

**ONLINE KICKSTART
WEEK 6 EXERCISE**



Day	Sessions Outlined
Monday	DB Matrix 1 http://www.blastfatloss.com/videos
Tuesday	Cardio 1 http://www.blastfatloss.com/videos
Wednesday	<p>Ok so warm up for 7-10 mins using our usual warm up routine. Then go for 14-20 minutes to achieve as many rounds of this sequence as you can.</p> <p>15 Squat Jumps http://youtu.be/KjB3ILl4MtU 12 Hyperextensions http://youtu.be/VD7Y674_KvI 10 Split Squats (each leg) http://youtu.be/PK0ZTzAPm3Y 5 Press Ups https://www.youtube.com/watch?v=9F3s1wjH1I</p>
Thursday	Cardio 2 http://www.blastfatloss.com/videos
Friday	Bodyweight and dumbbell matrix 1. http://www.blastfatloss.com/videos
Saturday	<p>Ok so warm up for 7-10 mins using our usual warm up routine. Then go for 14-20 minutes to achieve as many rounds of this sequence as you can.</p> <p>30 Squat Thrusts http://www.youtube.com/watch?v=CiBEbcWFRbw&feature=youtube_gdata</p> <p>20 Plank Reaches http://www.youtube.com/watch?v=DvTzp2C8Qdw&feature=youtube_gdata</p> <p>10 Oblique Slides (each side) https://www.youtube.com/watch?v=xWk0YeafbuU</p>
Sunday	Fasted Cardio 2 http://www.blastfatloss.com/videos

Ok so this week sessions, unless otherwise indicated will follow a 50s of work: 10s of rest pattern for each exercise in the video. Once you have done one complete round (all exercises) then either rest for 60s or try and go straight into the second round which is 40s work: 10s rest for each exercise. Once you have done one complete round (all exercises) then either rest for 60s or try and go straight into the third round which is 30s work: 10s rest for each exercise. Rest for 60s or go straight into the last round, which is 20s work: 10s rest for each exercise. When you are all done start the stretches!

The BONUS Round..... Ok so if you feel like you want to just ramp it up at any point..... You can add in a 60s effort of either

High Knees <http://youtu.be/AW50L1zsCIY>
 or Mountain Climbers
http://www.youtube.com/watch?v=cRRGYDdnkt8&feature=youtube_gdata
 at the end of each completed round.

Notes

The link to the timer: --- <http://www.tabatatimer.com>

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=PxvxIvX0mcl>