

Fat Loss At Home: Workout 1

Warm up circuit

A1



Shoulder Circles

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Stand with feet hip width apart.
- Keeping your arms down to your side, lift your shoulders forward and up.
- Circle your raised shoulders back and then down, forward and then up again.
- Keep rotating in circles then change direction.

A2



Arm Circles

Sets: 1

Reps: 20sec

Tempo: 0

Rest: 0

Intensity: 0



- Stand with feet hip width apart.
- Circle your arms forward and up then back and down.
- Repeat until loose and then change direction.

A3



Hip Circles

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Stand with feet hip width apart.
- Rotate your hips in circles.
- Go one way until they feel loose then rotate in the other direction.

A4



Knee Bends

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Stand with feet hip width apart.
- Lean forward to put your hands just above your knees.
- Bend your knees and then straighten.

A5



Bodyweight Squat

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0

- Stand with your feet parallel and a comfortable distance apart with your weight evenly distributed between your legs.
- Keeping your chest up, bend your knees then hips to lower your bum down towards the ground behind you.
- Go as low as you can with control. Ideally your hips should go below your knees. Then while keeping your heels on the ground push up to the start position.

A6



Lying Lower Back Mobilisation - Feet on Ground

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Lie on a mat on your back, bend your knees, touch them together and place your feet flat on the ground.
- Bring your arms up outside your shoulders to form a T like shape.
- Gently roll your knees to one side to feel a stretch in your lower back.
- Roll your knees back the other way.
- Keep both shoulders in contact with the ground through the entire exercise.

A7



Triceps Overhead Stretch

Sets: 1

Reps: 20sec

Tempo: 0

Rest: 0

Intensity: 0



- Stand with your feet hip width apart.
- Bring one arm over your head and bend your elbow to put your palm on your back.
- Use your free hand to pull and add some pressure to the stretch.

A8



Static Pectoral Stretch with 90 Degree Bent Elbow

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Stand next to a doorway or corner of a wall. Put the palm and elbow of one arm on the wall with a 90 degree bend at the elbow. Your elbow should be slightly above your shoulder.

- Keeping your hand and elbow on the wall, turn away from that arm and stretch your chest.

A9



Standing Static Quadriceps Stretch

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Stand with your feet hip width apart.
- Bend at the knee of one leg. Use your corresponding hand to take hold of your ankle and pull it towards your bum.
- Squeeze your bum and gently push your hips forward to increase the stretch.

A10



Standing Adductor Stretch

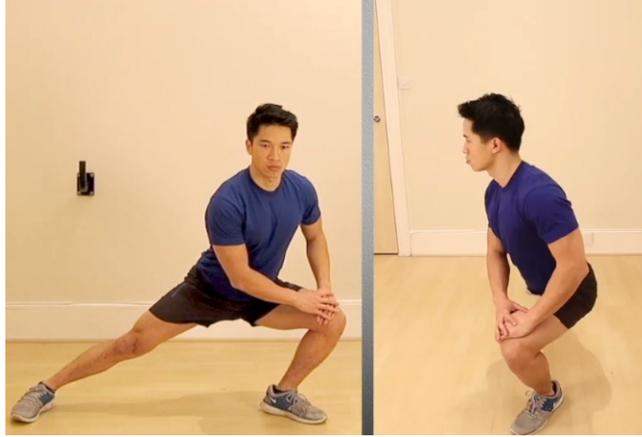
Sets: 1

Reps: 20sec

Tempo: 0

Rest: 0

Intensity: 0



- Stand with feet shoulder width apart. Turn one foot out and take a pace to the side.

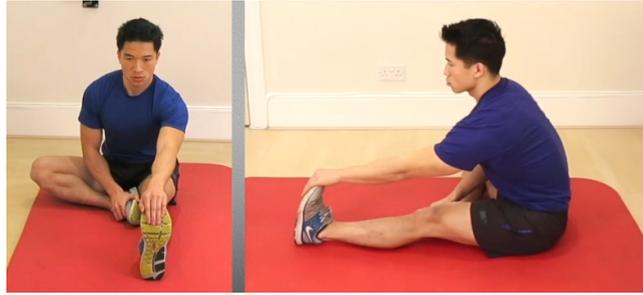
- Bend at the knee on your out turned leg and lower your body over that leg creating a stretch on the inside of the other leg.

A11



Seated Hamstring Stretch

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Sit with one leg stretched out in front of your body and the other bent with your knee out to the side.
- Lean forward towards the foot of your stretched out leg and bring your hands as far down the leg as you can.

A12



Lying Low Back Stretch

Sets: 1 Reps: 20sec Tempo: 0 Rest: 0 Intensity: 0



- Lie on your back with legs outstretched in front and your arms out to the sides making a T like shape.
- Lift one leg across your body aiming to get your knees up towards your opposite hand. Keep both shoulders on the ground.
- Use the hand nearest to your foot on the crossed over leg to assist in pulling it up and across as far as you can.

Main Circuit

B1



Press Up

Sets: 3 Reps: 30secs Tempo: 2010 Rest: 30secs Intensity: 0



- Come down so that your hands and feet are on the floor.
- Place your hands a little wider than shoulder width apart.
- Position your hips to form a straight line from your heels to your head.
- Gently draw in your tummy using roughly 30% effort.
- Bend your elbows lowering your body toward the ground. Keep your elbows at about 45 degrees from the sides of your body.
- You should come down so that your chest is between your hands.
- Lower until your chest is a small fist away from the ground and then push back up to the start position.

B2



Ice Skaters

Sets: 3

Reps: 30secs

Tempo: X

Rest: 30secs

Intensity: 0



- Stand with your weight on one foot.
- Jump sideways as far as you can to land on the other foot.
- On landing jump again to land on the first foot.
- Look straight ahead throughout the movement.

B3



Bunny Hops

Sets: 3

Reps: 30secs

Tempo: X

Rest: 30secs

Intensity: 0



- Stand with your feet a comfortable distance apart.
- Bend at your knees then hips to lower your bum down towards the ground behind you. Start as low as you can with a slight forward lean.
- Spring forward and up as far as you can
- Land on both feet and repeat.

B4



Spiderman Push Up

Sets: 3

Reps: 30 sec

Tempo: X

Rest: 30sec

Intensity: 0



- Come down so that your hands and feet are on the floor.
- Place your hands a little wider than shoulder width apart.
- Gently draw in your tummy using roughly 30% effort.
- Bend your elbows lowering your body toward the ground. Keep your elbows at about 45 degrees from the sides of your body.
- As you lower your body bring one leg outside your body with a bent knee (Spiderman style).
- Lower until your chest is a small fist away from the ground and then push back up while bringing your leg back into the start position.
- Repeat moving your other leg outside your body.

B5



Squat, Jump Lunges

Sets: 3 Reps: 30secs Tempo: X Rest: 30secs Intensity: 0

Squat

- Stand with your feet parallel and a comfortable distance apart with your weight evenly distributed between both legs.
- Keeping your chest up, bend at your knees then hips to lower your bum down towards the ground behind you.
- Go as low as you can with control, ideally your hips should go below your knees. Keeping your heels on the ground, push up into the start position.

Jump Lunges

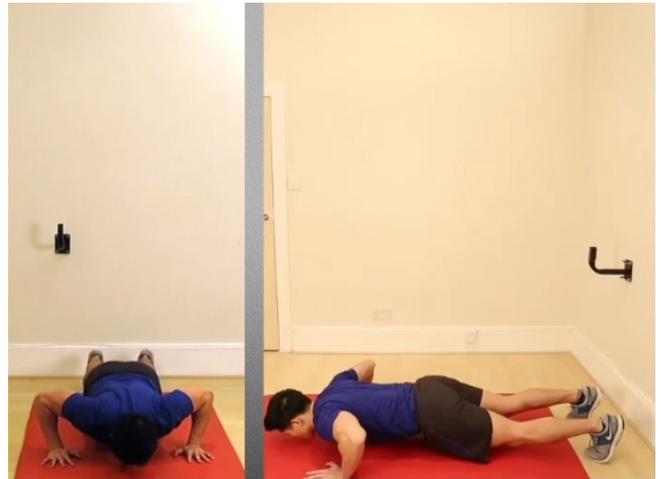
- Jump one leg forward and the other back to create a stride approximately 1 ½ times your natural stride length.
- Putting your weight on your front leg lower yourself forward and down.
- Coming down keep your back knee behind your hips. Your back heel should come off the ground.
- From the bottom position jump back and up and switch your legs around
- Once done on both legs jump back in to the starting squat position.

B6



Bastard from Floor

Sets: 3 Reps: 30secs Tempo: X Rest: 30secs Intensity: 0





- Start standing up into a fully extended position with chest up and shoulders back and down.
- Quickly move your hands down to the floor and jump your legs back to a fully extended position while lowering your body in to the lowest position of a press up.
- Bounce your legs forward while pushing up with your arms then jump up fast and high, tuck your knees up towards your chest while jumping in the air.
- Keep your head in a neutral position throughout the movement and don't allow your hips to drop below the point where your body is straight from ankles to head.

B7



Squat Jump

Sets: 3

Reps: 30sec

Tempo: X

Rest: 30sec

Intensity: 0



- Stand with your feet parallel and a comfortable distance apart with your weight evenly distributed between both legs.
- Keeping your chest up, bend at your knees then hips to lower your bum down towards the ground behind you.
- Go as low as you can with control, ideally your hips should go below your knees. Keeping your weight evenly distributed, jump up fast and as high as you can.
- When you land come down in to the bottom position before jumping up again.

B8



Burpee from Floor

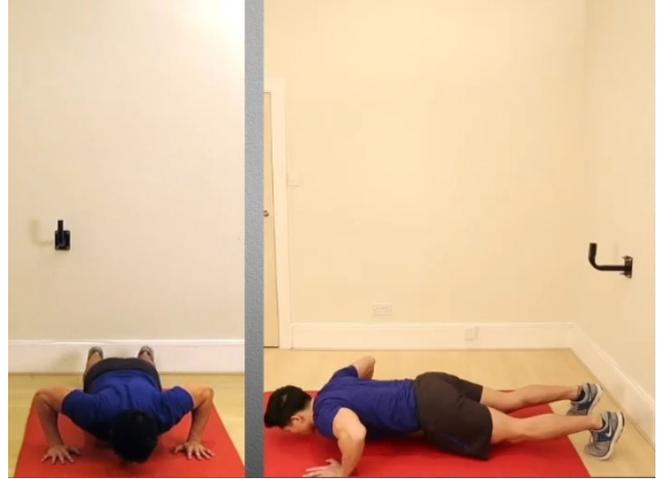
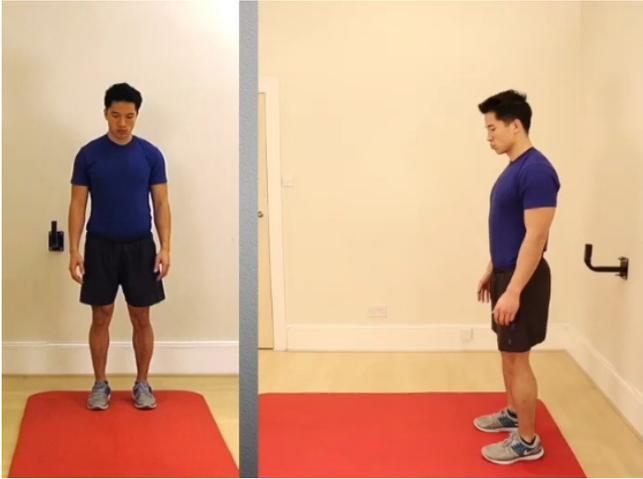
Sets: 3

Reps: 30secs

Tempo: X

Rest: 120sec

Intensity: 0



- Start standing up into a fully extended position with chest up and shoulders back and down.
- Quickly move your hands down to the floor and jump your legs back to a fully extended position while lowering your body in to the lowest position of a press up.
- Bounce your legs forward while pushing up with your arms then jump up fast and high.
- Keep your head in a neutral position throughout the movement and don't allow your hips to drop below the point where your body is straight from ankles to head.
