



Phase 1: Week 2 Exercise

Week 2	I am a Beginner	I Fancy Going A Little Harder Today
Monday	<p>10 mins AM & PM Complete as much as you can in 10 minutes before meals of the drills we have been doing . Do 10-20 repetitions of each exercise, then move to the next. https://www.youtube.com/watch?v=R1naU4ArIVE</p>	40 mins brisk walk/jog with intervals of harder and easier (30s hard, 30s easier for the duration)
Tuesday	2x 20 minute brisk walk before a meal (breakfast, lunch or dinner). You should get warm doing this.	Use the video above to warm up for 7 minutes, then complete 12-15 minutes of : 15 Squats 10 Reverse Lunges 5 Press Ups
Wednesday	<p>10 mins AM & PM Complete as much as you can in 10 minutes before meals of the drills we have been doing . Do 15 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE PLEASE USE A WEIGHT BETWEEN 2-5 KG</p>	20-40 mins brisk walk with intervals of harder and easier (40s hard, 20s easier for the duration)
Thursday	2 x 20 minute brisk walk before a meal (breakfast, lunch or dinner). You should get VERY warm doing this.	Use the warm up sequence for 8 minutes. Now complete 15-20 minutes of 21 Mountain Climbers (each leg) 15 Heel touches (each side) 9 Split Squats (each side)
Friday	<p>10 mins AM & PM Complete as much as you can in 10 minutes before meals of the drills we have been doing . Do 15 repetitions of each exercise, then move to the next . https://www.youtube.com/watch?v=R1naU4ArIVE PLEASE USE A WEIGHT BETWEEN 2-5 KG</p>	20-30 mins brisk walk with intervals of harder and easier (45s hard, 15s easier for the duration)
Saturday	Use the video above to warm up for 7 minutes, then complete 9 minutes of : 15 Squats 10 Reverse Lunges 5 Press Ups (rest for 20s after each round)	7 mins of the warm up routine then..... 20s work :10s rest x 6 on Squats 20s work :10s rest x 6 on Press Ups 20s work :10s rest x 6 on Reverse Lunges 20s work :10s rest x 6 on the Plank 20s work :10s rest x 6 on Hip Ups Rest for 1 minute when you change to the next exercise.

		http://fitlb.com/tabata-timer
Sunday	FITNESS TESTING- document attached to email	FITNESS TESTING- document attached to email

Stretching routine to be used after each session for 5 minutes.

<https://www.youtube.com/watch?v=PxxvIvX0mcl>

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

Online Timer

<http://fitlb.com/tabata-timer>

FA Fitness & Blast Training Video Library

	Exercise Name	Hyperlink
1	Band Resisted Running	http://youtu.be/QC1dyKwlll
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/ooaa-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/xWk0YefbuU
30	Outside The Hand Mountain Climber	http://youtu.be/bcpfwz7gxYA

31	Overhead Squats	http://www.youtube.com/watch?v=...
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=_UXRE7V8nQI&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/33dVNzwxVP4
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=haQbLcWzml8&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=VTqp95SyIly&feature=youtube_gdata
50	Speed Squat	http://youtu.be/OHy-0VlhlD0
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/8mq9Cg02vcw
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_0Gai95l4
59	The Band Bent Over Row	http://youtu.be/HldTHDyVXUE
60	The Burpee	http://youtu.be/YRHAYtgGHO0
61	The Jumping Jack	http://youtu.be/1-q4rhRwBPc
62	The Left and Right React	http://youtu.be/GYDtNQGNIts
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 Skater	http://youtu.be/yUKAupLScG4
68	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	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
The Lateral Shuffle
Figure of 8's
Jump Squat With

<http://www.youtube.com/watch?v=BFe5WBlimbQ>
<http://www.youtube.com/watch?v=RwDG-noVPio>
<http://www.youtube.com/watch?v=-egMyPnjlm4>
<http://www.youtube.com/watch?v=9y-UbDWZ2dl>

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=EzGQ60aOp8c>
Stability Ball X
body mountain climber http://www.youtube.com/watch?v=mxhIZC_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>
Outside The Hand Mountain Climber With Elbow Drop
<http://www.youtube.com/watch?v=EIqSzukP1l4>
Band Shoulder Press / Squat and Press <http://www.youtube.com/watch?v=C5PaXoxYqxs>
Band Deadlift <http://www.youtube.com/watch?v=htKUVpjmY7E>
Band Punching <http://www.youtube.com/watch?v=ziiy5avNu2U>
Hip Bridge and Toe Touch <http://www.youtube.com/watch?v=kdE0Ax0vdZ0>
Bear Crawls <http://www.youtube.com/watch?v=6nhDA1JUS-U>
Press Up with Shoulder Touch <http://www.youtube.com/watch?v=xwSWlxxpxEM>
Burpee Jacks <http://www.youtube.com/watch?v=p-xrspxFdgM>
Bent Over Rows <http://www.youtube.com/watch?v=o6moB8y8-dw>
Plank Row With Opposite Leg Lift <http://www.youtube.com/watch?v=oXz4CFxTtAQ>
Explosive Press Ups <http://www.youtube.com/watch?v=sCX8vXp87tc>

Out Twist and Retract-
http://www.youtube.com/watch?v=rWuKwX_W32o&list=UUdVxsBFFfqMaSXfKdYVRcw
Pelvic tuck-
<http://www.youtube.com/watch?v=URcurxDrn6s&list=UUdVxsBFFfqMaSXfKdYVRcw&index=1>
Wall Slides-
http://www.youtube.com/watch?v=_TD3Ie0zulU&list=UUdVxsBFFfqMaSXfKdYVRcw
Assisted Single Leg Squat-
<http://www.youtube.com/watch?v=8QJTIBXCXLo&list=UUdVxsBFFfqMaSXfKdYVRcw>
Single Leg Step Ups-
<http://www.youtube.com/watch?v=5qmU3g9BwTA&list=UUdVxsBFFfqMaSXfKdYVRcw>