

MANSFORMATION
WEEK 5 - HOME EXERCISE



Day	Session Outline
Monday	<p>(am) – 30 mins of fasted brisk walking, with 30s Jog each 3 minutes.</p> <p>(pm) – DB Matrix 1 Complete 25 mins with 15 repetitions of each exercise in an AMRAP (as many rounds as possible) format for the 25 mins. http://www.blastfatloss.com/videos</p> <p>There are two things I want you to try here.</p> <ol style="list-style-type: none"> 1. Increase the weight you used when doing this format two weeks ago. 2. Try to take a maximum of 30s rest at the end of each round. Record the volume you achieve.
Tuesday	<p>(am)- 20 mins of fasted cardio 1 with 20 reps of each exercise. To take things up a notch add in 30-60s of high knees on the spot at the end of each complete round. http://www.blastfatloss.com/videos</p>
Wednesday	<p>(am) – 21- 30 mins of fasted brisk walking with a jog for 60s every 3 minutes.</p> <p>(pm) – DB Matrix 2. Complete 20 mins. Complete 21 repetitions, 15 repetitions of each exercise, then 9 reps of each exercise. When you have done 9 reps on each exercise, then begin at 21 again.</p> <p>You might like to start relatively heavy with the weights and then get lighter.</p>
Thursday	<p>Walk before breakfast....just get sweaty. Your choice how long you go for. No more than 1 hour though.</p>
Friday	<p>Same as last week, but the aim should be to complete more volume than last week or increase the resistance you use.</p> <p>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. 😊</p>
Saturday	<p>(am)- 20 mins of fasted cardio 1 with 20-30 reps of each exercise.</p>
Sunday	<p><u>Any session from this week</u></p>

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

***** REMINDER *****

**Fasted= before any
Food**

Water is ok though ;)

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>