

COMPLETE NUTRITION,
TRAINING & LIFESTYLE GUIDE

8 WEEK SPRING transformation

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YOUR WEEKLY WORKOUT

Here's an example of what your week could look like

Monday - Day 1

Tuesday - Day 2

Wednesday - Day 3

Thursday - Active Rest

Friday - HIIT/cardio session

Saturday - Day 4

** Ultimately it's your choice on how you would like to structure your workout and cardio days, but ensure that you leave a day for active rest.*

YOUR WARM-UP

Every day when doing the programme you must start with a 5 to 10min warm up and end the training session with a cool down that includes stretches.

WEEK 1 TO 4 IS A "STARTER PROGRAMME" AND IT WILL GET YOUR BODY INTO ACTION. It consists of **supersets** that will challenge your body and burn calories fast.

Weeks 1-4

Also suitable as a beginner programme

DAY 1

SUPERSET 1 (x3)

15 squats with weights &
30 sec skipping
15 push ups on knees
30 sec run steps/stairs
15 shoulder press

SUPERSET 2 (x3)

15 barbell deadlifts
30 sec skipping
walking lunges with
weights, **10 each side**
30 sec run steps/stairs
15 bicep curls with barbell

SUPERSET 3 (x3)

15 ab crunches
30 sec half plank
15 bicycle crunches
30 sec half plank

DAY 2

SUPERSET 1 (x3)

15 Bent over tricep extensions
into shoulder press
10 Bosu squat jumps
15 Good mornings
30 Sec Mountain climbers

SUPERSET 2 (x3)

One leg squat with
weight, 15 each side
10 Bosu squat jumps
Lunge and twist, 15 each side
30 Sec Mountain climbers

SUPERSET 3 (x3)

10 Dumbbell flies into
10 dumbbell press on
Swiss ball
10 Bosu squat jumps
Forward lunges with
bicep curls, 15 each side
30 Sec Mountain climbers

DAY 3

SUPERSET 1 (x3)

15 Plie squat with weight
30 Sec Skipping
15 Burpees into ladies
push up
10 Bosu slides
15 Shoulder press

SUPERSET 2 (x3)

20 Pelvic press on ball
30 sec Skipping
One leg step ups 15 each
side
10 Bosu slides
10 Plie jump squats

SUPERSET 3 (x3)

15 Oblique side lift
30 Sec Plank
15 Bicycles
30 Sec Plank

DAY 4

SUPERSET 1 (x3)

Forward and back lunge
with weight, 10 per side
30 Sec Skipping
15 Squat into upright row
(barbell)
30 Sec Mountain climbers

SUPERSET 2 (x3)

15 Lat pull downs
30 Sec Skipping
15 Push ups
30 Sec Mountain climbers

SUPERSET 3 (x3)

15 Tricep rope push
downs
30 Sec Skipping
15 Bicep rope curls
30 Sec Mountain climbers

SUPERSETTING: Do each superset's movements straight after each other with no rest between. Only rest between supersets

AFTER THE FIRST FOUR WEEKS YOU WILL FEEL STRONGER AND YOUR BODY WILL WANT SOMETHING MORE CHALLENGING. You are now ready to go onto the next four week cycle of this total body training programme.

Weeks 5-8

DAY 1

SUPERSET 1 (x3)

15 Squats into shoulder press
1 min Skipping
Push ups with 1 arm row, 15 each arm
1 min Run steps/stairs

SUPERSET 2 (x3)

One leg deadlift into back lunge, 15 each leg
1 min Skipping
Walking lunges with bicep curl, 15 per side
1 min Run steps/stairs

SUPERSET 3 (x3)

20 Jack knives
1 min Plank
20 Bicycle crunches
1 min Plank

DAY 2

SUPERSET 1 (x3)

12 Tricep push ups into tri push downs
20 Bosu squat jumps
15 Good mornings into overhead arm extension
1 min Mountain climbers

SUPERSET 2 (x3)

One leg squat with touch down into shoulder press, 15 each leg
20 Bosu squat jumps
15 Walking lunges with lateral side raises
1 min Mountain climbers

SUPERSET 3 (x3)

Static lunge with double arm bicep curls, 15 each side
20 Bosu squat jumps
15 Pelvic press hold and dumbbell flies
1 min Mountain climbers

DAY 3

SUPERSET 1 (x3)

10 Plie squat into jump squat with weight
1 Min Skipping
15 Burpee into push up into shoulder press
20 Bosu slides

SUPERSET 2 (x3)

10 Pelvic press on ball, 10 presses, 10 extensions, 10 pulses
1 min Skipping
Barbell bench step ups, 15 each leg
20 Bosu slides

SUPERSET 3 (x3)

20 oblique side pulses into
30 sec plank
20 Squat jumps
20 Jack knives
20 Bicycles

DAY 4

SUPERSET 1 (x3)

Front side and back lunge with weight, 15 per leg
1 min Skipping
15 Squats into upright row
1 min Mountain climbers
15 Wide arm push ups

SUPERSET 2 (x3)

15 Assisted pull ups
1 min Skipping
15 Tricep push up into one arm rows
1 min Mountain climbers

SUPERSET 3 (x3)

15 Deadlift into bicep curls
1 min Skipping
20 Jump lunges
1 Min mountain climbers



WEIGHT IS JUST A NUMBER

Fat loss and weight loss isn't the same thing. Although you can judge progress by a drop on the scale, it's not always accurate in reflecting your true weight loss. Always use measurements and body fat testing in conjunction with tracking your weight.

moves explained:

Squats with weights

Starting: Hold a barbell behind your neck, across the upper back with an overhand grip, or dumbbells by your sides with palms facing inwards. Position your feet hip width apart with toes pointing slightly outwards. Keep your heels planted firmly on the floor and distribute the weight of your body evenly onto both feet. Keep your knees and hips slightly bent.

Movement: Move like you are about to sit down by bending your knees and dropping your bum backwards and downwards. The upper part of your body should bend forward slightly (45° max). Your first movement should be extending your bum backwards as you start to lower your body by bending at the knees. Make this a positive and deliberate movement. Do not arch your back forward on descent or when you return to the start position. Keep your bum 'pointing' backwards and the back straight. Don't descend any lower than where your thighs are parallel to the floor or

at a right angle. Do not extend the knees beyond the tips of your toes as you lower. Change direction and push back up, making sure you keep your knees bent at the top of the movement.

Push up on knees

In the standard push up position, but place knees on floor (beginner). This movement can be a full pushup if you have the strength to do so.

Shoulder press with dumbbell

Starting: Sit on a bench that has a 90° angle back rest. Make sure you are sitting straight up with your back against the chair. Place your feet flat on the floor about shoulder width apart. Your arms and the dumbbells should form a right angle with your shoulders on the way down.

Movement: starting with arms above your head, keeping your arms slightly bent. Slowly lower the dumbbells down till your hands are inline with your shoulders then push back up to the start position.

Barbell Deadlifts:

Starting: Stand bent over, feet shoulder width apart, with a barbell to your front.

Movement: Keeping your back straight and your eyes looking straight ahead of you, slowly begin to lift the weight from the floor whilst keeping the weight close to your legs at all times. Using both your legs and your back to lift the weight, elevate yourself until you are in a standing position and then return to the floor along the same path in which you came up.

Walking lunges with weights

Starting: Hold dumbbells in each hand, palm facing inwards. Keep your pelvis and shoulders parallel and both legs slightly bent. Keep your upper body upright.

Movement: Bend both your legs and slowly lower your body down (taking a large step forward). Keep your upper body upright and tight. Your back foot should lift up at the end of the movement so that only the tip of your toes of the back leg are in contact with the ground.

At the bottom of the movement your front leg should be bent at a 90 degree angle. Do not allow your knees to go over your toes. Push back up to the start position, and lunge (walk) forward with the other leg.

Barbell bicep curl

Starting: Stand with your feet shoulder width apart and knees slightly bent. Hold the barbell with an underhand grip in front of you.

Movement: Lift the barbell in an even and controlled motion all the way up. Make sure your shoulders stay relaxed. Slowly lower the barbell back down to the start position.

Ab crunch

Starting: Sit on the ball, walk your body forward until your hips are just off the ball and your back is over the ball. Keep your feet about shoulders width apart to help you maintain your balance and place your hands behind your head.

Movement: Crunch forward by lifting your shoulder blades off the ball.

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Hold at the top for one second and slowly lower back down to the starting position.

Tip: The more your hips are on the ball the more challenging the exercise. Rolling down further and taking your hips off the ball decreases the range of motion.

WHY CRUNCHES ON THE BALL ARE BETTER

You only use a small and limited range of motion when performing crunches on the floor. When your spine moves your stomach muscles work. Lying on the floor limits the amount that your spine can move, which limits how much your core muscles can work. A simple remedy for this is to do crunches on a stability ball.

Bicycle Crunches

Starting: Lie supine with your hips bent at 90 degrees and your hands behind your head.

Movement: As you curl your body forward, like a crunch, bring your right knee toward your left elbow and extend your left leg out at 45 degrees. While keeping your shoulders lifted off the floor continue alternating from left to right, bringing your opposite knees and elbows together.

Tip: Keeping your shoulders lifted off the floor maintains tension on the abs and works them harder. A slow tempo and fewer reps (15 each side) help more with firming. A faster tempo and more reps (50 each side) help more with 'fat burning'.

Push-ups

Starting: Lie on your stomach (prone) with your hands at shoulder

level and your palms flat on the floor, slightly wider than shoulder-width apart. Place your feet together and parallel to each other. Keep your head in a neutral position to avoid placing any strain on your neck. Keep your legs straight and your toes tucked under your feet.

Movement: Straighten your arms as you push your body up, off the floor. Keep your palms in the same position and keep your body straight. Try not to bend or arch your upper or lower back as you push up. Exhale as your arms straighten until you reach near full extension. Pause for a moment, then lower your body slowly back down toward the ground, until your chest is just above the floor. Bend your arms and keep your hands in a fixed position. Keep your body straight, feet together, knees off the floor and inhale as you bend your arms. Pause for a moment, then execute the next rep.

Jump squat

Starting: Stand in a comfortable squat position with your toes pointed slightly outwards.

Movement: Carefully lower yourself to a full squat position. Focus on contracting your leg muscles to support your weight as you lower your body down. Keep your back straight and lift your chest up and out to help you balance. Contract your leg muscles as hard as possible as you push off the floor to jump as high as you can. Straighten your legs as you jump upwards. Land back in a squat position on the floor. Repeat this for the required reps.

Plank

Starting: Start in push up position on your elbows and knees, while keeping your body straight.

Movement: Slowly lift your knees up off the ground. Focus on keeping your core contracted at all times. Do not allow your back to arch. Hold this position without moving for 10-30 seconds.

Begin with the half plank if you have difficulty holding the full plank for less than 10 seconds. Build up to 30 seconds on the half plank and then graduate to the full plank. Make sure that you keep your body in a straight line. Keep your abs pulled in to stop your back from arching. Use a pad for your knees and elbows for comfort. It is important to include isometric exercises for stomach and abs in your workout routine because they enhance core stability and protect your lower back from excess strain.

Half plank

Perform the half plank with the same form as described in the plank, but balance on your knees and elbows instead of toes and elbows.

Skipping

Begin with the rope on the ground behind you, with your arms relaxed at your sides. Using your wrists, turn the rope. The rest of your arm should be as still as possible. As the rope passes overhead and

approaches your feet jump over it. When jumping stay on the balls of your feet. This helps with agility. Make sure your knees remain slightly bent in order to absorb the shock. The rope will pass under your feet. As it circles around repeat this motion.

Good Mornings

Starting: Stand upright with the barbell placed across your shoulders, with your feet hip-width apart, with a slight bend in your knees.

Movement: Keep your abs tight and your head in a neutral position. Bend forward at the hips, keeping your legs in the same position. Stop when your upper body is parallel to the floor, ensuring that you are looking forwards. Keep your abs contracted throughout the entire movement. Return to the start position and repeat.

Lat pull downs

Starting: Sit on the seat of the lat pull down and adjust the thigh pads so that they fit comfortably. Hold the bar with a wide overhand grip, knuckles up and pull the bar down till you are comfortably seated with your thighs under the pads.

Movement: Keeping your back straight, abdominal and core muscles contracted pull the bar down to about chin level or a little lower in a smooth movement while focusing on squeezing the shoulder blades together. Do not push the arms forward out of the vertical plane in order to drag the bar lower. Slowly return the bar to the start position under constant tension, do not allow the arms to lock out at the top of the movement.

Squat into shoulder press

Perform the squat as described above (either with dumbbell or barbell). Keep barbell in front supported by an under hand grip, or dumbbell either side of shoulders.

"If you don't make changes to the way you take care of yourself then you cannot expect your health to be different or your body shape to change."



When returning upwards from the squat position, push the weight(s) upwards and overhead to perform the shoulder press. Do not lock your elbows in the extended position, ensure that you keep tension in your arms by not locking your elbows.

Push ups with 1 arm row

Starting: Holding dumbbells in each hand, get into a plank position facing the floor, feet extended behind you, balancing your body with your hands on the dumbbells. Keep your back straight and core contracted.

Movement: Perform a push up by lowering your body to the floor and then returning to the start position. Follow this movement with a row, slowly lift one dumbbell upwards into a row, squeezing the shoulder blades together. Return the weight to the mat, perform a push up and then repeat the row movement with the other arm. (beginner: perform this exercise with your knees on the floor) **(Advanced:** perform a push-up between each row)

Run steps/stairs

Run up and down a flight of stairs or steps for the duration indicated.

One leg deadlift into back lunge

Starting: Stand on one leg holding light dumbbells in either hand.

Movement: Keeping your back flat, lean forward at the waist and lift the free leg to the rear in line with the torso. Try to get the dumbbell to reach the ground either side of the leg. Return to the starting position. Take step backwards and lower your body downwards to perform the lunge backwards. Back foot should have toes on the floor and heel off the ground. Make sure that your front leg's knee does not extend over your front toes. Ensure the back remains flat. Keep the leg that you are standing on slightly bent at all times.

Walking lunges with bicep curl

Perform the walking lunge as explained above. Hold a dumbbell in each hand either side. As you step forwards and lower your body downwards, curl the dumbbells upwards with both arms – to be in the curl position as your body is closest to the floor. As you return back upwards lower the weights to the side and take a step forward with alternating leg.

Forward lunge with bicep curl

Perform the forward lunge as explained above, but instead of walking

perform the lunge static (in same spot as you push back upwards). Perform desired reps with one leg, then repeat with the other.

Push-up burpees

Starting: Stand with your feet hip width apart.

Movement: Extend your arms toward the floor and quickly jump down into a squat, landing with your knees bent and hands on the floor. Plant your hands firmly on the floor shoulder width apart. Kick your legs out behind you while supporting your body on your arms and land in a push-up position. Perform one push-up. Bend your arms to lower your body toward the ground and push back up. Jump up and place your feet back under your chest, keeping your knees together. Pull your knees to your chest and plant your feet under you. Jump up, pushing off the ground with your hands and quickly moving into a standing position.

Forward and Back lunge with a weight

Starting: Take a large step forward, holding dumbbells in either hand. Keep your upper body upright.

Movement: Bend both your legs and slowly lower your body down. Keep your upper body upright and tight. Your back foot should lift up at the end of the movement so that only the tip of your toes are in contact with the ground. At the bottom of the movement your front leg should be bent at a 90 degree angle. Push back up to the start position, keeping your knees slightly bent at the top of the movement. Never allow the knees to lock out.

Take a step backwards with the same leg, keeping upper body upright. Lower your body downwards to perform the lunge backwards. Back foot should have toes on the floor and heel off the ground. Make sure that your front leg's knee does not extend over your front toes.

Mountain climbers

Starting: Start in an extended plank position, with your core contracted to ensure a flat back.

Movement: Do not lock out the elbows. Bring one knee out towards your elbow on the same side and then return it back to the starting position without losing your plank posture. Repeat this on the other side. Alternate between sides for the duration of the set.

20 oblique side pulses into 30

sec plank into other side oblique pulses

Starting: Position yourself in the full plank position, with your elbows and toes on the ground, with your abdominals contracted and your back straight.

Movement: Move your left arm out from under your chest and rotate your torso and hips as you swing your arm upwards to complete a pulse. Complete 20 pulses on your left side, before returning to the starting plank position. Hold this for 30 seconds before performing the pulses on your right side using the same technique.

Squat jumps

Starting: Stand with your feet at least hip width apart and place your weight on your heels, with your toes pointed slightly outwards. Bend your knees and lean forward slightly. Hold your hands together in front of your face to minimise the assistance they will provide in this exercise.

Movement: Squat down low so that your buttocks are almost to the level of your knees.

Lift up hard with an explosive movement and as your weight comes onto your toes, use your calf muscles to push your feet off the floor and get as much height as possible.

Land on your toes before coming back down on your heels

Good mornings into overhead arm extension

Form: Stand upright, feet shoulder width apart. Hold dumbbell in each hand, arms bent with dumbbells in line with ears.

Movement: Bend forward so that your upper body is parallel to the floor, extend arms overhead so that they extend to also be parallel to floor. Hold for one count, return arms to starting position and return to upright position. Ensure that your legs are straight during this movement.

Jack knives

Form: Lie supine on a mat with your hands at your side.

Movement: Simultaneously raise your knees in to your chest, bring your upper body

forward and curl your legs in until your knees are touching your chest. Squeeze your abs in this position and then return back to the starting position, with your waist, hips and knees extended.

Tips: Make sure to keep your lower back rounded as you perform the reps, rather than arched.

Bicycles

FStarting: Lie supine with your hips bent at 90 degrees and your hands behind your head.

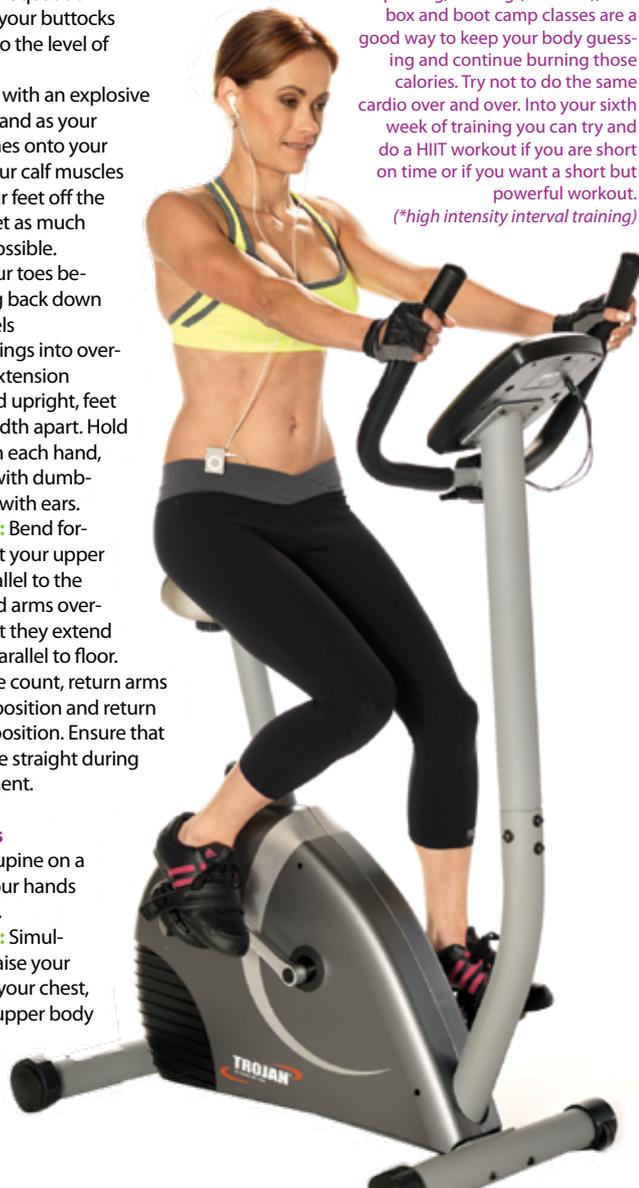
Movement: As you curl your body forward, like a crunch, bring your right knee toward your left elbow and extend your left leg out at 45 degrees. While keeping your shoulders lifted off the floor continue alternating from left to right, bringing your opposite knees and elbows together.

Tip: Keeping your shoulders lifted

» turn page

BURN IT! Cardio

When choosing your cardio session, spinning, running (intervals), kata box and boot camp classes are a good way to keep your body guessing and continue burning those calories. Try not to do the same cardio over and over. Into your sixth week of training you can try and do a HIIT workout if you are short on time or if you want a short but powerful workout. *(*high intensity interval training)*



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off the floor maintains tension on the abs and works them harder. A slow tempo and fewer reps (15 each side) help more with firming. A faster tempo and more reps (50 each side) help more with 'fat burning'.

Front, side and back lunge with weight

Starting: Stand upright holding a dumbbell in each hand by your sides, palms facing inward. If you don't have weights execute the move by placing your hands on your hips.

Movement: Take a big step forward while bending your back knee. In a smooth movement lower your body down toward the floor, until your front knee forms a 90 degree angle with the ground. After a short pause return to the starting position by thrusting upwards, not backwards, and return to the starting position. From here, take a big step out to the side with your right leg, into a side

lunge. Ensure that both feet stay pointing forward at all times and that the knee of your lead leg stays behind your toes. Return back to the starting position and then take a big step backwards, following the same guidelines as a forward lunge, to perform a backward lunge. Return to the starting position and execute a side lunge to the left, following the same guidelines mentioned above. Keep your upper body steady throughout the movement.

Squat into upright row

Starting: Hold an EZ bar, barbell or dumbbell (grip the weight plate not the handle) with an overhand grip in front of you, with your arms relaxed. Position your feet hip width apart with toes pointing slightly outwards. Keep your heels planted firmly on the floor and make sure your weight is distributed evenly on to both feet. Keep your knees slightly bent at all

times.

Movement: Keeping your back, core and abdominal muscles tight and contracted at all times, move as you would when sitting down by bending your knees and dropping your bum backwards and downwards. The upper part of your body should bend forward slightly (45°max). Your first movement should be extending your bum backwards as you start to lower your body by bending at the knees. Do not arch your back forward as you lower yourself down or when you return to the start position. Keep your bum 'pointing' backwards and your back straight. Do not allow the knees to extend beyond the tips of the toes as you lower yourself down. Change direction by push back up through your heels, making sure you keep your knees slightly bent at the top of the movement. As your body nears the starting position, pull the EZ bar or dumbbell upwards, close to your torso, so that your elbows extend up past your shoulders. Return the EZ bar or dumbbell back to its lowered position and repeat the entire movement.

Bosu squat jumps

Starting: Stand over a Bosu ball, legs either side.

Movement: Squat downwards by lowering your body to the floor. Ensure that your knees do not extend over your toes as you're in the lowered position. Jump back upwards (explosive movement) and land on to the Bosu ball. Lower your body downwards and jump explosively up again, landing with legs either side of Bosu ball. Repeat. Keep your core tight and contracted during this movement. Focus on setting a rhythmic pace – ensure that your jumps are explosive and that you push off the floor and the ball as far as you can.

Walking lunges with lateral side raises

Starting: Hold a dumbbell in either hand, palm facing inwards.

Movement: Step forward with first leg. Land on heel then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. As your body is in the lower lunge position, perform the side lateral raise. Together, raise both arms upward while bending the elbows just a little, rather than locking the arms straight at the elbows. Raise the weights no higher than level with the shoulders, a little lower is fine. As you push your body upwards and out of the lunge, lower dumbbells back to your sides

and starting position. Repeat by alternating lunge with opposite legs.

One leg squat with touch down into shoulder press

Starting: Stand on one leg, bend the other at the knee backwards keeping it close to your knee.

Movement: Drop down with your body into a squat position. Lower yourself far enough to touch the floor. Focus on the hamstrings and glutes to do most the work. Ensure other leg is always elevated off the floor and that you do not round your back. Once touched down, push back upwards. As you straighten extend arms upwards into a shoulder press position.

Bosu slides

Starting: Stand next to a Bosu ball, one leg placed on the bosu and the other next to it.

Movement: Lower your body into a squat position. Push back upwards explosively and "jump" to the side so that your body moves over the bosu ball and you land with alternating leg on the bosu ball, into a squat position. Repeat the movement by jumping from side to side over the Bosu Ball. You may use your arms in a swinging motion for this movement. Ensure that your core is tight and contracted throughout the movement.
<http://www.youtube.com/watch?v=6LAioPOM16E>

Wide arm push up

Starting: Get down on your hands and knees. Place your hands on the ground, wider than shoulder-width apart. Straighten your legs out behind you. Keep your arms straight, but don't allow your elbows to lock out completely.

Movement: As you lower yourself down, your elbows should move outwards, away from your body. Inhale slowly as you lower your body down until your chin is about an inch away from the ground. This should take about 2-5 seconds. When your chin and body are an inch off the floor, pause for 1-2 seconds before slowly pushing back up. Exhale as you slowly rise up. Continue the upward movement until your elbows are almost fully straightened.

Assisted pull ups

Starting: Select a weight on the pull up machine in your gym. The closer it is to your bodyweight the easier the exercise will be. Firmly grip the overhead handles with your arms positioned wider than shoulder width apart. Place your knees on the padded leg rest and lower yourself down.

Movement: From the fully extended bottom position, exhale as you pull yourself upwards using your back and bicep muscles to contract. Squeeze the



Get yourself a "back up buddy". Someone who you feel comfortable discussing your progress and fitness ideas with.

"Set aside time to prepare and pack your meals for the day, it's key to a successful routine"

contraction at the top of the movement and hold for a count before slowly lowering yourself down to the starting position.

Alternative: If your gym does not have an assisted pull up machine, ask your training partner to support your legs throughout the movement and offer support when required to complete the movement.

Plie squat with weight.

Starting: Stand with your feet wider than shoulder width apart, toes pointing outwards. Hold 1 dumbbell with both hands to your front, arms extended.

Movement: Lower your body downwards into a squat position ensuring that your knees do not extend over your toes, and that your thighs are parallel to the floor.

Plie squat into jump squat with weight

Starting: Stand with your feet wider than shoulder width apart, toes pointing outwards. Hold 1 dumbbell with both hands to your front, arms extended. Lower your body downwards into a squat position ensuring that your knees do not extend over your toes, and that your thighs are parallel to the floor. Return back to the starting position by explosively jumping upwards and landing with your feet at shoulder width apart. Repeat motion.

Plie jump squats (explosive movement)

Perform the plie squat as described above.

Movement: When pushing back upwards, do so in an explosive movement by jumping back upwards.

One leg step ups

Starting: Stand in front of a flat bench.

Movement: Step up and on to the bench, keeping your core tight and back straight. Step back down to touch the floor and repeat. Switch sides when desired reps are complete.

Barbell bench one leg step ups

Starting: Stand in front of a flat bench with a barbell placed across your back (secure it by gripping either side).

Movement: Step up and on to the bench, keeping your core tight and back straight. Step back down to touch the floor and repeat. Switch sides when desired reps are complete.

Burpee into push up into shoulder

press (Explosive movement)

Starting: Begin in a deep squat position with your hands placed on the floor in front of you and your feet directly under your chest.

Movement: Kick your feet back into a full push up position, execute the push up then immediately return your feet to the starting deep squat position. It is important to get your knees and feet tucked under your chest in this move. From the deep squat position take hold of dumbbells placed in front of you and straighten your body. Perform the shoulder press by extending your arms into the air "pressing" the weight upwards. Lower the weights and return to the deep squat position to repeat the motion.

Tricep push up into one arm rows

Starting: Select two dumbbell weights that you are able to comfortably perform a one arm dumbbell row with. Place them on the floor in front of you, as close together as possible. Move down into the extended push up position, gripping the dumbbells.

Movement: From the starting position perform one complete push up. At the top of the movement pull one dumbbell up towards your rib cage, performing a one arm dumbbell row. Once complete perform another push up before executing a row with the opposite arm and returning to the start position. This is one complete rep.

One leg deadlift into bicep curls

Starting: Stand on one leg holding light dumbbells in either hand.

Movement: Keeping your back flat, lean forward at the waist and lift the free leg to the rear in line with the torso. Try to get the dumbbells to reach the ground either side of the leg. Return to the starting position. When you reach this position perform a double arm bicep curl to complete the movement.

Jump Lunges

Starting: Stand straight up, with your feet shoulder-width apart, but with one foot in front of the other. Your back leg should stand directly under your body, and your forward knee should sit at a ninety degree angle.

Movement: Place your hands on your hips or in front of you. Jump up off the ground, and quickly switch the position of your feet in mid-air. Keep your torso straight. Land in the mirror-image of your original position - your forward leg bent at ninety degrees at the knee and hip, and your back leg directly underneath your body. Bend your knees to absorb the impact - but keep your feet and knees facing



Tracking your progress

TRACKING YOUR FITNESS PROGRESS WILL HELP YOU ACHIEVE YOUR LONG-TERM GOALS. Seeing how far you've come also helps motivate you during difficult times. You won't realise the changes in your physique on a day-to-day basis, which is why it's important to keep track of progress like measurements, body fat percentages and even weight regularly. Your progress chart also serves as a journal that helps you recall what works best for your body.

straight forward. Jump back off the ground, switching your feet to your original position. Repeat.

Bent over tricep extensions into shoulder press

Starting: Grasp a cable bar or rope from a high pulley with a narrow or shoulder width overhand grip. Turn your body away from the pulley machine, bend over at the hips and position the cable bar/rope behind your neck, holding it on each side. Lunge forward with one leg and allow your elbows to be pulled back under the cable's resistance. Keep your back straight.

Movement: Extend your forearms forward until your arms are almost straight with only a slight bend in the elbows. Do not allow the elbows to move from their overhead position. Allow the cable bar or rope to return back to the starting position over your neck and repeat for the required number of sets. Once completed move immediately into a standing dumbbell shoulder press. Pick up two dumbbells in each hand with an underhand grip, position your feet shoulder-width apart. Raise the dumbbells to your shoulders so

that your palms now face forward. Press the dumbbells directly upward and bring them together overhead. Squeeze at the top of the movement and hold for a count before returning to the starting position. Repeat for the required reps.

One leg squat with weight

Starting: Stand with dumbbells at your sides. Balance on one leg and extend the opposite leg straight forward as high as possible. **Movement:** Squat down as far as possible while keeping the raised leg off of the floor. Keep your back straight and the supporting knee pointed in the same direction as the supporting foot. Raise your body back up to the original position until the knee and hip of your supporting leg is almost straight again. Repeat for the required reps before continuing with the opposite leg.

Lunge and twist

Starting: Stand upright with feet positioned together and both hands holding a medicine ball near your chest. **Movement:** Take a large step forward, keeping your pelvis and shoul-

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ders parallel. Slowly lower your body down until your front leg bends at a 90 degree angle and your back foot lifts up at the end of the movement. While executing this move twist your torso, along with the medicine ball, your head and neck to one side. From this position return to the forward facing position before moving your body upwards from your pelvis (not backwards) and return to the starting position. Repeat the lunge with a twist on the other side.

Dumbbell flies into dumbbell press on Swiss ball

Starting: Lie with your head, neck and upper back on a Swiss ball. Place your feet flat on the floor with your knees bent. Hold a dumbbell in either hand with your hands shoulder-width apart, just a few centimetres above your chest. Extend your hands straight up, directly above your collarbone. Do not lock your elbows at the top of the movement. Your palms should face one another and your wrists should be straight.

Movement: Lower the dumbbells out to the side in a semicircular movement. As the dumbbells are lowered allow your arms to bend a bit more. Depending on your flexibility, you can lower the dumbbells to shoulder level or a few centimetres lower. As you lift the dumbbells up together, visualise hugging a giant tree trunk. At the peak of the movement focus on squeezing your chest muscles together for a second. Complete the required reps, then immediately switch to a dumbbell press by bringing your elbows down and rotating the dumbbells so that the weight plates on the inside of the dumbbells face each other. The dumbbells should now rest in line with your collarbones. From this position extend your hands straight up, directly above your collarbone. Do not lock the elbows at the top of the movement. Slowly lower the dumbbells back down to the starting position.

Pelvic press on ball

Starting: Lay supine (face up) on the floor. Place your arms out to the side.

Bend your legs at the knee and place your feet on a Swiss ball, so that your thighs make a 45 degree angle with the ball. Ensure that your feet are planted firmly on the ball and that your lower back, hips and buttocks are lifted off the ground.

Movement: Press through the bottom of your feet and slowly lift your pelvis toward the ceiling. Thrust the pelvis upward, using the legs as a stabiliser, but let the pelvis do the lifting. When you reach the top of the pelvic press movement, return to the starting position and repeat. At the end of the required reps hold at the top position and perform 10 pulses, which are smaller hip thrusts. Return to the start position and repeat.

Oblique side lift right and Left

Starting: Stand side on to a low pulley machine, grasp the cable handle with the arm nearest the pulley and stand ready with your arm straight.

Movement: Bend your waist to the opposite side of the cable then lower yourself back to the starting position and repeat for the required reps before switching sides.

Variations: This exercise can also be done holding dumbbells in each hand in an alternating fashion.

Tricep rope push downs

Starting: Facing the high pulley machine, grasp the rope attachment with clinched hands and your palms facing in. Tuck your elbows in to your sides. You can stand with your feet together, or staggered for heavier weights.

Movement: Push your arms downward by extending at the elbows. Turn your palms down at the bottom of the movement to get a squeeze in the triceps. Hold at the bottom of the move for a count before returning to the starting position.

Bicep rope pulls

Starting: Facing the low pulley machine, grasp the rope attachment with clinched hands and your palms facing in. Tuck your elbows in to your sides. You can stand with your feet together, or staggered for heavier weights.



Your vision board

SETTING UP A 'VISION BOARD' WILL HELP KEEP YOU FOCUSED ON YOUR GOALS. Your vision board should contain images of physiques and personalities that inspire you. It's not only limited to physiques though, you can include images of healthy recipes and other active shots that will assist with getting you in a fitness mood. Combine these with powerful words or motivational quotes.

Movement: Pull your arms upward by flexing at the elbows. Turn your palms up at the top of the movement to get a squeeze in the biceps. Hold at the top of the move for a count before returning to the starting position.

Tricep push ups into tri push downs

Starting: Move down into the extended push up position, with your hands placed slightly narrower than shoulder-width apart, with your fingers pointing forward and your hands under your chest.

Movement: From the starting position push yourself off the floor and extend your arms. Do not lock your elbows out at the top of the movement. Pause and hold at the top of the movement before returning to the starting position. Complete the required reps before standing up in front of a high pulley machine. Grasp the bar with an overhand grip. Push your arms downward by extending at the elbows. Be sure to keep your elbows tucked in by your sides throughout the entire movement.

Static hold lunge with double arm bicep curls

Starting: Stand with dumbbells in either hand and take a step forward (like a lunge) to position your feet far apart. Ensure your toes all point in a forward direction and that your legs are in line with your hips.

Movement: Flex the knee and hip of the front leg and allow the heel of your rear foot to rise up while the knee of your rear leg bends slightly. Lower the back leg down until it almost makes contact with the floor. Ensure that the knee of the front

leg does not move over the tips of your toes during the movement. The front leg should make a 90 angle with the ground at the bottom of the movement. As you lower yourself down curl the dumbbells up towards your shoulders. Keep your elbows tucked in close to your sides. Return to the original standing position by thrusting upward at the hips and extending the knee of your forward leg. Repeat for the required reps before switching sides.

Pelvic press hold & dumbbell flies

Starting: Lay supine (face up) on the floor, holding dumbbells in either hand. Position each dumbbells out to the side, in line with your shoulders, with your palms facing up and your elbows slightly flexed. Bend your legs at the knee so that your thighs make a 45 degree angle with the floor. Ensure that your feet are planted firmly on the ground.

Movement: Press through the bottom of your feet and slowly lift your pelvis toward the ceiling. Thrust the pelvis upward, using the legs as a stabiliser, but let the pelvis do the lifting. When you reach the top of the pelvic press movement hold that position while you lift the dumbbells up in a semicircular movement. As you lift the dumbbells up together, visualise hugging a giant tree trunk. At the peak of the movement focus on squeezing your chest muscles together for a second. As the dumbbells are lowered allow your arms to bend a bit more until they almost reach the ground again. Hold that position as you lower your pelvis and repeat the movement. **f**