exercise

# *glossary*

# 1. BURPEES

1. Start by standing up with your feet slightly wider than shoulder width apart before bending both your hips and knees. This is called a squat position (see Exercise 2 – Squat).
2. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
3. Kick your feet backwards into push up position resting on the balls of your feet (see Exercise 3 – Push Up). Ensure that your back remains straight and that you stabilise through your abdominal muscles.
4. Transfer your body weight onto your hands and jump your feet inwards and into squat position.
5. From this position, propel your body upwards before landing in a neutral standing position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain 'soft' knees to prevent injury.
6. Repeat.



## 17. SKIPPING

1. Standing on the balls of your feet, hold one skipping rope handle in your right hand and the other in your left. Step your feet in front of the skipping rope to begin.
2. Swing the rope upwards and over your head through small rotations in the wrist.
3. As the rope is about to touch the floor, jump upwards to allow the rope to swing under your feet and behind your body.
4. Repeat.

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## 18. DOUBLE BENCH JUMPS

1. Start by placing one flat bench on either side of you. Stand up on the benches and squat down to see if this feels comfortable and stable – move the benches accordingly.
2. Stand on the floor in between the benches and assume a squat position (see Exercise 2 – Squat) before propelling your body upwards (see Exercise 8 – Jump Squat).
3. Whilst in the air, adjust your legs to allow you to land with one foot on one bench and one foot on the other at the same time into squat position. If this is too difficult, land safely first before squatting.
4. Once you have performed the squat, either step or jump back down onto the floor and repeat. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain 'soft' knees to prevent injury.
5. Repeat.

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## 20. SPLIT SQUATS

1. Place a small bench/step vertically between your feet. Stand on the bench/step and squat down to see if this feels comfortable and stable – move it accordingly.
2. Once the step is in position, assume a neutral standing position on top of it.
3. Propel your body upwards (see Exercise 8 – Jump Squats) and separate your legs so as to land in sumo squat position (see Exercise 45 – Sumo Squat) – with one leg on either side of the bench/step with toes turned out to 45 degrees. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
4. Squat down until your glutes (‘bum’) touches the step.
5. From this position, propel your body upwards, bringing your feet together to land on the step. See above for safety cues regarding landing.
6. Repeat.



## 24. COMMANDOS

1. Start by placing your forearms (wrist to elbow) on the floor and linking your fingers together and resting on the balls of your feet. This is called a plank position. Ensure that your back remains straight and that you are stabilising through your abdominal muscles.
2. Release your right forearm and place your hand firmly on the floor slightly outside of your shoulder and adjusting your body weight accordingly.
3. Push up onto your right hand, followed immediately by your left in the same pattern, and readjust your body weight to the middle.
4. Reverse the pattern above to return to plank position.
5. Repeat, starting with the left hand.



## 26. MOUNTAIN CLIMBER + PUSH UPS

1. Starting in push up position with arms slightly wider than shoulder width apart positioning your body weight over your hands.
2. Keeping your left foot on the floor, bend your RIGHT knee and lift it in towards your chest before extending it.
3. Then place your right foot back on the floor and bend your LEFT leg and lift it in towards your chest.
4. Increase speed so it's as if you are running on your hands.
5. Repeat for as many reps as stated (*never allow the leg that is moving to touch the floor*).
6. After completing the stated number of reps, place both feet together and assume a push-up position.
7. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your arms and lower your torso to the floor until your arms form a 90 degree angle (see Exercise 3 – Push Up)
8. Push through your chest and extend your arms to lift your body back into push up position.



## 34. JUMP LUNGES

1. Start in lunge position (see Exercise 29 – Walking Lunge) with your RIGHT leg forward and LEFT leg back.
2. In one explosive movement, propel your body upwards.
3. Whilst in the air, adjust your legs in order to land in lunge position with your LEFT leg forward and RIGHT leg back.
4. Repeat.

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## 37. SPIDER PUSH UPS

1. Assume a push up position (see Exercise 3 – Push Up) with your feet approximately HIP width apart. Ensure that you stabilise through your abdominals to prevent arching or sinking through your back.
2. As you bend your arms and lower your torso to the floor, release your LEFT leg and lift it towards your LEFT shoulder at a 90 degree angle.
3. At the same time, rotate your shoulders slightly to the LEFT, which will allow you to look at your knee.
4. Hold this position for two seconds before returning your shoulder and left knee to starting position.
5. Repeat on the right side.



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## 40. BENT LEG RAISES WITH HIP LIFT

1. Start by lying flat on your back with your arms extend alongside your body and legs completely extended. *If you are doing these on a bench, hold the bench behind your head firmly with both hands.*
2. Keeping your feet together, contract your abdominal muscles and bend your knees in towards your chest.
3. As your knees approach your chest, lift your hips off the bench slightly.
4. Squeeze in tightly before lowering your hips back onto the bench.
5. Slowly release your legs outwards, making sure that your legs are completely extended before they reach the floor. If on a bench, ensure that your legs are completely extended by the time your legs are in line with the rest of your body.



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## 45. SUMO SQUATS

1. Plant both feet on the floor wider than shoulder width apart – point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. You may choose to extend your arms for balance.
4. Push up through your heels in order to return to starting position.
5. Repeat.



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## 48. WEIGHTED SQUAT CLEAN & PRESS

1. Holding a dumbbell in each hand (I suggest 5 to 8 kgs, depending on your strength), plant both feet on the floor slightly further than shoulder width apart and point your feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes, allowing the weights to gently run down the sides of your legs.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Push up through your heels and, using the power generated by your legs, press the dumbbells up above your head as you return to standing position. Make sure the head of the dumbbells face forwards at all times, so as to prevent hitting yourself as you press them upwards.
5. Gently lower the dumbbells by firstly bringing them into your chest before extending your arms and bringing them down by your sides.
6. Repeat.



## Which is better?

When it comes to choosing one form or cardio over another, most people generally fall into the very controversial conversation of walking versus running versus sprinting. Hopefully I am able to shed some light on this and help make you understand that one form of cardio is not better than any other form; it is merely the goals of the individual that change and therefore their unique need for a specific type of cardio varies.

If we look at the three types I listed above – walking, jogging and running – there are a few simple ways we can differentiate between them. The most important questions to look at are “how many calories do they burn per unit of time?” (ie 30 minutes), “where do these calories come from?” (which energy source is being

predominantly used) and finally, “what hormonal/post exercise effect do they have on your body?”.

In order of most to least: sprinting burns the most calories, then jogging and finally walking per unit of time (i.e. 10 minutes). This is of course because sprinting is higher intensity than jogging and your body is forced to metabolize more energy in that period of time.

Where does the energy (calories) come from?

In order of most to least; walking burns the most fat, then jogging then sprinting per calorie. Without getting too in depth, fat requires oxygen in order to be metabolized for energy. The lower the intensity of exercise, the more available oxygen your body has to be used to metabolize energy. In turn, you can see why sprinting burns the least fat per calorie. Because it is the highest intensity and near your anaerobic threshold (not using any or much oxygen), fat is not as easily used for energy, therefore you will be using your other energy sources such as carbohydrates (glucose or glycogen) for energy.

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## EDUCATION: STRETCHING

### What is stretching?

In the context of health and fitness, to stretch simply means to deliberately lengthen a muscle. For example, a hamstring stretch would be to lengthen your hamstring by leaning forward, reaching down towards the ground and touching your toes (if possible). This lengthens the back of your leg that is your hamstrings.

### Why do we stretch?

Stretching is a commonly overlooked, but very useful aspect of training. Whether you're a fulltime athlete, beginner or somewhere in between, the long list of benefits associated with stretching can have a positive impact on your training. In my experience the benefits of stretching include, but are not limited to, increased flexibility, better muscle condition, burning calories, releasing toxins and preventing injury. I have found, stretching can certainly take your health and fitness to the next level in a short amount of time. Through better muscle condition and greater flexibility, an individual can expect greater ranges of movement, more efficient muscle contraction and greater recovery as a result of a small amount of extra stretching.



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