



fitness magazine STUDIO™

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Lets hit it!

OVERVIEW

At the moment, my training is very generalised (strength, fitness, shaping, toning, endorphin rush). I love focusing on my whole body each week and I incorporate strength, resistance, functional and HIIT style training in almost all of my workout sessions each week. Each session can be anything from 45-60 minutes long – it just depends on how much time I have. If you are tight for time, aim to do as much as you can in the time that you have (2 rounds per circuit) while still focusing on great form – quality over quantity! I love how each workout makes me feel challenged, strong and accomplished and I cannot wait for you to be moving like me for an entire week!

This is a GYM based program, but if you'll be training like me from home, I have gone ahead and included alternative exercises for you.

TRAINING FROM HOME:

You will need a pair of dumbbells, a long resistance band, an exercise mat and a booty band (optional).

What this week looks like...

- MONDAY:** Booty & Hamstrings
- TUESDAY:** Upper body
- WEDNESDAY:** Full Body HITT & ABS
- THURSDAY:** Legs
- FRIDAY:** LISS cardio & Abs
- SATURDAY:** Full Body & Metcon



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MONDAY: Booty & hamstrings

Warm up: 5-8 minute steep cline walk / light jog

Round	Exercises
Activation circuit: (banded / body weight)	Do 1-2 rounds 1.) 10 banded squats 2.) 10 banded double pulse squats 3.) 10 banded squat pulses 4.) 20 banded sumo jack jumps
CIRCUIT 1:	Do 3-4 rounds 1.) 15 smith machine reverse lunges - per leg / AT HOME: dumbbell / barbell reverse lunges - per leg 2.) 15 weighted glute bridges (shoulders elevated) 3.) 15 half rep full rep straight leg deadlifts 4.) 15 banded kickbacks - per leg
CIRCUIT 2:	Do 3-4 rounds 1.) 15 lying hamstring curls / HOME: dumbbell lying hamstring curl 2.) 15 kettlebell / dumbbell sumo squats 3.) 15 kettlebell / dumbbell slow sumo squat pulses 4.) 20 sumo jack jump hops



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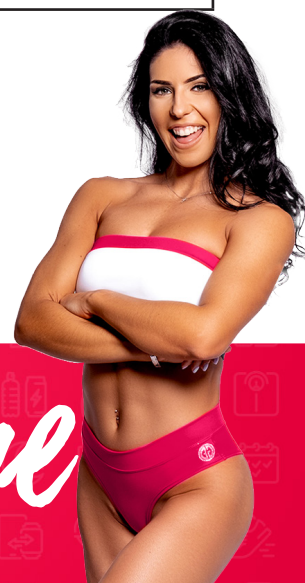
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TUESDAY: Upper body

	Round	Exercises
WARM UP CIRCUIT:	Do 1-2 rounds 30s WORK, 10s REST	1.) Kettlebell swing / HOME: dumbbell swing 2.) Inchworm shoulder tap 3.) Dumbbell hammer curl double press 4.) Push-up knee to elbow
CIRCUIT 1:	Do 3-4 rounds	1.) 15 Lat pulldown / HOME: band lat pulldown / wide dumbbell row 2.) 15 Barbell underhand grip row / HOME: dumbbell underhand grip row 3.) 15 seated dumbbell curls 4.) 15 seated overhead tricep extensions
CIRCUIT 2:	Do 3-4 rounds	1.) 15 seated dumbbell shoulder press 2.) 15 dumbbell upright row 3.) 10 single arm lateral raises 4.) 20 tricep dips
CIRCUIT 3:	Do 3-4 rounds	1.) 20 rope face pulls / HOME: band face pull / dumbbell reverse flies 2.) 15 plate / dumbbell front raises 3.) 15 rope pullovers / HOME: band pullovers / dumbbell pullovers 4.) 15 plate ½ rep full rep curls 5.) 20 overhead tricep rope extensions / HOME: lying down overhead tricep extensions



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WEDNESDAY: Full body HIIT

Warm up: 5-8 minute steep cline walk / light jog

	Round	Exercises
<i>FULL BODY HIIT</i>	30s WORK, 10s REST Do 3-4 rounds	1.) Dumbbell sumo squat upright row 2.) Box jumps 3.) Push into 4 mountain climbers 4.) Jump lunge sumo jack slam 5.) Lateral raise into side squat front raise 6.) Step up and overs 7.) Weighted v-ups 8.) Butterfly sit-ups
<i>ABS</i>	Do 3-4 rounds	1.) 15 bosu / normal sit ups 2.) 10 bozu / normal single leg toe touch - per side 3.) 30-60s feet on bozu / step plank hold
<i>EXTRA ABS</i>	Do 2-3 rounds	1.) 30s WORK, 10s REST 2.) Sit up knee tuck 3.) Big flutter kicks 4.) Lying leg raise into reverse crunch 5.) Hand to elbow plank



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THURSDAY: Legs

Warm up: 5-8 minute steep cline walk / light jog

	Round	Exercises
WARM UP CIRCUIT:	Do 1-2 rounds	1.) 20 walking lunges - per leg 2.) 15 goblet squats 3.) 10 squat shuffles – per side 4.) 5 Burpees
CIRCUIT 1:	Do 3-4 rounds	1.) 15 Leg extensions / HOME: dumbbell leg extension with split second hold at the top 2.) 10 Side squat reverse lunge knee ups - per side 3.) 10 Double pulse goblet squat 4.) 30-60s weighted squat hold
CIRCUIT 2:	Do 3-4 rounds	1.) 12 Barbell back squats / HOME: dumbbell squats 2.) 10 Step ups - per leg 3.) 15 dumbbell straight leg deadlifts 4.) 30-60s of 2 squat jumps into 2 jumping lunges
CIRCUIT 3:	Do 3 rounds	1.) 20 leg press / HOME: 10 side step up – per leg 2.) 15 calf press on leg press - toes pointing outwards / HOME: sumo squat hold heel raises 3.) 10 single leg calf raise - per leg 4.) 25 body weight calf raises - toes pointing forward



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FRIDAY: LISS cardio & abs

	Round	Exercises
CARDIO	30-60 minutes	Steep incline walk / stepper/ outdoor walk. Keep your heart rate at a steady rate My favorites: Treadmill incline 10-15 on speed 4,8-5 or Stepper on steep 8
ABS	Do 3-4 rounds 30s WORK, 10s REST	1.) Single side bicycle crunch - right side 2.) Single side weighted toe touch - right side 3.) Dumbbell sit-ups 4.) Single side bicycle crunch - left side 5.) Single side weighted toe touch - left side



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