

fitness magazine STUDIO

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Lets hit it!

OVERVIEW

In a week, my primary focus is to ensure I work my body from head to toe while incorporating 1 to 2 cardio sessions in between. I believe that a sustainable approach means dedicating a realistic time frame for training sessions while still covering all my bases, so my workouts are shorter, ranging from 30 to 60 minutes and includes warming-up and stretching. To increase overall calorie burn and keep my heart rate up I perform active recovery during most rest periods.

EQUIPMENT

The bare minimum equipment required is an exercise mat, dumbbells ranging from 2kg to 10kg and resistance bands. You can also incorporate kettlebells and dumbbells when appropriate. I monitor rest periods religiously, so you'll want to have some kind of timer, stop watch or clock handy.

What this week looks like...

- MONDAY:** Quads, Shoulders & Abs
- TUESDAY:** 20 Minute Cardio HIIT
- WEDNESDAY:** Chest, Hamstrings & Triceps
- THURSDAY:** 20 Minute HIIT & Calves
- FRIDAY:** Back & Biceps
- SATURDAY:** Glutes
- BONUS:** 5 Minute Full Body at Home Warm Up



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MONDAY: Quads, Shoulders & Abs

WARM UP

Perform a 5-minute cardio based (power walking, running, cycling) or full body warm up.

QUADS

1. WARM UP X 2 sets 20 x Body Weight Squats
2. TRISET X 3 sets
 - a. 12 x DB Squat to Reverse Lunge (alternating)
 - b. 20 x DB Side Lunge Alternating (alternating)
 - c. 10 x DB Kneeling Lean Back
3. FINISHER X 3 sets (no rest between sets)
 - a. 20 second wall squat
 - b. 10 x jump squats

SHOULDERS

1. WARM UP X 1 set a. 20 x Resistance Band Pass Through
2. TRISET X 3 sets
 - a. 15 x DB Shoulder Press
 - b. 15 x DB Lateral Raise
 - c. 30 x High Plank Shoulder Taps
3. FINISHER X 1 set
10 x 5 Jumping Jacks + 1 Squat Thrust

ABS

1. TRISET X 4 sets
 - a. 10 x Jack Knife
 - b. 10 x Russian Twist
 - c. 10 x Knee Tucks Off Bench
2. FINISHER X 4 sets Tabata
20 second Ab Compression
with a 10 second rest

STRETCH

Complete your workout with 5 minutes of stretching, focusing on the muscles worked.



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TUESDAY: 20 Minute Cardio HIIT

This is a TABATA HIIT workout made up of 4 Supersets. Perform the first exercise in a superset for 20 seconds max effort followed by a 10 second rest, move on to do the same for the second exercise in the superset. Repeat the superset with no additional rest for 4 total rounds.

Rest 1 minute between supersets.

WARM UP

Perform a 5-minute cardio based (power walking, running, cycling) or full body warm up.

SUPERSET 1 x 4 sets

20 seconds on, 10 seconds off x 4 rounds

a) 2 Jumping Jacks + 2 Punches

b) Burpee

Rest 1 minute between sets

SUPERSET 2 x 4 sets

20 seconds on, 10 seconds off x 4 rounds

a) Skaters

b) High Plank Jacks

Rest 1 minute between sets

SUPERSET 3 x 4 sets

20 seconds on, 10 seconds off x 4 rounds

a) 4 Punches + 2 Side Kicks

b) Mountain Climber

Rest 1 minute between sets

SUPERSET 4 x 4 sets

20 seconds on, 10 seconds off x 4 rounds

a) Speed Bag

b) Side to Side Hop

Perform active recovery to bring the heart rate down before stretching.

STRETCH

Complete your workout with a 5 minute full body stretch.



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WEDNESDAY: Chest, Hamstrings & Tris

Rest periods between sets are 40 to 60 seconds throughout unless stated otherwise.

WARM UP

Perform a 5-minute cardio based (power walking, running, cycling) or full body warm up.

CHEST

a) WARM UP X 2 sets

a. 10 x Band Pass Through
b. 10 x Band Openers

b) TRISET X 3 sets

a. 12 x Side to Side Push Up (alternating)
b. 20 x DB Cross Body Raise (alternating)
c. 15 x DB Fly

c) FINISHER X 4 sets

Tabata (20 seconds work 10 seconds rest)
Clap Push-Ups at the Wall

HAMSTRINGS

1. WARM UP X 1 set

20 x Band Deadlift

2. TRISET X 3 sets

a. 12 x DB Single Leg Deadlift (per side)
b. 20 x DB Marching Bridge (alternating)
c. 15 x DB Feet Elevated Bridge

3. FINISHER X 4 sets (15 seconds rest between sets)

8 x Gliding Disc or Towel
Hamstring Curl

TRICEPS

1. TRISET X 4 sets

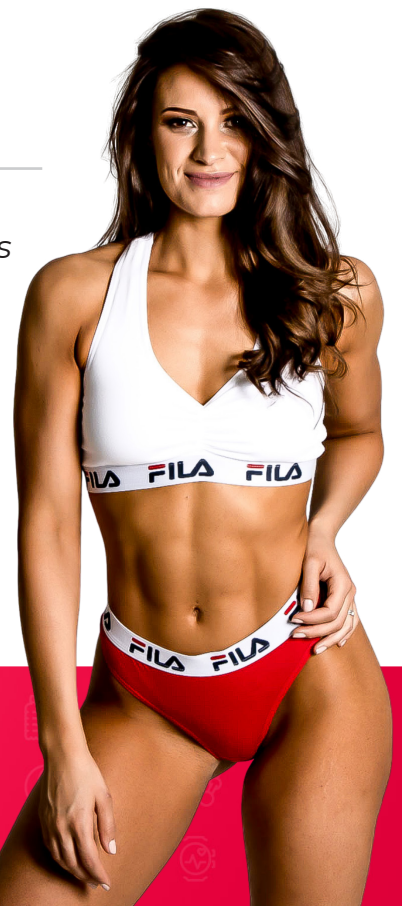
a. 8 x 3 seconds Negative Dips
b. 12 x DB Skull Crusher
c. 15 x DB Fly

2. FINISHER X 4 sets

Tabata (20 seconds work 10 seconds rest)
Cobra Push-Up

STRETCH

Complete your workout with 5 minutes of stretching, focusing on the muscles worked.



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THURSDAY: Cardio HIIT & Calves

This is a HIIT Circuit workout that uses a calf exercise as your “low intensity” interval. Each exercises is performed for 45 seconds back on back until the entire circuit is complete. Perform for 3 to 4 rounds total. Rest for 2 minutes between rounds, using this time to stretch the calves.

WARM UP

Perform a 5-minute cardio based (power walking, running, cycling) or full body warm up.

HIIT CIRCUIT x 3 – 4 Rounds

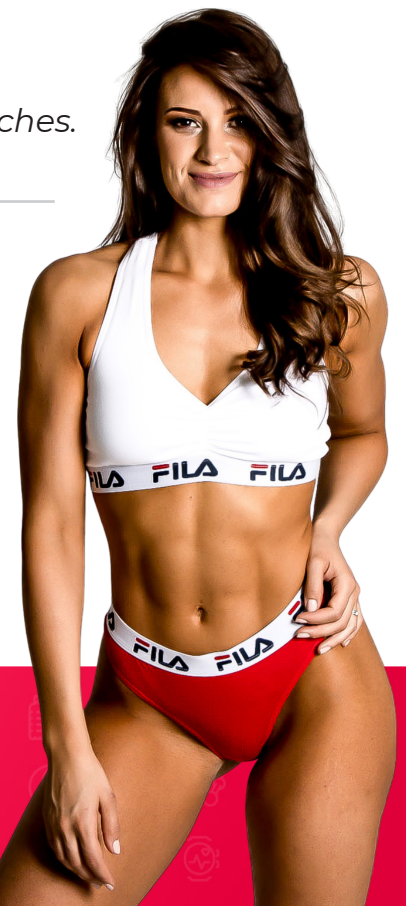
45 seconds per exercise back on back

1. Quick Feet
2. Elevated Bodyweight Calf Raise
3. Side Step Hop
4. Elevated Bodyweight Calf Raise
5. Running Man
6. Elevated Bodyweight Calf Raise
7. Jump Rope
8. Elevated Bodyweight Calf Raise

Rest for 2 minutes between rounds while perform calf stretches.

STRETCH

Complete your workout with a 5 minute full body stretch.



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FRIDAY: Back & biceps

Rest periods between sets are 40 to 60 seconds throughout unless stated otherwise.

WARM UP

Perform a 5-minute cardio based (power walking, running, cycling) or full body warm up.

ADDITIONAL WARM UP SEQUENCE WITH BAND x 2 sets

Perform 15 reps of each exercise for 2 rounds

- Band Pass Through
- Band Upright Row
- Band Deadlift
- Band Bicep Curl

BACK

- SUPERSET 1 X 3 sets
 - 20 x DB Renegade Row (alternating)
 - 15 x DB Reverse Fly
- SUPERSET 2 X 3 sets
 - 15 x DB Dead Row
 - 20 x Kettlebell Swing
- LATS X 4 sets 15 x DB Pullover
- REAR DELT & ROATOR CUFF X 4 sets 12 x W Row

BICEPS

- WARM UP X 3 sets 15 x DB Bicep Curl (alternating reps, 15 per side)
- GIANT SET X 3 sets
 - 10 x DB Curl Bottom Half
 - 10 x DB Curl Top Half
 - 10 x DB Curl
 - 10 x DB Reverse Curl

STRETCH

Complete your workout with 5 minutes of stretching, focusing on the muscles worked.



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SATURDAY: Glutes

Rest periods between sets are 40 to 60 seconds throughout unless stated otherwise.

WARM UP

Perform a 5-minute cardio based (power walking, running, cycling) or full body warm up.

ABDUCTOR ACTIVATION X 4 sets

20 reps per side (no rest)
20 x Standing Abduction

PUMPER TRISET X 3 sets

Use a hip band around the knees
a) 15 x Frog Bridge
b) 15 x Reverse Hyperextension from Floor
c) 15 x Lateral Duck Walk (per side)

STEP UPS X 4 sets

15 x DB Step Up (per side)

ALL FOURS TRISET X 4 sets

Perform all exercises on one side, then the other to complete 1 set
a) 10 x Fire Hydrant
b) 10 x Kickback
c) 20 x Kickback Pulse

FINISHER X 4 sets

Perform all exercises on one side, then the other to complete 1 set
a) 10 x Kneeling Side Raise
b) 10 x Kneeling Side Raise Pulse
c) 20 x Kneeling Backward Circle

STRETCH

Complete your workout with 5 minutes of stretching, focusing on the muscles worked.



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5 MINUTE FULL BODY WARM UP

A full body warm is comprised of exercises that elevate the heart rate, encourage blood flow to the muscles and prepare the joints for the workout ahead.

WARM UP

Perform a 5-minute cardio based (power walking, running, cycling) or full body warm up.

Perform each exercise for 30 seconds to complete a 5-minute full body warm up.

1. **Jumping Jacks**
2. **Jump Rope**
3. **Shoulders Circles + Calf Raise (forward & back)**
4. **Sidestep + Chest Openers**
5. **Side Lunge + Toe Reach**
6. **Bodyweight Squat**
7. **Squat Knee to Elbow**
8. **Inchworm**
9. **Knee Drivers Right**
10. **Knee Drivers Left**



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