

Programme guidelines

- Always follow the warm-up guidelines from your starter pack before beginning your workout
- Make sure that you have a towel and water for your workouts
- Keep adjusting your weights so that you fatigue within the target 'range', if you can train to the full time - on all three sets, then your weights are too light and you must increase them
- Never compromise your form or technique
- Train hard – work the muscles to a peak of intensity within each set... you only get the changes by getting out of your comfort zone
- Follow the cool-down guidelines from your starter pack after your workout

Strength & Toning Programme

Alternating dumbbell press against wall (Shoulders and triceps)

- Your primary focus is keeping your lower back pushed into the wall
- Keep your knees soft and your head back on the wall
- Stretch right to the top to fully extend your arm



Wall press-up – feet away from wall (Chest, triceps and core)

- Keep your heels slightly up
- Go all the way up and all the way down
- Pull your abs in and don't let your back overarch



'T raise' on floor (Lower back, shoulders and glutes)

- Create a good neckline by keeping your chin tucked in
- Only raise up as high as is comfortable
- Squeeze your shoulders back at the top and lift your thumbs up



Full 2-point box (Core, glutes and shoulder stability)

- Keep your belly button drawn in towards your spin
- Visualise your back being a table top as you raise your arm and leg up
- Only lift as high as you can without the torso and hip rotating



Aquaman (Back, glutes and shoulders)

- As you lift the arm turn the thumb upwards
- Keep your arms and legs straight
- Try and lift the knees and elbows high off the floor



Oblique curl (Obliques and core)

- Lift your shoulders high off the mat for the maximum muscle contraction
- Reach all the way to your heel
- Remember to alternate from your left to right side



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Strength & Toning Programme

Front foot raised lunge (Total leg workout)

- Keep the back heel up and both feet facing forwards
- Maintain good joint tracking – don't let the knee or foot roll in
- Put all the weight on the front leg as you go down



Glute bridge – knee squeeze or marching (Glutes hip and core)

- Lift your toes off the floor
- Only go as high as you can keeping your bum squeezed
- You can raise one leg at the top to advance the exercise



Single leg extension (Lower abs)

- Keep the abdominals active and the back pressed down into the mat
- Relax your shoulders and arms
- Only go as far as you can with perfect technique



High knees (Core and total leg workout)

- Stay tall and keep your chest up
- Bring your knees as high as possible
- Change quickly from your left to right side



Full range ab curl (Upper and lower abdominals)

- Focus on lifting your shoulders off the mat to start the curl
- Lower the back slowly, just one vertebra at a time
- Take your hands back to touch the mat before your head



Bent knee calf press (Calves)

- Keep the heels slightly out – making sure that they are even
- Go all the way up and all the way down
- Keep the chest up and a straight line down the body

