

Training Plan Fat Loss Example Program - 1

Goal	Shape - lose weight & shape		
Start date	Time 1	End date	
Instructions	45 seconds of each exercise, back to back with 2 minutes rest after every round. Complete the circuit for a minimum of four rounds!		



Day 1	Date	/	/	/	/	/	/	/	/
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Goblet squat - DB Quads, Glutes - Legs

	Set 1	45 x	kg						
	Set 2	45 x	kg						
	Set 3	45 x	kg						
	Set 4	45 x	kg						
	Set 5								
	Note	Coach note: Adjust weight accordingly.							

Place your feet outside hip width. Toes pointing up at an angle. Grab the dumbbell with two hands. Bend through your knees. Keep your torso straight.

Push-up wide Chest - Triceps


	Set 1	45 x							
	Set 2	45 x							
	Set 3	45 x							
	Set 4	45 x							
	Set 5								
	Note								

Assume the push up position. Keep your back in a neutral position. Place your hands outside shoulder width. Keep your head in a neutral position over your torso. Bend your arms. Move your elbows outwards.


Deadlift - DBs Lower Back - Glutes, Quads

	Set 1	45 x	kg						
	Set 2	45 x	kg						
	Set 3	45 x	kg						
	Set 4	45 x	kg						
	Set 5								
	Note								


Place your feet outside hip width. Keep the dumbbells in front of your shins. Bring your buttocks back. Keep your knee bent. Keep your back in a neutral position. Extend your knees, hip and back.

Push press front - Barbell		Shoulders - Triceps							
	Set 1	45 x	kg						
	Set 2	45 x	kg						
	Set 3	45 x	kg						
	Set 4	45 x	kg						
	Set 5								
	Note								


Bar on your chest. Place your feet at hip width. Bend your legs. Extend both legs. Extend your arms upwards. Keep your back in a neutral position.

Row - ST		Upper Back - Biceps, Lats, Back Shoulders							
	Set 1	45 x	kg						
	Set 2	45 x	kg						
	Set 3	45 x	kg						
	Set 4	45 x	kg						
	Set 5								
	Note								

Grab the handles. Lean backwards. Pull your arms back.

Sumo squat - KB		Quads							
	Set 1	45 x	kg						
	Set 2	45 x	kg						
	Set 3	45 x	kg						
	Set 4	45 x	kg						
	Set 5								
	Note								

Grab the kettlebell with both hands. Place your feet outside hip width. Lower yourself until the upper leg is parallel to the floor. Keep your back in a neutral position.

Bent over row - DBs		Upper Back - Biceps, Back Shoulders, Lats							
	Set 1	45 x	kg						
	Set 2	45 x	kg						
	Set 3	45 x	kg						
	Set 4	45 x	kg						
	Set 5								
	Note								

Grab and hold the dumbbells. Move your torso slightly forward. Keep your back in a neutral position. Keep your knees at hip width. Pull your arms back.

Drink water!



Duration	00:02:00						
Distance	0						
Speed	0						
Kcal							
Note	Coach note: Keep on the move in your recovery!.						