



ONLINE KICKSTART
WEEK 3 EXERCISE

Day	Session Outline
Monday	(am) – 15-20 mins of fasted brisk walking (pm) – DB Matrix 1 Complete up to 20 mins with 10 repetitions of each exercise in an AMRAP (as many rounds as possible) format for the 20 mins. http://www.blastfatloss.com/videos
Tuesday	(am)- 15 mins of fasted (before breakfast), cardio 1 with 20-30 reps of each exercise. http://www.blastfatloss.com/videos
Wednesday	(am) – 15-20 mins of fasted brisk walking (pm) – DB Matrix 2. Complete 15 mins with 10 repetitions of each exercise in an AMRAP (as many rounds as possible) format for the 20 mins.
Thursday	(am) 15 mins of cardio 2, 20-30 reps of each exercise in the video http://www.blastfatloss.com/videos
Friday	20 mins of bodyweight and dumbbell matrix 1. Complete 10 reps of each exercise. When you have done all of them rest 30s and repeat. Do another AMRAP format and give it your best effort.
Saturday	(am)- 15-20 mins of fasted cardio 1 with 20-30 reps of each exercise.
Sunday	(am)- 15-20 mins of fasted cardio 2 with 20-30 reps of each exercise.

Always use this warm up before a session

<https://www.youtube.com/watch?v=R1naU4ArIVE>

And this stretching routine after a session

<https://www.youtube.com/watch?v=PxxvIvX0mcl>

Struggling with sleep?

Now, I know that those with children don't have it all their own way, but we can all take something from these sleep tips.

Sleep is possibly the most under rated aspect of lifestyle when people try to get fit and healthy.....its kind of obvious to us that we need to eat and train properly but what isn't always so close to our thoughts is sleep.

This is essentially where a lot of your physical and mental repair happens.....

Where the hormones responsible for this are prevalent and supposed to be doing their jobs. Human Growth Hormone is one of them and is most prevalent in the early stages of the sleep cycle. So go to bed too late and you could be reducing your physical repair by 50%.....not a good way to start our mission to be healthier.

Tired but wired....an actual phenomenon where people are over stimulated before bed due to working with out breaks....like a treadmill of life.....you cant expect to be on that going flat out all day and then flick a switch and fall asleep....we are not machines....contrary to popular belief.

So how do we address this:

That's all to do with pre bed routine.

1. Turn off all devices 1 hour before bed.
2. Write down any jobs you are thinking about doing the next day to compartmentalise your thoughts.
3. Don't watch the news etc which may aggravate you.
4. Dim the lights before bed and avoid white light.
5. Make sure your room is not too hot.
6. Don't consume too much water prior to bed time. This should be evenly spread out throughout the day.
7. Take Magnesium 2 hours before bed as this is a natural relaxant and will help sleep.
8. Drink Tulsi tea later in the day and obviously you are well off of coffee and other stimulants like sugar and aspartame.
9. 5 nights per week bed by 10pm.

Give that a go, but it is all about getting into routines and reducing stimulation.

Speak soon,

Matt

