



**ONLINE KICKSTART**  
**WEEK 4 EXERCISE**

<b>Day</b>	<b>Sessions Outlined</b>
<b>Monday</b>	DB Matrix 1 <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a>
<b>Tuesday</b>	Cardio 1 <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a>
<b>Wednesday</b>	DB Matrix 2. <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a>
<b>Thursday</b>	Cardio 2 <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a>
<b>Friday</b>	Bodyweight and dumbbell matrix 1. <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a>
<b>Saturday</b>	Fasted Cardio 1 <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a>
<b>Sunday</b>	Fasted Cardio 2 <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a>

**Notes**

1. Ideally all of these sessions are done before breakfast or before a main meal.
2. Use a timer like this one to make it simple to start and stop each exercise, so you don't have to faff around looking at a stopwatch. <http://www.tabatatimer.com>
3. Set the number of rounds on the timer to 80 then you won't have to reset it or run out of rounds.
4. Watch the video the night before, get equipment, water bottle etc ready and laid out to go, and alarm set so there can be no excuses.
5. Saturday and Sunday, please ensure these are done in a fasted state.

**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=PxvxlvX0mcl>