



This plan is designed to help you lose weight and improve muscle size, strength and power. Always conduct a 5-10 minute warm up and cool down prior to and following each workout.

| MONDAY - WORKOUT A    | Reps   | Sets | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-----------------------|--|------|-------|-------|-------|-------|-------|
| Upright Row           | 6-8  | 3-5  |       |       |       |       |       |
| Seated Dumbbell Press | 6-8  | 3-5  |       |       |       |       |       |
| Front Raise           | 10-12  | 3    |       |       |       |       |       |
| Lunges                | 3-6  | 3-5  |       |       |       |       |       |
| Squats                | 3-6  | 3-5  |       |       |       |       |       |
| Standing Calf Raises  | Up to 20   | 1-3  |       |       |       |       |       |
| LSD- Treadmill        | Long Slow Distance (LSD), 20-30 mins at a constant steady pace |      |       |       |       |       |       |

| TUESDAY - WORKOUT B | Reps   | Sets | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|---------------------|--|------|-------|-------|-------|-------|-------|
| Lat Pulldown        | 6-8  | 3-5  |       |       |       |       |       |
| Seated Row          | 6-8  | 3-5  |       |       |       |       |       |
| Pull Ups            | Up to 20   | 1-3  |       |       |       |       |       |
| Hammer Curl         | 10-12  | 3    |       |       |       |       |       |
| Barbell Curl        | 10-12  | 3    |       |       |       |       |       |
| Preacher Curl       | 10-12  | 3    |       |       |       |       |       |
| TT- Cross Trainer   | Threshold Training (TT), 20-30 mins maintain a hard level throughout |      |       |       |       |       |       |

WEDNESDAY - Rest Day 'allow time for muscle recovery'

| THURSDAY - WORKOUT C   | Reps  | Sets | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|------------------------|---|------|-------|-------|-------|-------|-------|
| Bench Press            | 6-8   | 3-5  |       |       |       |       |       |
| Incline Dumbbell Press | 6-8   | 3-5  |       |       |       |       |       |
| Flat Fly's             | 6-8   | 3-5  |       |       |       |       |       |
| Tricep Pushdowns       | 6-8   | 3-5  |       |       |       |       |       |
| Lying Tricep Extension | 10-12   | 3    |       |       |       |       |       |
| Tricep Dips            | Up to 20  | 1-3  |       |       |       |       |       |
| HIIT- Treadmill        | High Intensity Interval Training (HIIT), 30-40 mins on the treadmill alternating between running hard for 2 minutes and slower for 2 minutes, set two speeds for the hard and easy intervals. |      |       |       |       |       |       |

| FRIDAY - WORKOUT D | Reps / Sets  |      |       |       |       |       |       |
|--------------------|--|------|-------|-------|-------|-------|-------|
| LSD- Treadmill     | Long Slow Distance (LSD), 20-30 mins at a constant steady pace                                       |      |       |       |       |       |       |
| HIIT- Sprints      | High Intensity Interval Training (HIIT), timed sprints 30 secs sprint, 1 min jog recovery 6-10 sets. |      |       |       |       |       |       |
| Core Exercises     | Reps   | Sets | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
| Plank              | 30 sec   | 1-3  |       |       |       |       |       |
| Swiss Ball Crunch  | Up to 20   | 1-3  |       |       |       |       |       |
| Hanging Leg Raises | Up to 20   | 1-3  |       |       |       |       |       |

SATURDAY AND SUNDAY - Rest Days 'allow time for muscle recovery'

Use the boxes to record the weight used and number of repetitions per set (e.g. 100kg x 5). Make sure to perform 2-3 sets of each exercise using a lighter weight and higher repetitions. Rest for 1-3 minutes between sets. Take longer rest times (2-3 minutes) when you're using heavy weights and low repetitions. Take a shorter rest time (1-2 minutes) when you're using lighter weights and high repetitions. MAXIMUSCLE, MAXIMUSCLE and star device are trademarks of the GlaxoSmithKline group of companies.