



MANSFORMATION

WEEK 3 - HOME EXERCISE

Everyone does the weekend sessions, by that I mean if you have attended 3 live sessions you still do the weekend sessions.

Day	Session Outline
Monday	(am) – 15-20 mins of fasted (before any food) 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)- 15-20 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) 15-20 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 welly 😊
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.

**Fasted= before any
Food**

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=PxxvX0mcl>