







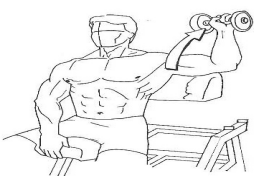

## FREE PROGRAM DOWNLOAD

### WARM UP:



The Pump

### Program Activities

Exercise Order	Name	Exercise	Sets	Reps	Tempo	Weight	Rest
A1	CABLE FACE PULL		2-3	12-15	3110		Week 1: 90 seconds Week 2: 75 seconds Week 3: 60 seconds Week 4: 45 seconds
A2	DUCK LEG PRESS		2-3	12-15	4021		Week 1: 90 seconds Week 2: 75 seconds Week 3: 60 seconds Week 4: 45 seconds
B1	STABILITY BALL PUSH UP		2-3	AMRAP*	3011		Week 1: 90 seconds Week 2: 75 seconds Week 3: 60 seconds Week 4: 45 seconds
B2	LUNGE and TWIST		2-3	12-15	3010		Week 1: 90 seconds Week 2: 75 seconds Week 3: 60 seconds Week 4: 45 seconds
C1	EXTERNAL ROTATION		2-3	12-15	3010		Week 1: 90 seconds Week 2: 75 seconds Week 3: 60 seconds Week 4: 45 seconds
C2	SHELC		2-3	12-15	4110		Week 1: 90 seconds Week 2: 75 seconds Week 3: 60 seconds Week 4: 45 seconds

\*As many reps as possible

## INSTRUCTIONS

1. The warm up requires that you do 10 bodyweight squats, ideally facing a wall so that your positioning is accurate. If you lean forward too much then your head will touch the wall, so try and keep your back in good alignment. Try and touch your fingertips to the floor
2. Get a light weight (female clients 8kg, male 15kg) and holding it by the edges, circle it around your head 5 times clockwise, 5 times anti-clockwise. This is called The Halo in Kettlebell training. Hold it TIGHTLY and ensure that you are bringing the weight directly in front of your face and circling it behind your head.
3. The Pump – like a Hindu Push up (see my article on this exercise), but instead you drop your hips directly down, so your pelvis is nearly touching the floor, looking up to the sky, then push yourself back up so you are now looking back through your feet and aiming to drive your heels into the floor.

Do 2-3 sets of this before commencing the program.

Exercise A1 – Cable Face Pull. Set the cable rope pulley to about chest height and then pull the rope towards your eyebrows ensuring you flare your elbows up and out as per the picture

Exercise A2 – Duck Leg Press. Set your feet toward the upper end of the leg press machine, turn your toes out to about 45 degrees and press the weight away from you

Do 2-3 sets of A1 and A2 before moving on to B1 and B2

Exercise B1 – Stability ball push up. Position yourself with your hands directly under your shoulders, ensure your spine is neither too curved nor too rounded, and place your hands on the side of the ball, like you are trying to squeeze it. From there, lower yourself down until your chest touches the ball. To ensure good lumbar stability tense your bottom like you are squeezing a coin between your cheeks, and tense your abs as if someone is about to punch you in the stomach. Do as many as you can with good form

Exercise B2 – Lunge/Lunge and Twist. Have your feet shoulder width apart. Now take a giant step forward. Make sure your rear foot is in a straight line and not turned out. Your front foot should be flat, and your rear foot should be on the ball of the foot. Now lower your rear knee down towards the floor until it is about a fists distance away from the ground. Come up, step back and then step forward with the opposite leg.

If you are more advanced you can hold a light dumbbell and rotate in the direction of the front knee (i.e. If you have your left leg forward you turn to the left) .

Do 2-3 sets of B1 and B2 before moving on to C1 and C2

Exercise C1 – External rotation. Set yourself up with your back to a bar or Scott Bench that is positioned about shoulder level. From there, holding a light dumbbell and keeping your elbow at 90 degrees throughout the movement, you slowly lower it till your knuckles face the floor, then raise it, till they face the ceiling. Make sure the back of your arm, from the armpit to the elbow, is supported by the bench.

Exercise C2 – SHEL C (Supine Hip Extension Leg Curl). Lie on the floor, pop your calves over a stability ball. Have your palms facing up to the ceiling. From here, tense your bottom and push your hips up into the air. Now, KEEPING THOSE HIPS UP AS HIGH AS POSSIBLE, pull the ball in towards your bottom. Then push the ball back out till your legs are straight and then slowly lower your bottom to the floor. That is one repetition !

Do 2-3 sets of C1 and C2

And you are done ! Still got more energy? Then check out my article

<http://www.ptonthenet.com/articles/maximize-fat-loss-with-resistance-training-3578>

for a great finisher at the end. .

