



Week 1	I am a Beginner	I am used to training
Monday	Complete as much as you can in 10 minutes before tea of this sequence in the video below. Do 10 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE	Complete as much as you can in 15 minutes before tea of this sequence. Do 10 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE . Use a 2-4 kg weight for the exercises you can.
Tuesday	20-30 minute brisk walk before two meals (breakfast, lunch or dinner). You should get warm doing this.	Use the video below and follow along https://www.youtube.com/watch?v=5CA1Br9Mhxs&t=17s
Weds	Complete as much as you can in 12-15 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE	Complete as much as you can in 10 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next. https://www.youtube.com/watch?v=R1naU4ArIVE Use a 2-4 kg weight for the exercises you can. Then please complete this follow along video: https://www.youtube.com/watch?v=iOLbNy7Unr4&t=2s
Thurs	20-30 minute brisk walk before two meals (breakfast, lunch or dinner). You should get warm doing this.	Use the video below and follow along https://www.youtube.com/watch?v=1yeEYJRt9dw&feature=youtu.be
Friday	Complete as much as you can in 15 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE	Complete as much as you can in 10 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE Use a 2-4 kg weight for the exercises you can. NOW....
Saturday	20-40 minute "brisk" walk before a meal (breakfast, lunch or dinner). You should get warm doing this.	20-60 minute brisk walk.
Sunday	Complete as much as you can in 15 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE	Use the video below and follow along https://www.youtube.com/watch?v=KTQC-sEyrGA

The warm up routine above can be seen at this link
<https://www.youtube.com/watch?v=R1naU4ArIVE>

Stretching routine to be used after each session for 5 minutes.
<https://www.youtube.com/watch?v=PxxvlvX0mcl>

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

FA Fitness & Blast Training Video Library

	Exercise Name	Hyperlink
1	Band Resisted Running	http://youtu.be/QC1dyKwlill
2	Band Rotation Hold	http://youtu.be/cpU5tl53dik
3	Band Rotations	http://youtu.be/w7oE9KcKnqY
4	Band Row Hold	http://youtu.be/DldyWLPKSoA
5	Band Rows	http://youtu.be/-vBDT31cVlk
6	Dorsal Raise	http://youtu.be/YmIEAGGFGNA
7	Down & Ups	http://youtu.be/p6whsam_UPs
8	Down and Up Plank	http://www.youtube.com/watch?v=CTIcwGoTeMw&feature=youtube_gdata
9	Down and Up Plank	http://youtu.be/YMEUuzb8EQo
10	Duck and Weave	http://youtu.be/xSEP6QXb5_Q
11	Elbow Press Ups	http://youtu.be/ooua-3ZPYSI
12	Forward Lunge	http://youtu.be/1o705Shw6Ss
13	Forward to Reverse Lunge	http://youtu.be/kdpTD4mwIfg
14	Half Man Maker	http://www.youtube.com/watch?v=7EcvOswcvPg&feature=youtube_gdata
15	Heel Touches	http://www.youtube.com/watch?v=y-StqwGXcek&feature=youtube_gdata
16	High Knee Skips	http://youtu.be/19UQWXQlq3g
17	High Knee Sprints	http://youtu.be/AW50L1zsCIY
18	Hip Bridge & Hip Ups	http://youtu.be/W3gcPjor5eg
19	Hip Bridge and Reach	http://youtu.be/8-Y4kmW5ZDI
20	Hip Marching	http://youtu.be/cM96vLgMkxE
21	Hyper Extensions	http://youtu.be/VD7Y674_KvI
22	Inch worm	http://www.youtube.com/watch?v=9dbVGeafXto&feature=youtube_gdata
23	Jump Squat	http://youtu.be/qpgWzRiAe6E
24	Knee To Elbow Touches	http://www.youtube.com/watch?v=75uqrS-CUYg&feature=youtube_gdata
25	Lateral Bounds	http://youtu.be/HhL5Ddvv-JM
26	Lateral Lunge to Squat Thrust	http://youtu.be/0o0Iw4yo1wY
27	Lunge Hold	http://youtu.be/dTn6dCvW_g8
28	Mountain Climbers	http://www.youtube.com/watch?v=cRRGYDdnkt8&feature=youtube_gdata
29	Oblique Slides	http://youtu.be/xWk0YeaibuU

30	Outside The Hand Mountain Climber	http://youtu.be/UCp1wz7gX1A
31	Over Head Squats	http://youtu.be/maT-LT2jdGE
32	Pike Press Ups	http://www.youtube.com/watch?v=Fgyb831Kqqc&feature=youtube_gdata
33	Plank	http://youtu.be/JebS-aK-wjg
34	Plank Hand Walk Outs	http://www.youtube.com/watch?v=xl6QxpGZY9A&feature=youtube_gdata
35	Plank Leg Walk Outs	http://youtu.be/ZAU5Txfh1MA
36	Plank Reaches	http://www.youtube.com/watch?v=DvTzp2C8Qdw&feature=youtube_gdata
37	Plank Rows	http://youtu.be/DJvIkSLiwXE
38	Plank Shuffles	http://www.youtube.com/watch?v= UXR E7V8nQI&feature=youtube_gdata
39	Plank with Hip Extension	http://www.youtube.com/watch?v=U7wq1EdjBUY&feature=youtube_gdata
40	Press Up	http://youtu.be/jGRWTvN_YJA
41	Press Up Holds	http://www.youtube.com/watch?v=i-YMvgmaSA&feature=youtube_gdata
42	Press Up Walk	http://youtu.be/33dVNzxwVP4
43	Rachel on Her First BLAST Fitness Camp	http://youtu.be/reIPDQedURQ
44	Reverse Knee Tuck	http://youtu.be/vjf1vMlFHpA
45	Rolling Plank	http://www.youtube.com/watch?v=haQbLcWzmI8&feature=youtube_gdata
46	Russian Twists	http://youtu.be/hHI0rGliQ_0
47	Scorpion Kick	http://youtu.be/vtSKVZ5Sjyl
48	Side Plank	http://www.youtube.com/watch?v=2j_cL54_jZE&feature=youtube_gdata
49	Single Leg Hip Bridge & Hip Ups	http://www.youtube.com/watch?v=VTqp95SyIIY&feature=youtube_gdata
50	Speed Squat	http://youtu.be/OHy-0VlhID0
51	Spiderman's	http://www.youtube.com/watch?v=lnqs14YQyfU&feature=youtube_gdata
52	Sprinter Squats	http://youtu.be/CQPwOckouYg
53	Squat Hold	http://youtu.be/8mq9CgO2vcw
54	Squat Pauses	http://youtu.be/LtIYbvtSP00
55	Squat Thrusts	http://www.youtube.com/watch?v=CiBEbcWFRbw&feature=youtube_gdata
56	Staggered Stance Press Up	http://youtu.be/d5fkZlPYVGI
57	Swoops	http://www.youtube.com/watch?v=rFQ8mBPDnSg&feature=youtube_gdata
58	T Rolls	http://youtu.be/Qo_0GAi95I4
59	The Band Bent Over Row	http://youtu.be/HldTHDyVXUE
60	The Burpee	http://youtu.be/YRHAyTgGH00
61	The Jumping Jack	http://youtu.be/1-q4rhRwBPc
62	The Left and Right React	http://youtu.be/GYDtNQGnJts
63	The PushPee	http://youtu.be/13-u5Uu2C3w
64	The Reverse Lunge	http://youtu.be/8XD91mQBkjk
65	The SAQ In and Out	http://youtu.be/TT2EBccFRhM
66	The Single Leg Reach	http://youtu.be/rj7LpyfTZJA

67	The Skate	http://youtu.be/y0K7AupL3G4
68	The Split Squat	http://youtu.be/PK0ZTzAPm3Y
69	The Squat and Jump Squat	http://youtu.be/KjB3ILl4MtU
70	The Swap Over Lunge	http://youtu.be/XcQrUlwJUVE
71	The Tube Walk	http://youtu.be/XweESKR2g_E
72	The Warrior Squat	http://youtu.be/rWSjLuBpazw
73	Triple Jump	http://youtu.be/XJlo3Y26VX0
74	Walking Lunges	http://youtu.be/oYSmJ0Y6un4
75	X-Body Mountain Climbers	http://youtu.be/eoiSGfiCxo8

New Videos

The 4 Dot Drill	http://www.youtube.com/watch?v=BF55WBlimbQ
The Lateral Shuffle	http://www.youtube.com/watch?v=RwDG-noVPio
Figure of 8's	http://www.youtube.com/watch?v=-egMyPnjIm4
Jump Squat With Stick Landing	http://www.youtube.com/watch?v=9y-UbDWZ2dI
Single Leg Squats	http://www.youtube.com/watch?v=55038UJUBJs
Band Punching	http://www.youtube.com/watch?v=gf1d6XmD7zo
Dumbbell Woodchop	http://www.youtube.com/watch?v=0bhyuSNV6Xk
Stability Ball Hamstring Curl	http://www.youtube.com/watch?v=8Lmh5jHHEM0
Stability Ball Knee Tuck	http://www.youtube.com/watch?v=EzGQ6OaOp8c
Stability Ball X	
body mountain climber	http://www.youtube.com/watch?v=mxhlZC_NapM
Burpee Jacks	http://www.youtube.com/watch?v=phyy-gbu9u0
Forward & Back Ward Jumps	http://www.youtube.com/watch?v=FVrTGs_8nIM
Triple Jumps	http://www.youtube.com/watch?v=24QAypJAB-w