

Week 1

Cardio and Abs Workout

You will repeat this workout on Monday, Wednesday and Friday

Abs Workout

20 secs each movement

Do all 4 movements back to back

Then take a 20 sec break

This completes 1 round

Repeat the round 4 times to complete the Ab workout for the day

This makes 6.5 minutes

1. Alternating flutter kicks with elevated weight
2. Leg raises with elevated weight
3. Alternating cross over toe touch with weight (do right side for round 1, left side for round 2 and so on)
4. around the world hip thrusts
5. REST (and repeat to complete 4 rounds)

Cardio Workout

Set your time's to 15 secs work/ 15 secs rest

Do each movement two times in this manner before moving onto the next one

Complete all 5 movements in this manner to make 1 round

After 1 round take 45 secs rest.

Then repeat the round 5 times in total

Active (15 secs)
exercise twice before moving on to the next one)

rest (15 secs). (Repeat each

1. Squat with alternating overhead press
2. Jack and tuck jump
3. Switch hold with hip thrusts
4. Plank to bear crawl push ups
5. Jack and knee ups combo

Weight training workout

You will repeat this workout on Tuesday, Thursday and Saturday

There are 4 COMBINATIONS of exercises in this workout AND a 4 minute finisher in the end.

Set interval 30 work exercise 1 + 30 work exercise 2 + 30 rest Repeat each combination 4 times before moving onto the next one

Completing all 4 combinations in this way will complete a 24 minute workout

Active (30 secs). Active (30 secs) Rest (30 seconds)
(repeat each combo 4 times before moving onto the next combo)

Combo 1

1. DB twisting front row 2. Deadlift and deep squat combo

Combo 2

1. Lateral raise to single arm cross front raise 2. Ski and lunge jump combo with weights

Combo 3

1. Burpee with dumbbell rows 2. Squat with alternating overhead press

Combo 4

1. Double close grip push up to lunge and row 2. Forward lunge with overhead weights

Finisher

Set your timer to 30 sec high intensity +30 secs break

For the high intensity interval you will be doing 'forward jump and single handed row'. Then you will take a 30 sec break before repeating this movement 4 times in this manner!

Week 2

Cardio and Abs Workout

You will do this work out on Monday, Wednesday and Friday

This week's warm up is

30 secs jumping jacks + 30 secs squat jumps + 30 secs running on the spot

Abs workout

Interval to set - 30 sec active for each movement. Do all 3 movements back to back then take a 30 sec break after completing the round. Repeat the round 5 times to complete 10 minutes

1. Starfish crunch with weight
2. Toe touch with weight
3. Renegade row variation
4. REST (and repeat to complete 5 rounds)

Cardio Workout

Interval to set - 30 secs active + 15 secs break. You will repeat each movement 2 times like this before moving onto the next one. Do all 5 exercises to make 1 round. Then take 1 min break. Repeat round 5 times

Workout Exercises

Active (30 secs). Rest (15 secs) (repeat exercise twice before moving onto the next one)

1. DB rows to lunge jumps
2. Forward lunge and lateral raise
3. Squat with DB raise
4. Courtesy lunge with knee lift right side
5. Courtesy lunge with knee lift left side

Week 2 Weight Training workout

You will repeat this workout on Tuesday, Thursday and Saturday

Warm up is same as that on cardio days.

Interval to set - 40 sec active + 20 sec break. Repeat the exercise in this way 3 times before moving onto the next one. Do all 8 exercises to complete 1 round

Do round 2 times

End with a 5 MINUTE FINISHER

Finisher details are given at the end of this workout

Weight training workout exercises

Active (40 secs)

Rest (20 secs) (repeat each exercise 3 times before moving onto the next exercise)

1. Close grip push up with alternating single handed over head press and double handed over head press
2. Isometric lunge with one handed forward and lateral raise - right side
3. Same on left side

4. Triceps kick back to hammer and overhead press
5. Plank jack with alternating dumbbell rows (weights kept horizontally)
6. Triceps push back to reverse fly combo
7. Push up to alternating weight tap
8. Squat with forward raise

FINISHER details:

Interval to set - 20 active + 20 rest for 5 minutes.

For each of the 20 sec interval alternate between wide grip and close grip push ups

Example: Round 1 is wide grip pushups. Then take your 20 sec break. Round 2 will be 20 sec close grip pushups and then another 20 sec break and so on until you complete 5 minutes!

Week 3

Weighted Cardio and Abs Workout

You will do this work out on Monday, Wednesday and Friday

This week's warm up is

30 secs jumping jacks + 30 secs squat jumps + 30 secs running the spot

This week we will repeat this 2 times

Then we move onto the Weighted Cardio + Ab workout

End the workout with a 5 minute FINISHER (details given at the end of this workout)

Interval to set - 45 sec active/ 15 secs rest for each movement. Do all 5 movements back to back then take a 1 min break after completing the round. Repeat the round 6 times to complete 30 minutes of Weighted Cardio and Ab training

Active (45 secs)
and more on to the next one)

Rest (15 secs) (do exercise ONCE

1. Sumo squat and narrow squat variation
2. Sumo squat with lateral raise
3. Overhead weight with courtesy lunges
4. Swinging squats
5. Lateral lunges with lateral raise (do one side for complete 45 second round then use your other side for the next round and so on)

Weighted Cardio and Abs FINISHER

Active (45 seconds)
the finisher)

Rest (15 secs) (repeat the exercise 5 times to complete

Squat jump forward + walk back

Interval to set - keep the interval the same as the rest of the workout and repeat this movement for 45 secs active and 15 secs rest 5 times to complete the 5 min FINISHER

Weight Training workout

You will repeat this workout on Tuesday, Thursday and Saturday

Warm up is same as that on cardio days.

Workout structure - For ROUND 1 you will do each exercise for 16 reps back to back. Complete all 6 exercises to complete ROUND 1 and then take 1 min break. For ROUND 2 repeat each of the 6 exercises for 14 reps, back to back, then take 1 min break. For ROUND 3 repeat each movement for 12 reps then take 1 min break. Keep going down the ladder in this way until you end up repeating each movement 6 times, back to back.

Repeat the entire set TWICE to complete your workout.

End with a 5 MINUTE FINISHER

Finisher details are given at the end of this workout

6 rounds in total; ROUND ONE (16 REPS EACH EXERCISE) ROUND 2 (14 REPS) ROUND 3 (12 REPS) ROUND 4 (10 REPS) ROUND 5 (8 REPS) ROUND 6 (6 REPS) (DO NOT REST IN BETWEEN EXERCISES REST ONLY AFTER THE 7th one)

Weight training workout exercises

1. Inverted pushups with RD raise (1 push up + 2 RD raises makes 1 rep)
2. Front squats
3. Single leg squat with front raise variation (switch legs half way into reps)
4. Shoulder loaded squats
5. Reverse lunges with forward raise variation
6. Squat clean press
7. Rest (1 minute)

FINISHER details:

Sumo squat with close grip push up and 1 weight

Interval to set - 30 + 10 rest for 5 minutes.

Week 4

TABATA Upper Body + Legs Workout

You will do this work out on Monday, Wednesday and Friday

This week's warm up is

50 jumping jacks + 50 squats + 1 min mountain climbers

This week w

Then we move onto the workout

End the workout with the 8 MINUTE CORE AND SHOULDERS FINISHER ROUTINE
(details given at the end of this workout)

Interval to set - 20 sec active/ 10 secs rest for each movement. Do each movement two times in this way before moving onto the next one. Do all 5 movements back to back then take a 1 min break after completing the round. Repeat the round 6 times to complete 30 minutes of Tabata Upper Body and Leg Training.

Active (20 secs)
seconds) (repeat each exercise twice then move on to the next one)

Rest (10

1. Lateral squats with raise variation
2. Forward and reverse lunge (20 secs on each leg in each round)
3. Weighted sumo squat
4. Sumo squat with calf raise and hop
5. Lateral lunge with press variation

8 MINUTE CORE AND SHOULDERS FINISHER ROUTINE

Skull crusher + press and sit up

Do the movement for 40 sec active and 20 sec rest 8 times

EMOM Weight Training workout

You will repeat this workout on Tuesday, Thursday and Saturday

Warm up is same as that on cardio days.

Workout structure - EMOM stands for Every Minute On the Minute; so you set your timer to 60 sec active. Do each movement 20-25 times (depending on your fitness level) within that 60 sec active period. As soon as your reps are complete take the rest of the time left within the 60 sec active interval as a REST. So for example if it takes you 45 secs to complete 25 reps of exercise 1, you will have 15 secs to rest within that interval and then move onto the next movement as soon as the bell rings. This way you will be earning your rest during each 60 sec interval

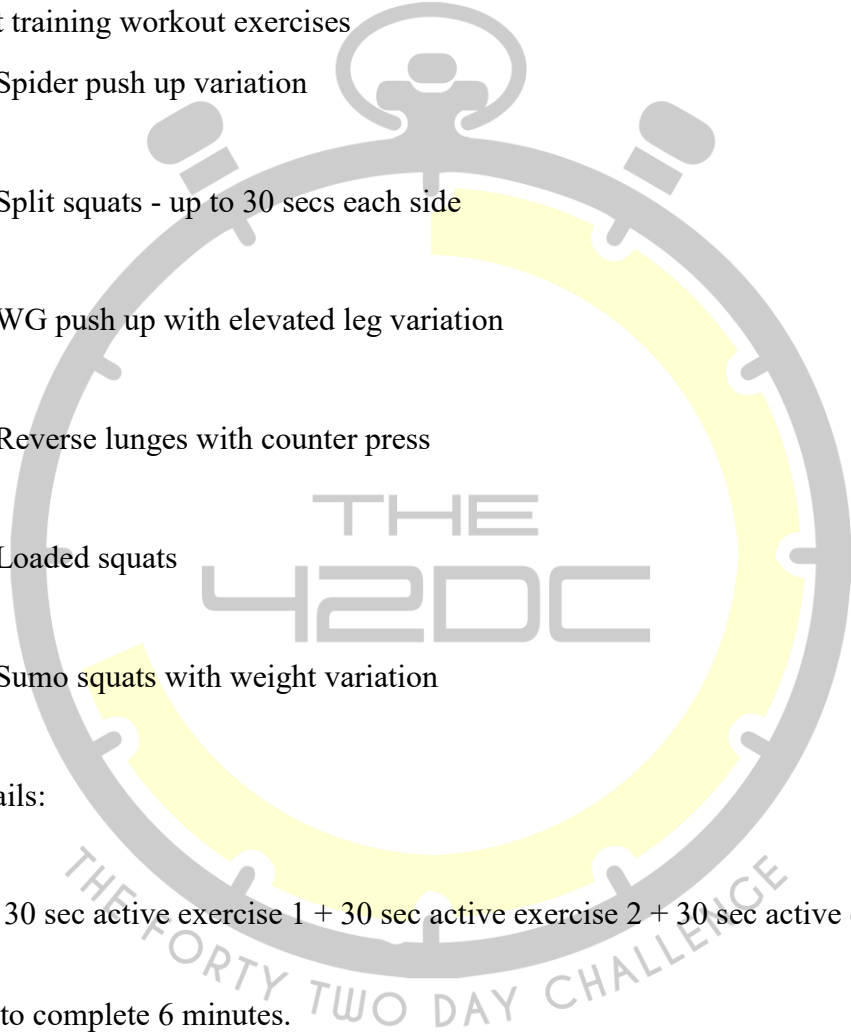
Complete all 6 exercises back to back then take 1 min rest

Repeat the entire round 4-5 times

End with a 6 MINUTE FINISHER

Finisher details are given at the end of this workout

EMOM Weight training workout exercises

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1. Spider push up variation
 2. Split squats - up to 30 secs each side
 3. WG push up with elevated leg variation
 4. Reverse lunges with counter press
 5. Loaded squats
 6. Sumo squats with weight variation

FINISHER details:

Interval to set - 30 sec active exercise 1 + 30 sec active exercise 2 + 30 sec active exercise 3 + 30 sec break

Repeat 3 times to complete 6 minutes.

1. Alternating lunges with overhead weights
2. Sumo squat with lift variation
3. Goblet squat with hold variation