

## 'Get lean & ripped' Workout 1



Here is your simple resistance circuit workout that is going to help you burn fat, form new lean muscle and create a healthy and sexy shape!

*It looks like this:*

Order	Exercise	Duration
A1	Squat	45secs
	Rest	45secs
A2	Inverted Row	45secs
	Rest	45secs
A3	Lunge	45secs
	Rest	45secs
A4	Push up	45secs
	Rest	45secs
A5	Partial dead lift	45secs
	Rest	45secs

### Notes:

- This is one big 5 exercise circuit. Each exercise goes for 45 seconds, then rest for 45 seconds before moving onto the next, A1 onto A2, and so on. Continue through to complete 4-5 rounds, maintaining the 45seconds rest all the way through, in between rounds as well.
- To get the timing right for each repetition, you should be aiming to get about 10-15 reps in the 45 seconds, so you'll need to control the pace and not rush through each rep too quickly. Pick weights that make this number feel hard and that almost makes it too difficult to finish- *almost*.
- You may need to alter the weights through the rounds, but aim to start with a challenging weight for each exercise and keep it throughout the workout, without dropping. *NB. If your form starts to decline at any stage due to fatigue then decrease the resistance immediately.*
- Be strict on your rest periods and make sure you are ready to get straight into the next exercise.
- Make sure you warm up thoroughly beforehand and get an area or workout station ready so you can flow from exercise to exercise easily.

This is one simple workout, but you can make it easier if you need to by decreasing the weight, or if you're really struggling- adding some more rest between exercises. You can also make this harder but choosing a weight that challenges you to the very last second, add in another round at the end or if you are an advanced trainee then progress these simple resistance exercises to more challenging ones, e.g. barbell back squat, chin ups, barbell walking lunge, weighted push ups and full dead lift from the ground.

### Now let's plan your week:

You can do this workout two to three times per week. However, you should be aiming to train at least four to five times. So let's put this into a simple weekly plan for you:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout 1- above	HIIT: Rower 30s/30s x 10	Workout 1- above	Rest day	Workout 1- above	Hill sprints 30 minutes	Rest day

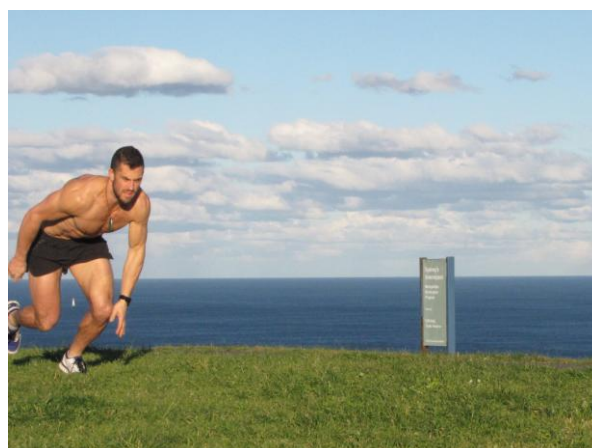
### Tuesday: *High Intensity Interval Training- HIIT*

- Make sure you get well warmed up and ready to hit some intense intervals. Include some dynamic stretching
- Set the rower to work for 30 second intervals with 30 second rest periods in between
- Complete 5 reps of this work:rest then rest for 90 seconds and complete another 5 rounds. Pace yourself so that the work is hard and the rest well needed and the last of the reps is very tough. *Aim to reach a consistent distance each time you row.* At least 70m and if you can break 100m each rep awesome- next time cut out the extended rest in the middle &/or add more reps.
- You're done! This is a short and sharp workout, but should leave you sucking in the oxygen and feeling the effects all day.

### Saturday: *Hill Sprints*

You'll need to be at a hill or some stairs.

- So start off with 5-10 minutes getting warmed up. Make sure to include some dynamic stretching.
- Then you're going to sprint up the hill at close to 100% effort. This should be 15-30seconds. Go for a shorter distance until you're familiar with your level and ability on this.
- Walk down to the bottom slowly making sure to breath from your diaphragm and give yourself 2 minutes recovery.
- Aim for at least 6 repetitions of this and remember you need to be blowing and should be yearning for the end!
- Take some time to cool down by slowing walking and have a stretch.
- This should be over in less than 30 minutes and have you looking forward to refuelling which you'll need to be on top of throughout the remainder of the day.
- If this is too easy then decrease your rest time to 90seconds and add more reps ain- aim for 10.



## **'Get Lean And Ripped' Workout- EXERCISE KEY NOTES**

### **SQUAT**

- Starting from the ground up, your feet should be about shoulder width apart with a slight angle outwards (depending on your lower limb structure, but this should be a safe starting point). As you squat down, your knees should follow the same direction as your toes and move forward over them, as your hips move down and back towards the ground.
- Ensure to keep your chest high (this is holding neutral thoracic spine) and do not let your lower back change from a slight concave curve, think of a gentle S-shape. You should be 'bracing' through your stomach relative to the load you are moving.
- Try to slowly breathe in as you descend and let the air out as you stand back up to the starting position using your legs and gluts; squeeze your quads and butt. Use whatever analogy you need to here... but get your hips up and forward and your knees back, with some power- think about jumping from the ground, this will produce force.
- You must hold neutral spine throughout the entire movement  
Keep your chest held high and stomach braced.
- To progress with weight, add a bar to your back as long as you can hold this position, or a hold a dumbbell in front of your chest, again whilst holding neutral spine



### **PULL/INVERTED ROW**

- We are essentially doing the reverse of a push up. So, grip the bar just outside shoulder width.
- Make your body a straight line from your shoulders through to hips with neutral spine. Continue this down to your ankles, with heels on the ground.
- Lift your chest towards the bar by extending through your thoracic spine and activate through your stomach- lower abs- in order to control the position of your lower (lumbar) spine and pelvis, making sure that your hips don't drop towards the ground out of alignment.
- The bar should line up with the middle of your chest.
- To initiate the movement, squeeze the muscles of your upper body and pull your chest up towards the bar, making sure to reach the bar with elbows to the side and slightly behind the line of your body and shoulder blades pinching together.
- If this is too difficult then try raising the height of the bar and bring your feet slightly more underneath you inclining your body somewhat and bring yourself more vertical.
- Alternatively if you have other equipment for this you can improvise and go with options more similar to this
- Bending the knees will decrease the load also



## LUNGE

- We'll do this as a moving and alternating walking lunge, but can be altered simply to repetitively step forwards or backwards.
- Have your feet underneath your hips, stand tall and activate the muscles through your upper back and stomach to hold a neutral spine throughout the movement.
- Starting with one side step forward, keeping that line of foot and hip. The distance will depend on how long your legs are (so if they're truly long like my own...I happen to be 'average height', and I'll continue to claim that...) then you'll need a longer stride than some, about 1 metre should do it.
- Drop down through the knees and allow some forward progression of the front knee over the toes. Ensure that your front knee remains straight and inline with your middle toes and *does not drop inwards!*
- Whilst staying tall through your torso, drive up and forward through the front foot, using the muscles of that leg and glut to get you back to the starting point and ready to repeat on the opposite side.
- Start with your body weight and add resistance when you can handle it, either a bar on your back if flexibility and strength allows or simply hold some dumbbells or kettlebells.





## ***PUSH UP***

- The key before any movement takes place in the push up is to ensure that you keep neutral spine, just as discussed with the squat and lunge, but with your body horizontal this is now much harder.
- You will need to activate through your lower abs and ensure that your pelvis doesn't drop causing more than neutral lumbar curve in your lower back. Also activate through your upper (thoracic) spine and push your chest towards the ground in front of you. This should load up on your lower abs too. Keep this tight throughout the movement.
- Keep your spine parallel to the floor creating a slight bend at your hips. If you have your spine going straight from your shoulders through your hips and to your toes this will place more pressure and load on the lower abs, and therefore making it harder to keep neutral spine and risking loading the lower back if your abs fail. If you are strong enough to keep one straight line from your shoulders through your hips to your ankles then go for it.
- Have your hands just outside shoulder width with arms straight, from here lower towards the ground, and for a safe push, make sure your elbows move on a 45° angle from your body. Make solid contact on the ground with your feet and drive your toes into the ground to activate your lower body.
- Whilst lowering make sure your shoulder blades hold a neutral position and are NOT protruding forward.
- Keep tight through your stomach and spine and lower counting to 3 then drive back up pushing your hands into the ground up to the starting position.
- I've done this with hands and toes on the ground, if this is too tough then raise your hands onto a surface to incline your body and decrease the load as opposed to dropping your knees to the ground. Alternatively to make this harder, place a weight plate on your back.



## ***BEND/PARTIAL DEAD LIFT***

- You can try this with a barbell, dumbbells or simply without weight to begin, until you familiarise yourself with the proper movement, then progress to holding weight.
- Hold your chest high by extending your thoracic (upper back) spine, activate through your abs and the muscles of your lower back. We want to hold and maintain neutral spine throughout the entire movement.
- Bend your knees slightly (soft knees) and maintain this as you bend at the hips and move your backside behind you.
- Keep a long spine and let your hands move in front of your thighs keeping the weight over your mid-foot, which should be your centre of gravity.
- Once you reach your knees stand back tall to the starting position by driving your hips forward squeezing your gluts and hamstrings.
- Ensure your lower back remains neutral and doesn't flex forward as you bend or hyperextend and arch too much at the top.
- Also attached is a picture of an incorrect bend with terrible and unsafe spine position. If you do this and cannot maintain neutral spine, you may need to take a step back and try from seated or kneeling. As a trainer I have endless admiration and respect for says; imagine you are standing with your hands on your knees peaking over the edge of a cliff. Got it?

