

Introduction to your 8 week programme.

OK, so your goal is to lose 4KG (8.8lb) of fat from your abdominal and thigh area in 2 months. While this is an achievable goal, in respect of the weight loss and toning aspect, It is important to advise that spot reduction of fat is not possible.

You will generally burn fat evenly across the body and while there are usually one or two areas that are favorite for fat deposition and removal, this is not a targeted spot reduction but just the body doing what it is genetically predisposed to do.

You have stated that you will want to workout 3 - 4 times per week therefore there will be one workout a week that can be skipped if required, though for maximum results this is not recommended.

It has also been discussed that little to no cardio has been done in the past, due to a problem with Scoliosis, so cardio workouts that work with the underlying condition will be selected and used.

Please note:

While I am not a qualified dietician, it should be noted that to aid in rapid body recomposition, no biscuits, crackers or other junk calories should be consumed during your training period and ideally a healthier lifestyle should be maintained after the initial 2 months has passed.

While body recomposition is underway, it would also be recommended to drink more water, in order to flush toxins released when fat is being used by the body for fuel.

7 Basic Exercises.

Here are the 7 basic exercises you are going to be doing. I will outline each one and provide links to videos of how to do some of the moves on the article page this document is downloaded from.

1. Seal Jumps

Basically like a star jump but instead of your arms coming to your side, your arms come together at the front.

2. Mountain Climbers

Assume a push-up position with your arms straight and your body in a straight line from your head to your ankles. Without changing the posture of your lower back (it should be arched), raise your right knee toward your chest.

3. Body Lunge

one leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind.

4. Push Up

A basic push up. If a full push up is too hard to start, do the first few weeks on your knees and not your toes.

5. Interval Session, Concept2 Rower.

Set resistance to 10. Warm up for 5 min then do a burst of Maximum effort for 30 seconds then slow to an easy pace for 30 seconds. Repeat for the desired number of sets.

6. Interval Session, Recumbent Cycle.

Set the resistance to an easy resistance (3 on a scale of 1-10, with 10 being very hard). Warm up for 5 min then do a burst of Maximum effort for 30 seconds then slow to an easy pace for 30 seconds. Repeat for the desired number of sets.

7. Hill Walking.

Set treadmill speed to a fast walk for 5 min. After the first 5 min, increase the incline on the machine by 1 every 40 seconds. Once you hit 15 keep going for 60 seconds then reduce the incline to 0 as well as decreasing the speed a little. cool down for 5 min.



The Basic workout

Walk on a Treadmill for 5 - 10 min, at a comfortable pace, to warm up.

Now complete the following 4 exercises with little to no rest between each one.

1. Body Lunge, Lunge on Left Leg, then on Right Leg = 1 rep - **1 Set = 12 reps.**
2. Mountain Climbers - Left Knee to Left Arm and return then Right Knee towards Right Arm and return = 1 rep - **1 Set = 12 Reps.**
3. Pushup - 12 or as many as can comfortably be done, up to 12. **12 push ups is one set.**
4. Seal Jumps. **12 Jumps is one Set.**

***Complete 12 reps (or one set) of each exercise, back to back.
This is one round.***

Rest for 60 seconds at the end of each round.

Repeat for a total of 5 rounds.

Finish off with either of the following:

Interval Rowing.

Set resistance to 10. Warm up for 5 min then do a burst of Maximum effort for 30 seconds then slow to an easy pace for 30 seconds. Repeat for 5 intervals then cool down at an easy pace for 5min.

Interval Session, Recumbent Cycle.

Set the resistance to an easy resistance (3, on a scale of 1-10, with 10 being very hard). Warm up for 5 min then do a burst of Maximum effort for 30 seconds then slow to an easy pace for 30 seconds. Repeat for 5 intervals then cool down at an easy pace for 5min.

Hill Walking.

Set treadmill to 0 incline and a speed to that of a comfortable fast walk for 5 min. After the first 5 min, increase the incline on the machine by 1%, every 40 seconds. Once you hit 15% keep going for 60 seconds then reduce the incline to 0% as well as decreasing the speed a little. cool down for 5 min.

I would recommend using the hill walking cardio on workout days 1 and 4 each week, as this is likely to be the easier of the three cardio routines for you.

ENJOY and HAPPY TRAINING.