

MANSFORMATION
WEEK 4 - HOME EXERCISE

Day	Session Outline 
Monday (29th June)	(am) – 30 mins of fasted brisk walking, with 30s Jog each 3 minutes. (pm) – Descending sets - DB Matrix 1 So here Luce, complete 20 mins with 15 repetitions of each exercise, then 12 reps, then 10 reps, then 8 reps, then 6 reps. When you have done 6 reps on each exercise, then begin at 15 again. http://www.blastfatloss.com/videos
Tuesday	(am)- 18 mins of fasted cardio 1 with 20-30 reps of each exercise. http://www.blastfatloss.com/videos
Wednesday	(am) – 30 mins of fasted brisk walking with a jog for 30s every 2 minutes. (pm) – DB Matrix 2. Complete 20 mins. Complete 15 repetitions of each exercise, then 12 reps, then 10 reps, then 8 reps, then 6 reps. When you have done 6 reps on each exercise, then begin at 15 again.
Thursday	(am) 18-20 mins of cardio 2, 20-30 reps of each exercise in the video http://www.blastfatloss.com/videos
Friday	30 mins of bodyweight and dumbbell matrix 1. 16,14,12,10,8,6,4,2 repetitions of each exercise, then rest for 30s and repeat until 30 mins is up. 😊
Saturday	(am)- 18 mins of fasted cardio 1 with 20-30 reps of each exercise.
Sunday	RETEST from the fitness tests you did previously.

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

**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=PxvxlvX0mcl>