



Phase 1: Week 2 Exercise

Week 2	I am a Beginner	I Fancy Going A Little Harder Today
Monday	<p>10 mins AM & PM Complete as much as you can in 10 minutes before meals of the drills we have been doing . Do 10-20 repetitions of each exercise, then move to the next. http://youtu.be/R1naU4ArIVE</p>	<p>20-40 mins brisk walk with intervals of harder and easier (30s hard, 30s easier for the duration)</p>
Tuesday	<p>2x 20 minute brisk walk before a meal (breakfast, lunch or dinner). You should get warm doing this.</p>	<p>Use the video above to warm up for 7 minutes, then complete 12 minutes of : 15 Squats- http://youtu.be/KjB3IL4MtU 10 Reverse Lunges http://youtu.be/8XD91mQBkJK 5 Press Ups http://youtu.be/jGRWTvN_YJA</p>
Wednesday	<p>10 mins AM & PM Complete as much as you can in 10 minutes before meals of the drills we have been doing . Do 10-20 repetitions of each exercise, then move to the next . http://youtu.be/R1naU4ArIVE</p>	<p>20-40 mins brisk walk with intervals of harder and easier (40s hard, 20s easier for the duration)</p>
Thursday	<p>2 x 20 minute brisk walk before a meal (breakfast,lunch or dinner). You should get warm doing this.</p>	<p>Use the warm up sequence for 8 minutes. Now complete 15 minutes of 21 Mountain Climbers (each leg) http://www.youtube.com/watch?v=cRRGYDdnkt8&feature=youtu_be_gdata 15 Heel touches (each side) http://www.youtube.com/watch?v=y-StqwGXCEk&feature=youtu_be_gdata 9 Split Squats (each side) http://youtu.be/PK0ZTzAPm3Y</p>
Friday	<p>10 mins AM & PM Complete as much as you can in 10 minutes before meals of the drills we have been doing . Do 10-20 repetitions of each exercise, then move to the next . http://youtu.be/R1naU4ArIVE</p>	<p>20-30 mins brisk walk with intervals of harder and easier (45s hard, 15s easier for the duration)</p>
Saturday	<p>Use the video above to warm up for 7 minutes, then complete 9 minutes of : 15 Squats- http://youtu.be/KjB3IL4MtU 10 Reverse Lunges http://youtu.be/8XD91mQBkJK 5 Press Ups (rest for 20s after each round)</p>	<p>7 mins of the warm up routine then..... 20s work :10s rest x 6 Squats - http://youtu.be/KjB3IL4MtU 20s work :10s rest x 6 Press Ups - http://youtu.be/KjB3IL4MtU 20s work :10s rest x 6 Reverse Lunges http://youtu.be/8XD91mQBkJK 20s work :10s rest x 6 Plank http://youtu.be/JebS-aK-wjg 20s work :10s rest x 6 Hip Ups http://youtu.be/W3gcPjor5eg Rest for 1 minute between rounds Use this timer http://fitlb.com/tabata-timer</p>

Sunday	<p>Use the warm up sequence for 8 minutes and then complete up to 10 minutes of</p> <p>21 Mountain Climbers (each leg) http://www.youtube.com/watch?v=cRRGYDdnkt8&feature=youtu.be_gdata</p> <p>15 Heel touches (each side) http://www.youtube.com/watch?v=yStqwGXCek&feature=youtu.be_gdata</p> <p>9 Oblique Slides (each side) http://youtu.be/xWk0YefbuU</p>	<p>Use the warm up sequence for 8 minutes and then complete up to 18 minutes of</p> <p>21 Mountain Climbers (each leg) http://www.youtube.com/watch?v=cRRGYDdnkt8&feature=youtu.be_gdata</p> <p>15 Heel touches (each side) http://www.youtube.com/watch?v=yStqwGXCek&feature=youtu.be_gdata</p> <p>9 Oblique Slides (each side)</p>
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Notes:

** Stretching routine to be used after each session for 5 minutes.

<https://www.youtube.com/watch?v=PxvxlvX0mcl>

** If you are unsure of any exercises please check out my YouTube channel they are all on there. <https://www.youtube.com/user/FAFITNESSBLAST>

**Online Timer. <http://fitlb.com/tabata-timer>

** Fasted.....to optimise the amount of fatty acids used please do each of these sessions in a fasted state. By eating before a session in the morning you effectively switch off the fat burning pathway by increasing blood sugar levels, which the body finds easier to use. It is fine to have a drink of course, but just try not to eat before training.